

Tohkon Judo Academy



2024 FUNDAMENTALS CLASS SCHEDULE

UPDATED: JANUARY 5, 2024

DAYTIME PROGRAM: MONDAY & WEDNESDAY - 11:30AM - 1:30PM (DOUG T, MEGUMI I, BRIAN K, CJ OTTO)

NIGHT TIME PROGRAM: MONDAY - 8:00PM - 10:00PM & THURSDAY - 8:30PM -10:00PM (DURING JANUARY 2024)

NIGHT TIME PROGRAM: MONDAY & WEDNESDAY - 8:30PM -10:00PM (STARTING IN FEBRUARY 2024)

	Thursday	JANUARY 4, 2024	PRIMARY	
1	Tachiwaza (standing technique)	De Ashi Barai: Apply (Forward Foot Sweep)	DOUG TONO	SAL CERNA (THUR)
	Tachiwaza (standing technique)	Yoko Gake; (Side Body Drop)		NEW STUDENTS (THUR)
	Newaza (grappling technique)	Kami & Kuzure Kamishiho Gatame		
	Newaza (grappling technique)	Teach turn overs to above pins. Back knee, forward rollover.		
	Monday & Wednesday/Thursday	JANUARY 8, 10 & 11, 2024	PRIMARY	
2	Tachiwaza (standing technique)	Ouchi Gari: (Major / Large Inner Reap)	FELIX LANIER	
	Tachiwaza (standing technique)	Sasae Tsurikomi Ashi: (Proping Ankle Throw)		
	Tachiwaza (standing technique)	Hiza Guruma: (Knee Wheel)		
	Newaza (grappling technique)	Hadaka, Okuri Eri & Kataha Jime		
	Monday & Wednesday/Thursday	JANUARY 15, 17 & 18, 2024	PRIMARY	
3	Tachiwaza (standing technique)	Uki Goshi: (Floating Hip Throw)	KEVIN PITTMAN	
	Tachiwaza (standing technique)	Hane Goshi: (Springing Hip Throw)		
	Newaza (grappling technique)	Ude Gatame		
	Newaza (grappling technique)	Teach Randori applications for above armlock. From guard position.		
	Monday & Wednesday/Thursday	JANUARY 22, 24 & 25, 2024	PRIMARY	
4	Tachiwaza (standing technique)	Tsurikomi Goshi: (Lift Pull Hip Throw)	SANDRA HAUPTMANN	
	Tachiwaza (standing technique)	Sode Tsurikomi Goshi: (Lifting Pulling Sleeve Throw)		
	Newaza (grappling technique)	Tate & Kuzure Tateshiho Gatame		
	Newaza (grappling technique)	Teach turn overs to above pins. Front knee, backward rollover.		
	Monday & Wednesday (DAY ONLY)	JANUARY 29 & 31, 2024 - (NO THURSDAY)	PRIMARY	NEW SCHEDULE
5	Tachiwaza (standing technique)	Tai Otoshi: (Body Drop)	FRANK CONVERY	
	Tachiwaza (standing technique)	Kata Guruma: (Shoulder Wheel)		
	Newaza (grappling technique)	Ude Hishigi Juji Gatame		
	Newaza (grappling technique)	Teach Randori applications for above armlock.		
	Monday & Wednesday	FEBRUARY 5 & 7, 2024	PRIMARY	
6	Tachiwaza (standing technique)	Ko Uchi Gari: (Minor / Small Inner Reap)	VICTOR PEREZ	SAL CERNA (MONDAY)
	Tachiwaza (standing technique)	Tomoenage & Yoko Tomoenage: (Back & Side Sacrafice Throw)		NEW STUDENTS
	Newaza (grappling technique)	Ude Hishigi Waki Gatame & Ushiro Kesa Gatame		
	Newaza (grappling technique)	Teach Randori applications. Turtle position sit through.		
	Monday & Wednesday	FEBRUARY 12 & 14, 2024	PRIMARY	
7	Tachiwaza (standing technique)	Okuri Ashi Barai: (Foot Sweep)	OMAR MARQUEZ	
	Tachiwaza (standing technique)	Harai Tsurikomi Ashi: (Lifting Pulling Foot Sweep)		
	Newaza (grappling technique)	Hiza Gatame		
	Newaza (grappling technique)	Teach Randori applications for above armlock. Guard Position.		
	Monday & Wednesday	FEBRUARY 19 & 21, 2024	PRIMARY	
8	Tachiwaza (standing technique)	Harai Goshi: (Hip Sweep)	FERNANDO SAZ	
	Tachiwaza (standing technique)	Uchi mata: (Inner Thigh Reaping Throw)		
	Newaza (grappling technique)	Tsukomi, Ryote & Sode Guruma Jime		
	Newaza (grappling technique)	Teach Randori applications for above chokes. Top position.		
	Monday & Wednesday	FEBRUARY 26 & 28, 2024	PRIMARY	
9	Tachiwaza (standing technique)	O Soto Gari: (Major / Large Outer Reap)	TRENT TONO	
	Tachiwaza (standing technique)	Kosoto Gari: (Minor Outer Reap)		
	Newaza (grappling technique)	Kesa, Kata & Kuzure Kesa Gatame		
	Newaza (grappling technique)	Turn overs from kneeling and turtle positions. 1/2 Nelson Series.		
	Monday & Wednesday	MARCH 4 & 6, 2024	PRIMARY	
10	Tachiwaza (standing technique)	O Goshi: (Major / Large Hip Throw)	JEFF LATSHAW	SAL CERNA (MONDAY)
	Tachiwaza (standing technique)	Sumi Gaeshi: (Corner Throw)		NEW STUDENTS
	Newaza (grappling technique)	Yoko & Kuzure Yokoshiho Gatame		
	Newaza (grappling technique)	Turn overs from kneeling and turtle positions. Cross Face Series.		
	Monday & Wednesday	MARCH 11 & 13, 2024	PRIMARY	
11	Tachiwaza (standing technique)	Koshi Guruma: (Hip Wheel / Head Throw)	FELIX LANIER	
	Tachiwaza (standing technique)	Uki Waza: (Floating Throw)		
	Tachiwaza (standing technique)	Kata, Gyaku & Nami Juji Jime		
	Newaza (grappling technique)	Teach Randori applications for above chokes. Top position.		
	Monday & Wednesday	MARCH 18 & 20, 2024	PRIMARY	
12	Tachiwaza (standing technique)	Ippon Seoinage & Morote Seoinage (One & Two Arm Shoulder Throw)	KEVIN PITTMAN	
	Tachiwaza (standing technique)	Ura nage: (Back Throw)		
	Tachiwaza (standing technique)	Yoko Guruma: (Side Wheel)		
	Newaza (grappling technique)	Ude Garami		
	Monday & Wednesday	MARCH 25 & 27, 2024	PRIMARY	
13	Tachiwaza (standing technique)	De Ashi Barai: Apply (Forward Foot Sweep)	SANDRA HAUPTMANN	
	Tachiwaza (standing technique)	Yoko Gake; (Side Body Drop)		
	Newaza (grappling technique)	Kami & Kuzure Kamishiho Gatame		
	Newaza (grappling technique)	Teach turn overs to above pins. Back knee, forward rollover.		

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NIGHT TIME PROGRAM: MONDAY - 8:00PM - 10:00PM & THURSDAY - 8:30PM - 10:00PM (DURING JANUARY 2024)

NIGHT TIME PROGRAM: MONDAY & WEDNESDAY - 8:30PM - 10:00PM (STARTING IN FEBRUARY 2024)

	Monday & Wednesday	APRIL 1 & 3, 2024	PRIMARY	
14	Tachiwaza (standing technique)	Ouchi Gari: (Major / Large Inner Reap)	FRANK CONVERY	SAL CERNA (MONDAY)
	Tachiwaza (standing technique)	Sasae Tsurikomi Ashi: (Proping Ankle Throw)		NEW STUDENTS
	Tachiwaza (standing technique)	Hiza Guruma: (Knee Wheel)		
	Newaza (grappling technique)	Hadaka, Okuri Eri & Kataha Jime		
	Newaza (grappling technique)	Teach Randori applications for above chokes from behind uke.		
	Monday & Wednesday	APRIL 8 & 10, 2024	PRIMARY	
15	Tachiwaza (standing technique)	Uki Goshi: (Floating Hip Throw)	VICTOR PEREZ	
	Tachiwaza (standing technique)	Hane Goshi: (Springing Hip Throw)		
	Newaza (grappling technique)	Ude Gatame		
	Newaza (grappling technique)	Teach Randori applications for above armlock. From guard position.		
	Monday & Wednesday	APRIL 15 & 17, 2024	PRIMARY	
16	Tachiwaza (standing technique)	Tsurikomi Goshi: (Lift Pull Hip Throw)	OMAR MARQUEZ	
	Tachiwaza (standing technique)	Sode Tsurikomi Goshi: (Lifting Pulling Sleeve Throw)		
	Newaza (grappling technique)	Tate & Kuzure Tateshiho Gatame		
	Newaza (grappling technique)	Teach turn overs to above pins. Front knee, backward rollover.		
	Monday & Wednesday	APRIL 22 & 24, 2024	PRIMARY	
17	Tachiwaza (standing technique)	Tai Otoshi: (Body Drop)	FERNANDO SAZ	
	Tachiwaza (standing technique)	Kata Guruma: (Shoulder Wheel)		
	Newaza (grappling technique)	Ude Hishigi Juji Gatame		
	Newaza (grappling technique)	Teach Randori applications for above armlock.		
	Monday & Wednesday	APRIL 29 & MAY 1, 2024	PRIMARY	
18	Tachiwaza (standing technique)	Ko Uchi Gari: (Minor / Small Inner Reap)	TRENT TONO	SAL CERNA (WEDNESDAY)
	Tachiwaza (standing technique)	Tomoenage & Yoko Tomoenage: (Back & Side Sacrafice Throw)		NEW STUDENTS
	Tachiwaza (standing technique)	Ude Hishigi Waki Gatame & Ushiro Kesa Gatame		
	Newaza (grappling technique)	Teach Randori applications. Turtle position sit through.		
	Monday & Wednesday	MAY 6 & 8, 2024	PRIMARY	
19	Tachiwaza (standing technique)	Okuri Ashi Barai: (Foot Sweep)	JEFF LATSHAW	
	Tachiwaza (standing technique)	Harai Tsurikomi Ashi: (Lifting Pulling Foot Sweep)		
	Newaza (grappling technique)	Hiza Gatame		
	Newaza (grappling technique)	Teach Randori applications for above armlock. Guard Position.		
	Monday & Wednesday	MAY 13 & 15, 2024	PRIMARY	
20	Tachiwaza (standing technique)	Harai Goshi: (Hip Sweep)	FELIX LANIER	
	Tachiwaza (standing technique)	Uchi mata: (Inner Thigh Reaping Throw)		
	Tachiwaza (standing technique)	Tsukomi, Ryote & Sode Guruma Jime		
	Newaza (grappling technique)	Teach Randori applications for above chokes. Top position.		
	Monday & Wednesday	MAY 20 & 22, 2024	PRIMARY	
21	Tachiwaza (standing technique)	O Soto Gari: (Major / Large Outer Reap)	KEVIN PITTMAN	
	Tachiwaza (standing technique)	Kosoto Gari: (Minor Outer Reap)		
	Newaza (grappling technique)	Kesa, Kata & Kuzure Kesa Gatame		
	Newaza (grappling technique)	Turn overs from kneeling and turtle positions. 1/2 Nelson Series.		
	Monday & Wednesday	(NO JUDO - MONDAY 5/27) MAY 29, 2024	PRIMARY	
22	Tachiwaza (standing technique)	O Goshi: (Major / Large Hip Throw)	SANDRA HAUPTMANN	
	Tachiwaza (standing technique)	Sumi Gaeshi: (Corner Throw)		
	Newaza (grappling technique)	Yoko & Kuzure Yokoshiho Gatame		
	Newaza (grappling technique)	Turn overs from kneeling and turtle positions. Cross Face Series.		
	Monday & Wednesday	JUNE 3 & 5, 2024	PRIMARY	
23	Tachiwaza (standing technique)	Koshi Guruma: (Hip Wheel / Head Throw)	FRANK CONVERY	SAL CERNA (MONDAY)
	Tachiwaza (standing technique)	Uki Waza: (Floating Throw)		NEW STUDENTS
	Newaza (grappling technique)	Kata, Gyaku & Nami Juji Jime		
	Newaza (grappling technique)	Teach Randori applications for above chokes. Top position.		
	Monday & Wednesday	JUNE 10 & 12, 2024	PRIMARY	
24	Tachiwaza (standing technique)	Ippon Seoinage & Morote Seoinage (One & Two Arm Shoulder Throw)	VICTOR PEREZ	
	Tachiwaza (standing technique)	Ura nage: (Back Throw)		
	Tachiwaza (standing technique)	Yoko Guruma: (Side Wheel)		
	Newaza (grappling technique)	Ude Garami		
	Newaza (grappling technique)	Teach Randori applications for above armlock. Guard & Top Position.		
	Monday & Wednesday	JUNE 17 & 19, 2024	PRIMARY	
25	Tachiwaza (standing technique)	De Ashi Barai: Apply (Forward Foot Sweep)	OMAR MARQUEZ	
	Tachiwaza (standing technique)	Yoko Gake: (Side Body Drop)		
	Newaza (grappling technique)	Kami & Kuzure Kamishiho Gatame		
	Newaza (grappling technique)	Teach turn overs to above pins. Back knee, forward rollover.		
	Monday & Wednesday	JUNE 24 & 26, 2024	PRIMARY	
26	Tachiwaza (standing technique)	Ouchi Gari: (Major / Large Inner Reap)	FERNANDO SAZ	
	Tachiwaza (standing technique)	Sasae Tsurikomi Ashi: (Proping Ankle Throw)		
	Tachiwaza (standing technique)	Hiza Guruma: (Knee Wheel)		
	Newaza (grappling technique)	Hadaka, Okuri Eri & Kataha Jime		
	Newaza (grappling technique)	Teach Randori applications for above chokes from behind uke.		

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NIGHT TIME PROGRAM: MONDAY - 8:00PM - 10:00PM & THURSDAY - 8:30PM - 10:00PM (DURING JANUARY 2024)

NIGHT TIME PROGRAM: MONDAY & WEDNESDAY - 8:30PM - 10:00PM (STARTING IN FEBRUARY 2024)

Monday & Wednesday		JULY 1 & 3, 2024		PRIMARY	
27	Tachiwaza (standing technique)	Uki Goshi: (Floating Hip Throw)	JEFF LATSHAW	SAL CERNA (MONDAY)	
	Tachiwaza (standing technique)	Hane Goshi: (Springing Hip Throw)		NEW STUDENTS	
	Newaza (grappling technique)	Ude Gatame			
	Newaza (grappling technique)	Teach Randori applications for above armlock. From guard position.			
Monday & Wednesday		JULY 8 & 10, 2024		PRIMARY	
28	Tachiwaza (standing technique)	Tsurikomi Goshi: (Lift Pull Hip Throw)	FELIX LANIER		
	Tachiwaza (standing technique)	Sode Tsurikomi Goshi: (Lifting Pulling Sleeve Throw)			
	Newaza (grappling technique)	Tate & Kuzure Tateshiho Gatame			
	Newaza (grappling technique)	Teach turn overs to above pins. Front knee, backward rollover.			
Monday & Wednesday		JULY 15 & 17, 2024		PRIMARY	
29	Tachiwaza (standing technique)	Tai Otoshi: (Body Drop)	KEVIN PITTMAN		
	Tachiwaza (standing technique)	Kata Guruma: (Shoulder Wheel)			
	Newaza (grappling technique)	Ude Hishigi Juji Gatame			
	Newaza (grappling technique)	Teach Randori applications for above armlock.			
Monday & Wednesday		JULY 22 & 24, 2024		PRIMARY	
30	Tachiwaza (standing technique)	Ko Uchi Gari: (Minor / Small Inner Reap)	SANDRA HAUPTMANN		
	Tachiwaza (standing technique)	Tomoenage & Yoko Tomoenage: (Back & Side Sacrafice Throw)			
	Tachiwaza (standing technique)	Ude Hishigi Waki Gatame & Ushiro Kesa Gatame			
	Newaza (grappling technique)	Teach Randori applications. Turtle position sit through.			
Monday & Wednesday		JULY 29 & 31, 2024 LAST CLASS FOR SUMMER		PRIMARY	
31	Tachiwaza (standing technique)	Okuri Ashi Barai: (Foot Sweep)	FRANK CONVERY		
	Tachiwaza (standing technique)	Harai Tsurikomi Ashi: (Lifting Pulling Foot Sweep)			
	Newaza (grappling technique)	Hiza Gatame			
	Newaza (grappling technique)	Teach Randori applications for above armlock. Guard Position.			
JULY 31, 2024 - LAST CLASS FOR SUMMER - CLASSES RESUME TUESDAY, SEPT 3RD, 2024					
SATURDAY, AUGUST 3RD, 2024 - ANNUAL PICNIC					
Monday & Wednesday		(MONDAY-9/2 - LABOR DAY - NO JUDO) SEPT 4, 2024		PRIMARY	
32	Tachiwaza (standing technique)	Harai Goshi: (Hip Sweep)	VICTOR PEREZ	SAL CERNA (WEDNESDAY)	
	Tachiwaza (standing technique)	Uchi mata: (Inner Thigh Reaping Throw)		NEW STUDENTS	
	Newaza (grappling technique)	Tsukomi, Ryote & Sode Guruma Jime			
	Newaza (grappling technique)	Teach Randori applications for above chokes. Top position.			
Monday & Wednesday		SEPT 9 & 11, 2024		PRIMARY	
33	Tachiwaza (standing technique)	O Soto Gari: (Major / Large Outer Reap)	OMAR MARQUEZ		
	Tachiwaza (standing technique)	Kosoto Gari: (Minor Outer Reap)			
	Newaza (grappling technique)	Kesa, Kata & Kuzure Kesa Gatame			
	Newaza (grappling technique)	Turn overs from kneeling and turtle positions. 1/2 Nelson Series.			
Monday & Wednesday		SEPT 16 & 18, 2024		PRIMARY	
34	Tachiwaza (standing technique)	O Goshi: (Major / Large Hip Throw)	FERNANDO SAZ		
	Tachiwaza (standing technique)	Sumi Gaeshi: (Corner Throw)			
	Newaza (grappling technique)	Yoko & Kuzure Yokoshiho Gatame			
	Newaza (grappling technique)	Turn overs from kneeling and turtle positions. Cross Face Series.			
Monday & Wednesday		SEPT 23 & 25, 2024		PRIMARY	
35	Tachiwaza (standing technique)	Koshi Guruma: (Hip Wheel / Head Throw)	JEFF LATSHAW		
	Tachiwaza (standing technique)	Uki Waza: (Floating Throw)			
	Newaza (grappling technique)	Kata, Gyaku & Nami Juji Jime			
	Newaza (grappling technique)	Teach Randori applications for above chokes. Top position.			
Monday & Wednesday		SEPT 30 & OCTOBER 2, 2024		PRIMARY	
36	Tachiwaza (standing technique)	Ippon Seoinage & Morote Seoinage (One & Two Arm Shoulder Throw)	FELIX LANIER	SAL CERNA (WEDNESDAY)	
	Tachiwaza (standing technique)	Ura nage: (Back Throw)		NEW STUDENTS	
	Tachiwaza (standing technique)	Yoko Guruma: (Side Wheel)			
	Newaza (grappling technique)	Ude Garami			
Monday & Wednesday		OCTOBER 7 & 9, 2024		PRIMARY	
37	Tachiwaza (standing technique)	De Ashi Barai: Apply (Forward Foot Sweep)	KEVIN PITTMAN		
	Tachiwaza (standing technique)	Yoko Gake: (Side Body Drop)			
	Tachiwaza (standing technique)	Kami & Kuzure Kamishiho Gatame			
	Newaza (grappling technique)	Teach turn overs to above pins. Back knee, forward rollover.			
Monday & Wednesday		OCTOBER 14 & 16, 2024		PRIMARY	
38	Tachiwaza (standing technique)	Ouchi Gari: (Major / Large Inner Reap)	SANDRA HAUPTMANN		
	Tachiwaza (standing technique)	Sasae Tsurikomi Ashi: (Proping Ankle Throw)			
	Tachiwaza (standing technique)	Hiza Guruma: (Knee Wheel)			
	Newaza (grappling technique)	Hadaka, Okuri Eri & Kataha Jime			
Newaza (grappling technique)	Teach Randori applications for above chokes from behind uke.				

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NIGHT TIME PROGRAM: MONDAY - 8:00PM - 10:00PM & THURSDAY - 8:30PM - 10:00PM (DURING JANUARY 2024)

NIGHT TIME PROGRAM: MONDAY & WEDNESDAY - 8:30PM - 10:00PM (STARTING IN FEBRUARY 2024)

	Monday & Wednesday	OCTOBER 21 & 23, 2024	PRIMARY	
39	Tachiwaza (standing technique)	Uki Goshi: (Floating Hip Throw)	FRANK CONVERY	
	Tachiwaza (standing technique)	Hane Goshi: (Springing Hip Throw)		
	Newaza (grappling technique)	Ude Gatame		
	Newaza (grappling technique)	Teach Randori applications for above armlock. From guard position.		
	Monday & Wednesday	OCTOBER 28 & 30, 2024	PRIMARY	
40	Tachiwaza (standing technique)	Tsurikomi Goshi: (Lift Pull Hip Throw)	VICTOR PEREZ	
	Tachiwaza (standing technique)	Sode Tsurikomi Goshi: (Lifting Pulling Sleeve Throw)		
	Newaza (grappling technique)	Tate & Kuzure Tateshiho Gatame		
	Newaza (grappling technique)	Teach turn overs to above pins. Front knee, backward rollover.		
	Monday & Wednesday	NOVEMBER 4 & 6, 2024	PRIMARY	
41	Tachiwaza (standing technique)	Tai Otoshi: (Body Drop)	OMAR MARQUEZ	SAL CERNA (MONDAY)
	Tachiwaza (standing technique)	Kata Guruma: (Shoulder Wheel)		NEW STUDENTS
	Newaza (grappling technique)	Ude Hishigi Juji Gatame		
	Newaza (grappling technique)	Teach Randori applications for above armlock.		
	Monday & Wednesday	NOVEMBER 11 & 13, 2024	PRIMARY	
42	Tachiwaza (standing technique)	Ko Uchi Gari: (Minor / Small Inner Reap)	FERNANDO SAZ	
	Tachiwaza (standing technique)	Tomoenage & Yoko Tomoenage: (Back & Side Sacrafice Throw)		
	Newaza (grappling technique)	Ude Hishigi Waki Gatame & Ushiro Kesa Gatame		
	Newaza (grappling technique)	Teach Randori applications. Turtle position sit through.		
	Monday & Wednesday	NOVEMBER 18 & 20, 2024	PRIMARY	
43	Tachiwaza (standing technique)	Okuri Ashi Barai: (Foot Sweep)	FELIX LANIER	
	Tachiwaza (standing technique)	Harai Tsurikomi Ashi: (Lifting Pulling Foot Sweep)		
	Newaza (grappling technique)	Hiza Gatame		
	Newaza (grappling technique)	Teach Randori applications for above armlock. Guard Position.		
	Monday & Wednesday	NOVEMBER 25 & 27, 2024	PRIMARY	
44	Tachiwaza (standing technique)	Harai Goshi: (Hip Sweep)	TRENT TONO	
	Tachiwaza (standing technique)	Uchi mata: (Inner Thigh Reaping Throw)		
	Newaza (grappling technique)	Tsukomi, Ryote & Sode Guruma Jime		
	Newaza (grappling technique)	Teach Randori applications for above chokes. Top position.		
	Monday & Wednesday	DECEMBER 2 & 4, 2024	PRIMARY	
45	Tachiwaza (standing technique)	O Soto Gari: (Major / Large Outer Reap)	JEFF LATSHAW	SAL CERNA (MONDAY)
	Tachiwaza (standing technique)	Kosoto Gari: (Minor Outer Reap)		NEW STUDENTS
	Newaza (grappling technique)	Kesa, Kata & Kuzure Kesa Gatame		
	Newaza (grappling technique)	Turn overs from kneeling and turtle positions. 1/2 Nelson Series.		
	Monday & Wednesday	DECEMBER 9 & 11, 2024	PRIMARY	
46	Tachiwaza (standing technique)	O Goshi: (Major / Large Hip Throw)	KEVIN PITTMAN	
	Tachiwaza (standing technique)	Sumi Gaeshi: (Corner Throw)		
	Tachiwaza (standing technique)	Yoko & Kuzure Yokoshiho Gatame		
	Newaza (grappling technique)	Turn overs from kneeling and turtle positions. Cross Face Series.		
	Monday & Wednesday	DECEMBER 16 & 18, 2024 (LAST CLASS FOR 2024)	PRIMARY	
47	Tachiwaza (standing technique)	Koshi Guruma: (Hip Wheel / Head Throw)	SANDRA HAUPTMANN	
	Tachiwaza (standing technique)	Uki Waza: (Floating Throw)		
	Tachiwaza (standing technique)	Kata, Gyaku & Nami Juji Jime		
	Newaza (grappling technique)	Teach Randori applications for above chokes. Top position.		

**NO JUDO DECEMBER 23 - 27, 2024 & DECEMBER 30 - JANUARY 1, 2025
CLASSES RESUME TUESDAY, JANUARY 2, 2025**