



# Tohkon Judo Academy

## 2023 FUNDAMENTALS CLASS SCHEDULE

UPDATED: DEC 27, 2022

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

**NIGHT TIME PROGRAM: MONDAY - 8:00PM - 10:00PM & THURSDAY - 8:30PM - 10:00PM**

	Monday & Wednesday/Thursday	JANUARY 2, 4 & 5	PRIMARY	SECONDARY
1	Tachiwaza (standing technique)	De Ashi Barai: Apply (Forward Foot Sweep)	CHRIS JACKSON	SAL CERNA (THUR)
	Tachiwaza (standing technique)	Yoko Gake: (Side Body Drop)		NEW STUDENTS (THUR)
	Newaza (grappling technique)	Kami & Kuzure Kamishiho Gatame		DOUG TONO
	Newaza (grappling technique)	Teach turn overs to above pins. Back knee, forward rollover.		
	Monday & Wednesday/Thursday	JANUARY 9, 11 & 12	PRIMARY	SECONDARY
2	Tachiwaza (standing technique)	Ouchi Gari: (Major / Large Inner Reap)	ALEX MURRAY	DOUG TONO
	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.		
	Monday & Wednesday/Thursday	JANUARY 16, 18 & 19	PRIMARY	SECONDARY
3	Tachiwaza (standing technique)	Uki Goshi: (Floating Hip Throw)	FRANK CONVERY	DOUG TONO
	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 23, 25 & 26	PRIMARY	SECONDARY
4	Tachiwaza (standing technique)	Tsurikomi Goshi: (Lift Pull Hip Throw)	VICTOR PEREZ	DOUG TONO
	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/Thursday	JANUARY 30, FEBRUARY 1 & 2	PRIMARY	SECONDARY
5	Tachiwaza (standing technique)	Tai Otoshi: (Body Drop)	OMAR MARQUEZ	SAL CERNA (THUR)
	Tachiwaza (standing technique)	Kata Guruma: (Shoulder Wheel)		NEW STUDENTS (THUR)
	Newaza (grappling technique)	Ude Hishigi Juji Gatame		DOUG TONO
	Newaza (grappling technique)	Teach Randori applications for above armlock.		
	Monday & Wednesday/Thursday	FEBRUARY 6, 8 & 9	PRIMARY	SECONDARY
6	Tachiwaza (standing technique)	Ko Uchi Gari: ( Minor / Small Inner Reap)	DAVID BECKER	DOUG TONO
	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/Thursday	FEBRUARY 13, 15 & 16	PRIMARY	SECONDARY
7	Tachiwaza (standing technique)	Okuri Ashi Barai: (Foot Sweep)	FERNANDO SAZ	DOUG TONO
	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/Thursday	FEBRUARY 20, 22 & 34	PRIMARY	SECONDARY
8	Tachiwaza (standing technique)	Harai Goshi: (Hip Sweep)	FELIX LANIER	DOUG 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/Thursday	FEBRUARY 27, MARCH 1 & 2	PRIMARY	SECONDARY
9	Tachiwaza (standing technique)	O Soto Gari: (Major / Large Outer Reap)	TRAVIS YAMANAKA	SAL CERNA (THUR)
	Tachiwaza (standing technique)	Kosoto Gari: (Minor Outer Reap)		NEW STUDENTS (THUR)
	Newaza (grappling technique)	Kesa, Kata & Kuzure Kesa Gatame		DOUG TONO
	Newaza (grappling technique)	Turn overs from kneeling and turtle positions. 1/2 Nelson Series.		
	Monday & Wednesday	MARCH 6, 8 & 9	PRIMARY	SECONDARY
10	Tachiwaza (standing technique)	O Goshi: (Major / Large Hip Throw)	SANDRA HAUPTMANN	DOUG TONO
	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/Thursday	MARCH 13, 15 & 16	PRIMARY	SECONDARY
11	Tachiwaza (standing technique)	Koshi Guruma: (Hip Wheel / Head Throw)	CHRIS JACKSON	DOUG TONO
	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/Thursday	MARCH 20, 22 & 23	PRIMARY	SECONDARY
12	Tachiwaza (standing technique)	Ippon Seoinage & Morote Seoinage (One & Two Arm Shoulder Throw)	ALEX MURRAY	DOUG TONO
	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/Thursday	MARCH 27, 29 & 30	PRIMARY	SECONDARY
	Tachiwaza (standing technique)	De Ashi Barai: Apply (Forward Foot Sweep)	FRANK CONVERY	DOUG TONO



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UPDATED: DEC 27, 2022

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

**NIGHT TIME PROGRAM: MONDAY - 8:00PM - 10:00PM & THURSDAY - 8:30PM - 10:00PM**

13	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.		
<b>Monday &amp; Wednesday/Thursday</b>		<b>APRIL 3, 5 &amp; 6</b>	<b>PRIMARY</b>	<b>SECONDARY</b>
14	Tachiwaza (standing technique)	Ouchi Gari: (Major / Large Inner Reap)	VICTOR PEREZ	SAL CERNA (THUR)
	Tachiwaza (standing technique)	Sasae Tsurikomi Ashi: ( Proping Ankle Throw)		NEW STUDENTS (THUR)
	Tachiwaza (standing technique)	Hiza Guruma: (Knee Wheel)		DOUG TONO
	Newaza (grappling technique)	Hadaka, Okuri Eri & Kataha Jime		
	Newaza (grappling technique)	Teach Randori applications for above chokes from behind uke.		
<b>Monday &amp; Wednesday/Thursday</b>		<b>APRIL 10, 12 &amp; 13</b>	<b>PRIMARY</b>	<b>SECONDARY</b>
15	Tachiwaza (standing technique)	Uki Goshi: (Floating Hip Throw)	OMAR MARQUEZ	DOUG TONO
	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.		
<b>Monday &amp; Wednesday/Thursday</b>		<b>APRIL 17, 19 &amp; 20</b>	<b>PRIMARY</b>	<b>SECONDARY</b>
16	Tachiwaza (standing technique)	Tsurikomi Goshi: (Lift Pull Hip Throw)	DAVID BECKER	DOUG TONO
	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.		
<b>Monday &amp; Wednesday/Thursday</b>		<b>APRIL 24, 26 &amp; 27</b>	<b>PRIMARY</b>	<b>SECONDARY</b>
17	Tachiwaza (standing technique)	Tai Otoshi: (Body Drop)	FERNANDO SAZ	DOUG TONO
	Tachiwaza (standing technique)	Kata Guruma: (Shoulder Wheel)		
	Newaza (grappling technique)	Ude Hishigi Juji Gatame		
	Newaza (grappling technique)	Teach Randori applications for above armlock.		
<b>Monday &amp; Wednesday/Thursday</b>		<b>MAY 1, 3 &amp; 4</b>	<b>PRIMARY</b>	<b>SECONDARY</b>
18	Tachiwaza (standing technique)	Ko Uchi Gari: ( Minor / Small Inner Reap)	FELIX LANIER	SAL CERNA (THUR)
	Tachiwaza (standing technique)	Tomoenage & Yoko Tomoenage: (Back & Side Sacrafice Throw)		NEW STUDENTS (THUR)
	Tachiwaza (standing technique)	Ude Hishigi Waki Gatame & Ushiro Kesa Gatame		DOUG TONO
	Newaza (grappling technique)	Teach Randori applications. Turtle position sit through.		
<b>Monday &amp; Wednesday/Thursday</b>		<b>MAY 8, 10 &amp; 11</b>	<b>PRIMARY</b>	<b>SECONDARY</b>
19	Tachiwaza (standing technique)	Okuri Ashi Barai: (Foot Sweep)	TRAVIS YAMANAKA	DOUG TONO
	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.		
<b>Monday &amp; Wednesday/Thursday</b>		<b>MAY 15, 17 &amp; 18</b>	<b>PRIMARY</b>	<b>SECONDARY</b>
20	Tachiwaza (standing technique)	Harai Goshi: (Hip Sweep)	SANDRA HAUPTMANN	DOUG TONO
	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.		
<b>Monday &amp; Wednesday/Thursday</b>		<b>MAY 22, 24 &amp; 25</b>	<b>PRIMARY</b>	<b>SECONDARY</b>
21	Tachiwaza (standing technique)	O Soto Gari: (Major / Large Outer Reap)	CHRIS JACKSON	DOUG 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.		
<b>Wednesday/Thursday</b>		<b>(NO JUDO - MONDAY 5/29) MAY 31 &amp; JUNE 1</b>	<b>PRIMARY</b>	<b>SECONDARY</b>
22	Tachiwaza (standing technique)	O Goshi: (Major / Large Hip Throw)	ALEX MURRAY	SAL CERNA (THUR)
	Tachiwaza (standing technique)	Sumi Gaeshi: (Corner Throw)		NEW STUDENTS (THUR)
	Newaza (grappling technique)	Yoko & Kuzure Yokoshiho Gatame		DOUG TONO
	Newaza (grappling technique)	Turn overs from kneeling and turtle positions. Cross Face Series.		
<b>Monday &amp; Wednesday/Thursday</b>		<b>JUNE 5, 7 &amp; 8</b>	<b>PRIMARY</b>	<b>SECONDARY</b>
23	Tachiwaza (standing technique)	Koshi Guruma: (Hip Wheel / Head Throw)	FRANK CONVERY	DOUG TONO
	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.		
<b>Monday &amp; Wednesday/Thursday</b>		<b>JUNE 12, 14 &amp; 15</b>	<b>PRIMARY</b>	<b>SECONDARY</b>
24	Tachiwaza (standing technique)	Ippon Seoinage & Morote Seoinage (One & Two Arm Shoulder Throw)	VICTOR PEREZ	DOUG TONO
	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.		
<b>Monday &amp; Wednesday/Thursday</b>		<b>JUNE 19, 21 &amp; 22</b>	<b>PRIMARY</b>	<b>SECONDARY</b>
25	Tachiwaza (standing technique)	De Ashi Barai: Apply (Forward Foot Sweep)	OMAR MARQUEZ	DOUG TONO
	Tachiwaza (standing technique)	Yoko Gake; (Side Body Drop)		



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**NIGHT TIME PROGRAM: MONDAY - 8:00PM - 10:00PM & THURSDAY - 8:30PM -10:00PM**

	Newaza (grappling technique)	Kami & Kuzure Kamishiho Gatame		
	Newaza (grappling technique)	Teach turn overs to above pins. Back knee, forward rollover.		
	<b>Monday &amp; Wednesday/Thursday</b>	<b>JUNE 26, 28 &amp; 29</b>	<b>PRIMARY</b>	<b>SECONDARY</b>
26	Tachiwaza (standing technique)	Ouchi Gari: (Major / Large Inner Reap)	DAVID BECKER	DOUG TONO
	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.		
	<b>Wednesday/Thursday</b>	<b>JULY 3, 5 &amp; 6</b>	<b>PRIMARY</b>	<b>SECONDARY</b>
27	Tachiwaza (standing technique)	Uki Goshi: (Floating Hip Throw)	FERNANDO SAZ	SAL CERNA (THUR)
	Tachiwaza (standing technique)	Hane Goshi: (Springing Hip Throw)		NEW STUDENTS (THUR)
	Newaza (grappling technique)	Ude Gatame		DOUG TONO
	Newaza (grappling technique)	Teach Randori applications for above armlock. From guard position.		
	<b>Monday &amp; Wednesday/Thursday</b>	<b>JULY 10, 12 &amp; 13</b>	<b>PRIMARY</b>	<b>SECONDARY</b>
28	Tachiwaza (standing technique)	Tsurikomi Goshi: (Lift Pull Hip Throw)	FELIX LANIER	DOUG TONO
	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.		
	<b>Monday &amp; Wednesday/Thursday</b>	<b>JULY 17, 19 &amp; 20</b>	<b>PRIMARY</b>	<b>SECONDARY</b>
29	Tachiwaza (standing technique)	Tai Otoshi: (Body Drop)	TRAVIS YAMANAKA	DOUG TONO
	Tachiwaza (standing technique)	Kata Guruma: (Shoulder Wheel)		
	Newaza (grappling technique)	Ude Hishigi Juji Gatame		
	Newaza (grappling technique)	Teach Randori applications for above armlock.		
	<b>Monday &amp; Wednesday/Thursday</b>	<b>JULY 24, 26 &amp; 27</b>	<b>PRIMARY</b>	<b>SECONDARY</b>
30	Tachiwaza (standing technique)	Ko Uchi Gari: ( Minor / Small Inner Reap)	SANDRA HAUPTMANN	DOUG TONO
	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.		
	<b>Monday &amp; Wednesday/Thursday</b>	<b>JULY 31, AUGUST 2 &amp; 3 (LAST CLASS FOR SUMMER - 8/3)</b>	<b>PRIMARY</b>	<b>SECONDARY</b>
31	Tachiwaza (standing technique)	Okuri Ashi Barai: (Foot Sweep)	CHRIS JACKSON	SAL CERNA
	Tachiwaza (standing technique)	Harai Tsurikomi Ashi: (Lifting Pulling Foot Sweep)		DOUG TONO
	Newaza (grappling technique)	Hiza Gatame		
	Newaza (grappling technique)	Teach Randori applications for above armlock. Guard Position.		
<b>AUGUST 3RD - LAST CLASS FOR SUMMER - CLASSES RESUME TUESDAY, SEPT 6TH</b>				
<b>SATURDAY, AUGUST 5TH - ANNUAL PICNIC</b>				
	<b>Wednesday/Thursday</b>	<b>(MONDAY-9/4 - LABOR DAY - NO JUDO) SEPT 6 &amp; 7</b>	<b>PRIMARY</b>	<b>SECONDARY</b>
32	Tachiwaza (standing technique)	Harai Goshi: (Hip Sweep)	ALEX MURRAY	SAL CERNA (THUR)
	Tachiwaza (standing technique)	Uchi mata: (Inner Thigh Reaping Throw)		NEW STUDENTS (THUR)
	Newaza (grappling technique)	Tsukomi, Ryote & Sode Guruma Jime		DOUG TONO
	Newaza (grappling technique)	Teach Randori applications for above chokes. Top position.		
	<b>Monday &amp; Wednesday/Thursday</b>	<b>SEPT 11, 13 &amp; 14</b>	<b>PRIMARY</b>	<b>SECONDARY</b>
33	Tachiwaza (standing technique)	O Soto Gari: (Major / Large Outer Reap)	FRANK CONVERY	DOUG 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.		
	<b>Monday &amp; Wednesday/Thursday</b>	<b>SEPT 18, 20 &amp; 21</b>	<b>PRIMARY</b>	<b>SECONDARY</b>
34	Tachiwaza (standing technique)	O Goshi: (Major / Large Hip Throw)	VICTOR PEREZ	DOUG TONO
	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.		
	<b>Monday &amp; Wednesday/Thursday</b>	<b>SEPT 25, 27 &amp; 28</b>	<b>PRIMARY</b>	<b>SECONDARY</b>
35	Tachiwaza (standing technique)	Koshi Guruma: (Hip Wheel / Head Throw)	OMAR MARQUEZ	DOUG TONO
	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.		
	<b>Monday &amp; Wednesday/Thursday</b>	<b>OCTOBER 2, 4 &amp; 5</b>	<b>PRIMARY</b>	<b>SECONDARY</b>
36	Tachiwaza (standing technique)	Ippon Seoinage & Morote Seoinage (One & Two Arm Shoulder Throw)	DAVID BECKER	SAL CERNA (THUR)
	Tachiwaza (standing technique)	Ura nage: ( Back Throw)		NEW STUDENTS (THUR)
	Tachiwaza (standing technique)	Yoko Guruma: ( Side Wheel)		DOUG TONO
	Newaza (grappling technique)	Ude Garami		
	Newaza (grappling technique)	Teach Randori applications for above armlock. Guard & Top Position.		
	<b>Monday &amp; Wednesday/Thursday</b>	<b>OCTOBER 9, 11 &amp; 12</b>	<b>PRIMARY</b>	<b>SECONDARY</b>
37	Tachiwaza (standing technique)	De Ashi Barai: Apply (Forward Foot Sweep)	FERNANDO SAZ	DOUG TONO
	Tachiwaza (standing technique)	Yoko Gake: (Side Body Drop)		
	Tachiwaza (standing technique)	Kami & Kuzure Kamishiho Gatame		



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**NIGHT TIME PROGRAM: MONDAY - 8:00PM - 10:00PM & THURSDAY - 8:30PM -10:00PM**

	Newaza (grappling technique)	Teach turn overs to above pins. Back knee, forward rollover.		
	<b>Monday &amp; Wednesday/Thursday</b>	<b>OCTOBER 16, 18 &amp; 19</b>	<b>PRIMARY</b>	<b>SECONDARY</b>
38	Tachiwaza (standing technique)	Ouchi Gari: (Major / Large Inner Reap)	FELIX LANIER	DOUG TONO
	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.		
	<b>Monday &amp; Wednesday/Thursday</b>	<b>OCTOBER 23, 25 &amp; 26</b>	<b>PRIMARY</b>	<b>SECONDARY</b>
39	Tachiwaza (standing technique)	Uki Goshi: (Floating Hip Throw)	TRAVIS YAMANAKA	DOUG TONO
	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.		
	<b>Monday &amp; Wednesday/Thursday</b>	<b>OCTOBER 30, NOVEMBER 1 &amp; 2</b>	<b>PRIMARY</b>	<b>SECONDARY</b>
40	Tachiwaza (standing technique)	Tsurikomi Goshi: (Lift Pull Hip Throw)	SANDRA HAUPTMANN	SAL CERNA (THUR)
	Tachiwaza (standing technique)	Sode Tsurikomi Goshi: (Lifting Pulling Sleeve Throw)		NEW STUDENTS (THUR)
	Newaza (grappling technique)	Tate & Kuzure Tateshiho Gatame		DOUG TONO
	Newaza (grappling technique)	Teach turn overs to above pins. Front knee, backward rollover.		
	<b>Monday &amp; Wednesday/Thursday</b>	<b>NOVEMBER 6, 8 &amp; 9</b>	<b>PRIMARY</b>	<b>SECONDARY</b>
41	Tachiwaza (standing technique)	Tai Otoshi: (Body Drop)	CHRIS JACKSON	DOUG TONO
	Tachiwaza (standing technique)	Kata Guruma: (Shoulder Wheel)		
	Newaza (grappling technique)	Ude Hishigi Juji Gatame		
	Newaza (grappling technique)	Teach Randori applications for above armlock.		
	<b>Monday &amp; Wednesday/Thursday</b>	<b>NOVEMBER 13, 15 &amp; 16</b>	<b>PRIMARY</b>	<b>SECONDARY</b>
42	Tachiwaza (standing technique)	Ko Uchi Gari: ( Minor / Small Inner Reap)	ALEX MURRAY	DOUG TONO
	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.		
	<b>Monday &amp; Wednesday</b>	<b>NOVEMBER 20 &amp; 22 (THURSDAY - 11/23 - THANKSGIVING - NO JUDO)</b>	<b>PRIMARY</b>	<b>SECONDARY</b>
43	Tachiwaza (standing technique)	Okuri Ashi Barai: (Foot Sweep)	FRANK CONVERY	DOUG TONO
	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.		
	<b>Monday &amp; Wednesday/Thursday</b>	<b>NOVEMBER 27 , 29 &amp; 30</b>	<b>PRIMARY</b>	<b>SECONDARY</b>
44	Tachiwaza (standing technique)	Harai Goshi: (Hip Sweep)	VICTOR PEREZ	DOUG 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.		
	<b>Monday &amp; Wednesday/Thursday</b>	<b>DECEMBER 4, 6 &amp; 7</b>	<b>PRIMARY</b>	<b>SECONDARY</b>
45	Tachiwaza (standing technique)	O Soto Gari: (Major / Large Outer Reap)	OMAR MARQUEZ	SAL CERNA (THUR)
	Tachiwaza (standing technique)	Kosoto Gari: (Minor Outer Reap)		NEW STUDENTS (THUR)
	Newaza (grappling technique)	Kesa, Kata & Kuzure Kesa Gatame		DOUG TONO
	Newaza (grappling technique)	Turn overs from kneeling and turtle positions. 1/2 Nelson Series.		
	<b>Monday &amp; Wednesday/Thursday</b>	<b>DECEMBER 11, 13 &amp; 14</b>	<b>PRIMARY</b>	<b>SECONDARY</b>
46	Tachiwaza (standing technique)	O Goshi: (Major / Large Hip Throw)	DAVID BECKER	DOUG TONO
	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.		
	<b>Monday &amp; Wednesday/Thursday</b>	<b>DECEMBER 18, 20 &amp; 21 (LAST CLASS FOR 2023)</b>	<b>PRIMARY</b>	<b>SECONDARY</b>
47	Tachiwaza (standing technique)	Koshi Guruma: (Hip Wheel / Head Throw)	FERNANDO SAZ	DOUG TONO
	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 24 - 29, 2023  
CLASSES RESUME TUESDAY, JANUARY 2, 2024**