B

Tohkon Judo Academy

2023 FUNDAMENTALS CLASS SCHEDULE

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_		NDAY & WEDNESDAY - 11:30AM - 1:30PM (DOUG T, MONDAY - 8:00PM - 10:00PM & THURSDAY - 8:30PM -10:00P	BRIAN K, CJ OTTO)	
_				SECONDARY
	Monday & Wednesday/Thursday	JANUARY 2, 4 & 5		
	Tachiwaza (standing technique)	De Ashi Barai: Apply (Forward Foot Sweep)	CHRIS JACKSON	SAL CERNA (THUR) NEW STUDENTS (THUR)
1	Tachiwaza (standing technique)	Yoko Gake; (Side Body Drop)		
	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
	Tachiwaza (standing technique)	Ouchi Gari: (Major / Large Inner Reap)	ALEX MURRAY	DOUG TONO
	Tachiwaza (standing technique)	Sasae Tsurikomi Ashi: (Proping Ankle Throw)		
2	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
	Tachiwaza (standing technique)	Uki Goshi: (Floating Hip Throw)	FRANK CONVERY	DOUG TONO
3	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
	Tachiwaza (standing technique)	Tsurikomi Goshi: (Lift Pull Hip Throw)	VICTOR PEREZ	DOUG TONO
4	Tachiwaza (standing technique)	Sode Tsurikomi Goshi: (Lifting Pulling Sleeve Throw)		
	Newaza (grappling technique)	Tate & Kuzure Tateshiho Gatame		
L	Newaza (grappling technique)	Teach turn overs to above pins. Front knee, backward rollover.		
	Monday & Wednesday/Thursday	JANUARY 30, FEBRUARY 1 & 2	PRIMARY	SECONDARY
	Tachiwaza (standing technique)	Tai Otoshi: (Body Drop)	OMAR MARQUEZ	SAL CERNA (THUR)
5	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
	Tachiwaza (standing technique)	Ko Uchi Gari: (Minor / Small Inner Reap)	DAVID BECKER	DOUG TONO
6	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
7	Tachiwaza (standing technique)	Harai Tsurikomi Ashi: (Lifting Pulling Foot Sweep)		
	Newaza (grappling technique)	Hiza Gatame Teach Randori applications for above armlock. Guard Position.		
-	Newaza (grappling technique) Monday & Wednesday/Thursday	FEBRUARY 20, 22 & 34	PRIMARY	SECONDARY
	Tachiwaza (standing technique)	Harai Goshi: (Hip Sweep)	FELIX LANIER	DOUG TONO
8	Tachiwaza (standing technique)	Uchi mata: (Inner Thigh Reaping Throw)		
ľ	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
1	Tachiwaza (standing technique)	O Soto Gari: (Major / Large Outer Reap)	TRAVIS YAMANAKA	SAL CERNA (THUR)
9	Tachiwaza (standing technique)	Kosoto Gari: (Minor Outer Reap)		NEW STUDENTS (THUR)
1	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
	Tachiwaza (standing technique)	O Goshi: (Major / Large Hip Throw)	SANDRA HAUPTMANN	DOUG TONO
10	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.		
1	Monday & Wednesday/Thursday	MARCH 13, 15 &16	PRIMARY	SECONDARY
١	Tachiwaza (standing technique)	Koshi Guruma: (Hip Wheel / Head Throw)	CHRIS JACKSON	DOUG TONO
11	Tachiwaza (standing technique)	Uki Waza: (Floating Throw)		
1	Tachiwaza (standing technique)	Kata, Gyaku & Nami Juji Jime		_
⊢	Newaza (grappling technique)	Teach Randori applications for above chokes. Top position.		
1	Monday & Wednesday/Thursday	MARCH 20, 22 & 23		SECONDARY
	Tachiwaza (standing technique)	Ippon Seoinage & Morote Seoinage (One & Two Arm Shoulder Throw)	ALEX MURRAY	DOUG TONO
12	Tachiwaza (standing technique)	Ura nage: (Back Throw)		
1	Tachiwaza (standing technique)	Yoko Guruma: (Side Wheel)		
1	Newaza (grappling technique)	Ude Garami		
L	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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Newaza (grappling technique) Yoko & Kuzure Yokoshiho Gatame Newaza (grappling technique) Turn overs from kneeling and turtle positions. Cross Face Series. Monday & Wednesday/Thursday JUNE 5, 7 & 8 Tachiwaza (standing technique) Koshi Guruma: (Hip Wheel / Head Throw) 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/Thursday JUNE 12, 14 & 15	ALEX MURRAY	SAL CERNA (THUR)
Newaza (grappling technique) Turn overs from kneeling and turtle positions. Cross Face Series. Monday & Wednesday/Thursday JUNE 5, 7 & 8 Tachiwaza (standing technique) Koshi Guruma: (Hip Wheel / Head Throw) 23 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/Thursday JUNE 12, 14 & 15		NEW STUDENTS (THUR)
Monday & Wednesday/Thursday JUNE 5, 7 & 8 Tachiwaza (standing technique) Koshi Guruma: (Hip Wheel / Head Throw) 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/Thursday JUNE 12, 14 & 15		DOUG TONO
Tachiwaza (standing technique) Koshi Guruma: (Hip Wheel / Head Throw) 23 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/Thursday JUNE 12, 14 & 15		
23 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/Thursday JUNE 12, 14 & 15	PRIMARY	SECONDARY
Newaza (grappling technique) Kata, Gyaku & Nami Juji Jime Newaza (grappling technique) Teach Randori applications for above chokes. Top position. Monday & Wednesday/Thursday JUNE 12, 14 & 15	FRANK CONVERY	DOUG TONO
Newaza (grappling technique) Teach Randori applications for above chokes. Top position. Monday & Wednesday/Thursday JUNE 12, 14 & 15		
Newaza (grappling technique) Teach Randori applications for above chokes. Top position. Monday & Wednesday/Thursday JUNE 12, 14 & 15		
Monday & Wednesday/Thursday JUNE 12, 14 &15		
	PRIMARY	SECONDARY
raomwaza (standing teorinique) ipport seomage a morote seomade (One a Two Anni Shoulder (MIOW)	VICTOR PEREZ	DOUG TONO
Tachiwaza (standing technique) Ura nage: (Back Throw)	 	
24 Tachiwaza (standing technique) Yoko Guruma: (Side Wheel)	<u> </u>	
Newaza (grappling technique) Ude Garami	<u> </u>	-
Newaza (grappling technique) Teach Randori applications for above armlock. Guard & Top Position.	 	

	Monday & Wednesday/Thursday	JUNE 19, 21 & 22	PRIMARY	SECONDARY
	Tachiwaza (standing technique)	De Ashi Barai: Apply (Forward Foot Sweep)	OMAR MARQUEZ	DOUG TONO
25	Tachiwaza (standing technique)	Yoko Gake; (Side Body Drop)		
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Tohkon Judo Academy 2023 FUNDAMENTALS CLASS SCHEDULE

		Tohkon Judo Academy		
		2023 FUNDAMENTALS CLASS S	CHEDULE	UPDATED: DEC 27, 2022
		NDAY & WEDNESDAY - 11:30AM - 1:30PM (DOUG T, E MONDAY - 8:00PM - 10:00PM & THURSDAY - 8:30PM -10:00PI	BRIAN K, CJ OTTO)	
	Newaza (grappling technique)	Kami & Kuzure Kamishiho Gatame		1
	Newaza (grappling technique)	Teach turn overs to above pins. Back knee, forward rollover.		
	Monday & Wednesday/Thursday	JUNE 26, 28 & 29	PRIMARY	SECONDARY
	Tachiwaza (standing technique)	Ouchi Gari: (Major / Large Inner Reap)	DAVID BECKER	DOUG TONO
~	Tachiwaza (standing technique)	Sasae Tsurikomi Ashi: (Proping Ankle Throw)		
6	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.		
	Wednesday/Thursday	JULY 3, 5 & 6	PRIMARY	SECONDARY
_	Tachiwaza (standing technique)	Uki Goshi: (Floating Hip Throw)	FERNANDO SAZ	SAL CERNA (THUR)
7	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.	DDIMA DV	
	Monday & Wednesday/Thursday	JULY 10, 12 & 13 Tsurikomi Goshi: (Lift Pull Hip Throw)	PRIMARY FELIX LANIER	SECONDARY DOUG TONO
Q	Tachiwaza (standing technique) Tachiwaza (standing technique)	Sode Tsurikomi Goshi: (Lifting Pulling Sleeve Throw)		
0	Newaza (grappling technique)	Tate & Kuzure Tateshiho Gatame		
	Newaza (grappling technique)	Teach turn overs to above pins. Front knee, backward rollover.		
	Monday & Wednesday/Thursday	JULY 17, 19 & 20	PRIMARY	SECONDARY
	Tachiwaza (standing technique)	Tai Otoshi: (Body Drop)	TRAVIS YAMANAKA	DOUG TONO
9	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/Thursday	JULY 24, 26 & 27	PRIMARY	SECONDARY
	Tachiwaza (standing technique)	Ko Uchi Gari: (Minor / Small Inner Reap)	SANDRA HAUPTMANN	DOUG TONO
0	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/Thursday	JULY 31, AUGUST 2 & 3 (LAST CLASS FOR SUMMER- 8/3)	PRIMARY	SECONDARY
	Tachiwaza (standing technique)	Okuri Ashi Barai: (Foot Sweep)	CHRIS JACKSON	SAL CERNA
1	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. AST CLASS FOR SUMMER - CLASSE	S RESUME TUESDA	Y SEPT 6TH
		SATURDAY, AUGUST 5TH - ANNUAL		, •=
	Wednesday/Thursday	(MONDAY-9/4 - LABOR DAY - NO JUDO) SEPT 6 & 7	PRIMARY	SECONDARY
	Tachiwaza (standing technique)	Harai Goshi: (Hip Sweep)	ALEX MURRAY	SAL CERNA (THUR)
2	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.		
	Monday & Wednesday/Thursday	SEPT 11, 13 & 14	PRIMARY	SECONDARY
	Tachiwaza (standing technique)	O Soto Gari: (Major / Large Outer Reap)	FRANK CONVERY	DOUG TONO
3	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/Thursday	SEPT 18, 20 & 21	PRIMARY	SECONDARY
	Tachiwaza (standing technique)	O Goshi: (Major / Large Hip Throw)	VICTOR PEREZ	DOUG TONO
4	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	SEPT 25, 27 & 28	PRIMARY	SECONDARY
<u>.</u>	Tachiwaza (standing technique)	Koshi Guruma: (Hip Wheel / Head Throw)	OMAR MARQUEZ	DOUG TONO
5	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.	DDIMADY	RECONDARY
	Monday & Wednesday/Thursday	OCTOBER 2, 4 & 5 Ippon Seoinage & Morote Seoinage (One & Two Arm Shoulder Throw)	PRIMARY DAVID BECKER	SECONDARY SAL CERNA (THUR)
	Tachiwaza (standing technique) Tachiwaza (standing technique)	Ura nage: (Back Throw)		NEW STUDENTS (THUR)
6	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.		
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		OCTOBER 9, 11 & 12	PRIMARY	SECONDARY

	Mono	day & Wednesday/Thursday	OCTOBER 9, 11 & 12	PRIMARY	SECONDARY
37	Tach	hiwaza (standing technique)	De Ashi Barai: Apply (Forward Foot Sweep)	FERNANDO SAZ	DOUG TONO
	7 Tach	hiwaza (standing technique)	Yoko Gake; (Side Body Drop)		
	Tach	hiwaza (standing technique)	Kami & Kuzure Kamishiho Gatame		



Tohkon Judo Academy

2023 FUNDAMENTALS CLASS SCHEDULE

	Newaza (grappling technique)	Teach turn overs to above pins. Back knee, forward rollover.		
	Monday & Wednesday/Thursday	OCTOBER 16, 18 & 19	PRIMARY	SECONDARY
	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.		
	Monday & Wednesday/Thursday	OCTOBER 23, 25 & 26	PRIMARY	SECONDARY
	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.		
	Monday & Wednesday/Thursday	OCTOBER 30, NOVEMBER 1 & 2	PRIMARY	SECONDARY
	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) Monday & Wednesday/Thursday	Teach turn overs to above pins. Front knee, backward rollover.	PRIMARY	SECONDARY
	Tachiwaza (standing technique)	NOVEMBER 6, 8 & 9 Tai Otoshi: (Body Drop)		DOUG TONO
	Tachiwaza (standing technique)	Kata Guruma: (Shoulder Wheel)		
	Newaza (grappling technique)			-
		Ude Hishigi Juji Gatame		
	Newaza (grappling technique) Monday & Wednesday/Thursday	Teach Randori applications for above armlock. NOVEMBER 13, 15 & 16	PRIMARY	SECONDARY
	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.		
	Monday & Wednesday	NOVEMBER 20 & 22 (THURSDAY - 11/23 - THANKSGIVING - NO JUDO)	PRIMARY	SECONDARY
	Tachiwaza (standing technique)	Okuri Ashi Barai: (Foot Sweep)	FRANK CONVERY	DOUG TONO
3	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	NOVEMBER 27 , 29 & 30	PRIMARY	SECONDARY
	Tachiwaza (standing technique)	Harai Goshi: (Hip Sweep)	VICTOR PEREZ	DOUG TONO
4	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	DECEMBER 4, 6 & 7	PRIMARY	SECONDARY
	Tachiwaza (standing technique)	O Soto Gari: (Major / Large Outer Reap)	OMAR MARQUEZ	SAL CERNA (THUR)
5	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/Thursday	DECEMBER 11, 13 & 14	PRIMARY	SECONDARY
	Tachiwaza (standing technique)	O Goshi: (Major / Large Hip Throw)	DAVID BECKER	DOUG TONO
5	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/Thursday	DECEMBER 18, 20 & 21 (LAST CLASS FOR 2023)	PRIMARY	SECONDARY
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.		