

# WEEKLY PRACTICE SCHEDULE

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**2:00-4:00PM**  
**Nagekomi**  
*Intensive throwing practice*  
*(8yrs-Adults)*  
*Intermediate-Advanced*

**4:30PM**  
**Judo Essentials**  
*Ukemi & basic techniques*  
*Beginners*

**10:00-11:30AM**  
**Adult Beginner/Intermed.**  
*Basic judo skills*  
*Begin.-Intermed. (Adults)*

**9:00-11:00AM**  
**Open Mat**  
*Tachiwaza & newaza randori*  
*(High School-adults)*  
*Intermediate-Advanced*

**12:00-1:00PM**  
**F.I.T. Falling is a Technique!**  
*Reduce falling injuries*  
*(Age 50 & up)*

**5:00-6:00PM**  
**Adaptive Judo**  
*Specially adapted for ASD*  
*(K-6th Grade)*

**5:00-7:00PM**  
**Judo Essentials**  
*Competition skills*  
*(8yrs-Adults)*  
*Beginner-Advanced*

**5:00-6:00PM**  
**Judo Fundamentals 1**  
*Fundamental skills*  
*(K-4th Grade)*

**4:30PM**  
**Judo Essentials**  
*Ukemi & basic techniques*  
*Beginners*

**5:00-7:00PM**  
**Judo Essentials**  
*Competition skills*  
*(8yrs-Adults)*  
*Beginner-Advanced*

**5:00-6:00PM**  
**Judo Fundamentals 1**  
*Fundamental skills*  
*(K-4th Grade)*

**6:00-7:30PM**  
**Open Mat**  
*Tachiwaza & newaza randori*  
*(High School-adults)*  
*Intermediate-Advanced*

**6:00-7:30PM**  
**Judo Fundamentals 2**  
*Fundamental skills: newaza*  
*(5th Grade-Adults)*  
*Beginner-Intermediate*

**6:00-7:30PM**  
**Judo Fundamentals 2**  
*Fundamental skills: tachiwaza*  
*(5th Grade-Adults)*  
*Beginner-Intermediate*

**7:30-9:00PM**  
**Open Mat**  
*Tachiwaza & newaza randori*  
*(High School-adults)*  
*Intermediate-Advanced*

**7:30-9:00PM**  
**Back to Basics**  
*Foundational technique*  
*(Middle & High School)*  
 (Text 808-321-5407)

	Sensei Russell
	Sensei Derek
	Sensei Gina
	Sensei Louie
M, S	Sensei Matt
W	Sensei Shintaro
	Sensei Cambey
	Sensei Kevin
	Sensei Duane F.