

WEEKLY PRACTICE SCHEDULE

SUNDAY
MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY
10:00-11:30AM
Adult Beginner
Basic judo skills
Beginners (Adults)
May & June only
10:00-11:30AM
Adult Intermediate
Basic judo skills
Intermediate (Adults)
May & June only
10:00-11:30AM
Adult Intermediate
Basic judo skills
Intermediate (Adults)
May & June only
8:00-9:00AM
Promotion Preparation
Kata & Technique
Intermediate-Advanced
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)
Starts August 2
2:00-4:00PM
Nagekomi
Intensive throwing practice
(8yrs-Adults)
Intermediate-Advanced
4:30PM
Judo Essentials
Ukemi & basic techniques
Beginners
4:30PM
Judo Essentials
Ukemi & basic techniques
Beginners
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)
6:00-7:30PM
Judo Fundamentals 2
Fundamental skills: newaza
(5th Grade-Adults)
Beginner-Intermediate
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
Judo Fundamentals 2
Fundamental skills: tachiwaza
(5th Grade-Adults)
Beginner-Intermediate
7:30-9:00PM
Back to Basics
Foundational technique
(Middle & High School)
(Text 808-321-5407)
7:30-9:00PM
Open Mat
Tachiwaza & newaza randori
(High School-adults)
Intermediate-Advanced

	Sensei Kevin
	Sensei Russell
	Sensei Derek
	Sensei Gina
	Sensei Louie
M, S	Sensei Matt
W	Sensei Shintaro
	Sensei Kouga
	Sensei Kouga
	Sensei Kouga