

2015 Joshi Judo Camp Schedule

July 23, 2015	Thursday	
7:00 PM	Hotel Check-In/Welcome Campers (Hotel Lounge)	
July 24, 2015	Friday	
8:30 – 8:45 AM	Opening Ceremony	Sensei Shepherd
8:45 – 10:30 AM	Warm up exercise / Tandoku Renshu	Sensei Monar/Soko Joshi
10:30 – 10:40 AM	Water Break	
10:40 – 12:00	Katame No Kata	Sensei Shepherd
12:00 – 1:30 PM	Lunch Break	
1:30 - 3:30 PM	Tachi-Waza	Sensei Roethke
3:30 – 3:40 PM	Water Break	
3:40 – 5:00 PM	Ne-Waza	Sensei Roethke
7:00 – 9:00 PM	USA Judo/USJF Certification Test (optional)	Sensei Shepherd
July 25, 2015	Saturday	
8:30 – 11:00 AM	Warm Up Exercise / Ju No Kata	Shepherd / Monar
11:00 – 11:10 AM	Water Break	
11:10 – 12:00 PM	Nage No Kata	Sensei Shepherd
12:00 – 1:30 PM	Lunch Break	
1:30 – 3:30 PM	Tachi-Waza / Ne-Waza Combination	Sensei Ivascu
3:30 – 3:40 PM	Water Break	
3:40 – 5:00 PM	Light Randori with Sensei Ivascu	Sensei Ivascu
5:00 PM	Dinner with Campers	
July 26, 2015	Sunday	
8:30 – 10:00AM	Nage No Kata	Sensei Shepherd
10:00 – 10:10AM	Water Break	
10:10 – 12:00 PM	Goshin Jitsu	Sensei Shepherd
12:00 – 1:30 PM	Lunch Break	
1:30 – 2:30 PM	Itsutsu No Kata	Sensei Shepherd
2:30 – 4:00 PM	Sensei Ito's Tokui Waza	Sensei Ito
4:00 – 5:00 PM	Team Mini Shiai	Sensei Shepherd
5:00 PM	Closing Ceremony / THANK YOU FOR COMING!	