

2023 Camp Schedule

Subject to Change

Night Before		
July 13, 2023	Thursday	
7:00pm	Welcome Campers - Hotel Lounge	Sensei Eiko Shepherd
July 14, 2023	Friday Denver Judo 719 Mariposa Denver, CO 80204	
8:30 am – 8:45 am	Opening Ceremony	Sensei Eiko Shepherd
8:45 – 10:30 am	Warm up exercise / Tandoku Renshu	Soko Joshi / Sensei Megumi Ishikawa
10:30 – 10:45 am	Water Break	
10:45 – 12:00 pm	Tachiwaza	Sensei Megumi Ishikawa
12:00 – 1:00 pm	Lunch Break	
1:00 – 2:30 pm	Goshin Jitsu	Sensei Eiko Shepherd
2:30 – 3:00 pm	Water Break	
3:00 – 4:00 pm	Randori	Sensei Megumi Ishikawa
5:00 – 8:00 pm	Kata Certification Test For those who wish to test. This is not mandatory	Sensei Eiko Shepherd

July 15, 2023	Saturday Northglenn Recreation Center 11801 Community Center Dr Northglenn, CO 80233	
8:30 – 9:30 am	Warm up exercise / Taisabaki	Soko Joshi/ Sensei Megumi
9:30 – 10:30 am	Newaza (Shimewaza and Osaekomiwaza)	Sensei Megumi Ishikawa
10:30 – 10:40 am	Water Break	
10:40 – 12:00 pm	Newaza Randori / Kime No Kata (campers choose a session)	Sensei Megumi Ishikawa Sensei Eiko Shepherd
12:00 – 1:00 pm	Lunch Break	
1:00 – 3:00 pm	Self defense	Sensei Charlee Minkin
3:00 – ?	Dinner with Campers	
July 16, 2023	Sunday Northglenn Recreation Center 11801 Community Center Dr Northglenn, CO 80233	
8:30 – 9:30 am	Warm Up Exercise	Sensei Megumi Ishikawa
9:30 – 11:00 am	Sensi Megumi Ishikawa's Tokuiwaza	Sensei Megumi Ishikawa
11:00 – 11:15 am	Water Break	
11:15 – 12:00 pm	Tandoku Renshu	Soko Joshi
12:00 – 1:00 pm	Lunch Break	
1:00 – 2:00 pm	Team Mini Shiai	Sensei Megumi Ishikawa Sensei Eiko Shepherd
2:00 – 3:00 pm	Closing Ceremony/Thank you for coming	