



Keiko Fukuda Joshi Camp 2025

Camp Schedule

Thurs, July 10
7:00pm to 8:00 pm La Quinta Inn Suites Lobby
Informal Welcome Campers and meet up

San Jose Buddhist Judo Club
1050 N. 5th Street
San Jose, CA 95112

Friday, July 11	Day 1	
8:30 am - 8:45 am	Opening Ceremony	Sensei E. Shepherd
8:45 am - 10:30 am	Warm up exercise / Tandoku Renshu	Soko Joshi / Karol Palacios
10:30 am - 10:45 am	Water Break 🚰	
10:45 am - 12:00 pm	Tachiwaza	Karol Palacios
12:00 - 1:30 pm	Lunch 🥗🍱 (Bring your own or make a donation for various sandwich/salad/chips & drinks)	
1:30 pm - 2:30 pm	Kata - Joshi Goshin Ho	Soko Joshi
2:30 pm - 2:45 pm	Water Break 🚰	
2:45 pm - 3:45 pm	Randori	Karol Palacios
3:45 pm - 4:00 pm	Cool Down - Junbi Undo	Karol Palacios
4:00 pm - 6:00 pm	USJF Kata Certification Test	Sensei E. Shepherd

Saturday, July 11	Day 2	
8:30 am - 9:30 am	Warm Up Exercise/ Taisabaki	Soko Joshi / Karol Palacios
9:30 am - 10:30 am	Newaza:Osaekomiwaza/Shimewaza	Karol Palacios
10:30 am - 10:45 am	Water Break 🚰	
10:45 am - 12:00 pm	Newaza Randori	Karol Palacios
12:00 pm - 1:30 pm	Lunch 🍱 🍲 (Bring your own or make a donation for various sandwich/salad/chips & drinks)	
1:30 pm - 3:00 pm	Combination Techniques: Tachiwaza to Newaza	Karol Palacios
3:00 pm - 3:30 pm	Women's Judo History	Sensei Shepherd
3:30 pm - 4:30 pm	Womens Goshin-ho	Sensei Shepherd/Soko Joshi
4:30pm - 4:45pm	Closing Ceremony	
6:00 pm	Camper Dinner: Location and time TBD	

Sunday, July 13	Day 3	
8:30 am -9:30 am	Warm Up Exercise/ Taisabaki and Tandoku Renshu	Soko Joshi
9:30 am - 10:30 am	Sensei Karol's Tokuiwaza	Karol Palacios
10:30 am - 10:45 am	Water Break 🚰	
10:45 am - 12:00 pm	Juno Kata	Sensei Shepherd/Soko Joshi
12:00 - 1:30 pm	Lunch 🍱 🍲 (Bring your own or make a donation for various sandwich/salad/chips & drinks)	
1:30 pm - 3:00 pm	Team Mini Shiai Practice How to referee	Team Sensei Karol Palacios vs. Team Sensei Eiko Shepherd
3:00 pm - 3:15 pm	Water Break 🚰	
3:15 pm - 4:00 pm	Closing Ceremony: Thank you for coming! See you next year!	