



Keiko Fukuda Joshi Camp 2025

Camp Schedule

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 Tracy Crawford
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

Saturday, July 11	Day 2	
8:30 am - 8:45 am	Bow in & Announcements	Sensei Tracy Crawford
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	Soko Joshi
3:30 pm - 4:30 pm	Womens Goshin-ho	Soko Joshi
4:30pm - 4:45pm	Closing Ceremony	
5:30 pm	Camper Dinner \$35/person Buffet (not including beverages) Fourth St Bowl, 1441 North 4th Street, San Jose, 95112	

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	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 Wilina Monar w/ Sensei Tracy Crawford
3:00 pm - 3:15 pm	Water Break 🚰	
3:15 pm - 4:00 pm	Closing Ceremony: Thank you for coming! See you next year!	