

THURSDAY

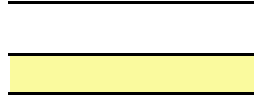
9:00AM		9:15AM		LINE UP							
				Judo				Jujutsu		Kata	
9:20AM	10:00AM	Conditioning Drills	SENSEI LYNN			Sensei Reiff	Instructor's Choice		Goshin Jutsu	Sensei Jeff & Sensei Heiko	
10:10AM	10:50AM	Te Waza	SENSEI RYAN			Professor Ryan	Block, Lock & Shock		Goshin Jutsu	Sensei Jeff & Sensei Heiko	
11:00AM	11:50AM	Instructor Choice	SENSEI LYNN			Sensei Bedsaul	Akayama Ryu		Goshin Jutsu	Sensei Jeff & Sensei Heiko	
12:00PM		12:50PM		LUNCH							
1:00PM	1:50PM	Judo into BJJ	Sensei Lynn & Eric Sensei Ryan & Scott			Sensei Gutierrez	Combinations		Goshin Jutsu	Sensei Jeff & Sensei Heiko	
2:00PM	2:50PM	Ashi Waza	SENSEI RYAN			Sifu Brown	Instructor's Choice		Goshin Jutsu	Sensei Jeff & Sensei Heiko	
3:00PM	3:50PM	Combinations	SENSEI LYNN			Sensei Reiff	Chokes and Stuff		Goshin Jutsu	Sensei Jeff & Sensei Heiko	
4:00PM	4:50PM	Koshi Waza	SENSEI RYAN			Sensei Cooley	Mastering Foot Work				
5:00PM		6:30PM		DINNER							
6:45PM		8:30PM		RANDORI / THINK TANK Sensei(s) LYNN, RYAN, JEFF & HEIKO							

FRIDAY

FRIDAY								
9:00AM	9:15AM	LINE UP						
		JUDO			Jujutsu		Kata	
9:20AM	10:00AM	Instructor Choice	SENSEI RYAN		Sensei Gutierrez	Goshin	Kata Review	Sensei Jeff & Sensei Heiko
		INTRODUCTION	SENSEI LYNN					
10:10AM	10:50AM	Korean Seoi-Nage	PROFESSOR JEON		Sensei Torrez	Police Arts		
11:00AM	11:50AM	Kumi Kata Fighting	PROFESSOR JEON		Sensei Stebbins	Kenjitsu		
12:00PM	12:50PM	LUNCH						
1:00PM	2:20PM	My Tokui Waza	SENSEI LYNN		Sifu Brown	Jeet Kune Do Grappling	Goshin Jutsu	Sensei Jeff & Sensei Heiko
2:30PM	2:50PM	Sode Tsuru Komi Waza	PROFESSOR JEON		Sensei Gutierrez	Joint Locks		
3:00PM	3:50PM	Instructor Choice	PROFESSOR JEON		Sensei Stebbins	Kenjitsu		
4:00PM	4:50PM	Ne Waza	SENSEI RYAN		Panel	Jujutsu Exam Review	Kata Questions & Answers	Sensei Jeff & Sensei Heiko
5:00PM	6:30PM	DINNER						
6:45PM	8:30PM	RANDORI / THINK TANK Sensei(s) LYNN, RYAN, JEFF & HEIKO						

SATURDAY

SATURDAY							
9:00AM	9:15AM	LINE UP					
		JUDO			Jujutsu		Ka
9:20AM	10:00AM	Warm Up Drills	SENSEI LYNN		Sensei Gutierrez	Instructor's Choice	Kata Review
10:10AM	10:50AM	Olympics Training	PROFESSOR JEON		Sensei Torrez	Wrist & Arm Locks	
11:00AM	11:50AM	Counters	PROFESSOR JEON		Sensei Reiff	Combinations	
12:00PM	12:50PM	LUNCH					
1:00PM	2:20PM	My Tokui Waza	SENSEI RYAN		Sensei Bedsaul	Instructor's Choice	Goshin Jutsu
2:30PM	2:50PM	Combinations with Ashi Waza	PROFESSOR JEON		Prof Ryan with Sensei John Merwin	Kappo	
3:00PM	3:50PM	Ne Waza	PROFESSOR JEON		Sensei John Miller	Let's Bring it On	
4:00PM	4:50PM	Lowe Throw Down	Sensei(s) LYNN, RYAN, HEIKO		Sensei Gutierrez	Mat Massage	
5:00PM	5:30PM	END OF CAMP EVERYONE					
5:45PM	6:30PM	DINNER					



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**Sensei Jeff &
Sensei Heiko**



**Sensei Jeff &
Sensei Heiko**

