

**3/27/2026**

Finish Time

<b>Warm-Up and Stretches</b>	<b>15 min</b>	6:15:00 PM
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<b>Pivot and Uchikomi</b>	<b>10 min</b>	6:25:00 PM
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<b>Basics</b>	<b>10 min</b>	6:35:00 PM
Seiryoku Zenyo	See Sheet: #38	

<b>Nage-Waza</b>	<b>15 min</b>	6:50:00 PM
Soto-Makikomi	4-Rule	

<b>Newaza</b>	<b>15 min</b>	7:05:00 PM
Half-Guard Attack/Defense		

<b>Fighting Skills</b>	<b>5 min</b>	7:10:00 PM
0		

<b>Randori</b>	<b>10 min</b>	7:20:00 PM
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<b>Soto-Makikomi</b>	Introduction: Student s initial introduction to the waza. Should learn the four rules and be able to repeat back.
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Achieve Half-Guard	0
Achieve Half-Guard	0
Bridge Roll	0

<b>Level 1</b>	Beginner level: Student has no or little experience executing the waza. Focus is upon following the rules of the waza to their best ability.
<b>Level 2</b>	Intermediate level: Student has some experience with the waza. Focus is on being able to do the waza confidently and be able to adjust position when being opposed.
<b>Level 3</b>	Advance level: Student executes the waza very confidently with out having to think too much. Demonstrates knowledge of the waza in terms of when to enter, movement to maintain position, and when to exit.

# What is "Seiryoku-Zenyo"?

The principle of Seiryoku-Zenyo, is without doubt one of the most important principles of judo along with Jita-Kyoei.

Seiryoku-Zenyo is the Japanese term meaning the maximum efficient use of energy and as a concept it can apply all types of endeavors, not only in judo. It is one of the ways that Kano enabled Judo to have an impact upon the culture and life of a judoka that goes beyond the practice of the sport itself.

Seiryoku-Zenyo is the most effective use of the power of the mind and body. In the case of Judo, this is the principle upon which attack, and defense are based, and what guides the process of teaching as well. Simply, the most effective use of mind and body may be described as the maximum efficient utilization of energy.

Judo today is not simply the practice of fighting in a dojo, but rather it is appropriately recognized as a guiding principle in the many aspects of human society. The practice of Kata and Randori in the dojo, is no more than the application of Judo principles to combat and physical training.

This not only serves the aims of the individual, but by mastery of the fundamental wisdom of Judo, and in turn applying it to many pursuits in life, people will be able to live their lives in a judicious manner.