

**3/20/2026**

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 |
| Vocabulary    | Terms 25 to 45 |            |

|                  |               |            |
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| <b>Nage-Waza</b> | <b>15 min</b> | 6:50:00 PM |
| Yoko-Otoshi      | Review-L2     |            |

|               |                 |            |
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| <b>Newaza</b> | <b>15 min</b>   | 7:05:00 PM |
| Kata-Gatame   | Kuzure, Escapes |            |

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| <b>Fighting Skills</b> | <b>5 min</b> | 7:10:00 PM |
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| <b>Randori</b> | <b>10 min</b> | 7:20:00 PM |
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| <b>Yoko-Otoshi</b> | Revisit last weeks Level 2 class. Intermediate level: Student has some experience with the waza. Focus is on being able to do the 4-rules in a confident manner repeatedly. |
| Rule 1             | Wide major side step  |
| Rule 2             | Major Tsurite push  |
| Rule 3             | Minor leg stretch forward and sit   |
| Rule 4             | Turn the wheel  |

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| <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. |