

2016 Palmetto Fall Clinic
13-Oct-16

Thursday	Front of dojo	Mat area in back	Back classroom	Back by doors	Outside area	Duplex	Massage Room
	Mat 1	Mat 2	Mat 3	Mat 4	Other	Healing 1	Healing 2
09:00-05:00	Registration						
10:00-10:20	Opening and Prayer						
10:30-12:00	J. White Judo Nage combinations	Ryan Power line of the hand in Yawara	AJFF Exams Nidan 10:30 - 12:30	Matsushita/Hill Iaido	Blackwell Staff/Jo	Zimkowski Connective tissue release	
12:15-01:45	Brzykcy/Hodgkin Nage	Baet Trapping	Morrison Nidan 1:00 - 2:30	Cooper Kyusho	Trawinski Combat knife	Burkett Dealing with scar tissue	Segard Decoding the Human Body
01:30-03:00	Lunch		Lunch	Lunch			
03:00-03:50	J. White Ground work	Manu Lua, Hawaiian arts	Wimberly Shodan 2:45 - 4:30	Trawinski Internal locking	Reiff Cane arts	Zimkowski Emotion and healing	Baet Instructor's choice
4:00-5:00	Hodgkin Goshin Jitsu	Ball Flow	Shaw	Shull/Harris Tapping the body	Penn Kick to penetrate	Gutierrez Seifukujitsu	Trawinski PT applications
05:00-05:50	Manu Hula	Matsushita/Hill Iaido	Harris/Shull Chizikunbo	Juniors J. White Let's get moving	Brzykcy Different weapons	Ryan OOPM	a different elbow
06:00-07:00	Cooper Practical applications	Hodgkin/Colton Oku	Manu Women's Self Defense	Gutierrez Play hard to win big!	Brzykcy Yawara stick	Segard TMJ, an oral technique	Massage Open

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14-Oct-16							
Friday	Front of dojo	Mat area in back	Back classroom	Back area by door	Outside area	Duplex (front rm)	Massage Room
	Mat 1	Mat 2	Mat 3	Mat 4	Other	Healing 1	Healing 2
8:00-5:00	Registration						
09:00-10:30	J. White Practical Judo	Ball Goshin Jitsu	Colton/ Hill (with permission) Problem areas in Shinnin No Maki	Zimkowski/Reiff Chokes and more	Shull Impact and self- defense	Burkett DZRRT and athletes	
10:40-11:50	Hodgkin Combinations	Baet Ground techniques	Brzykcy/ Ryan (with permission) integration of spiraling motions	Manu Hawaiian fun!	Trawinski Feeling your way to a joint lock	Gutierrez OORM	Segard Headache relief with distal points
12:00-01:15	Ryan Yawara, economy of motion	Matsushita/Hill Iaido	Ball / Hodgkin (with permission) Shinyo No Maki	Cooper Kyusho	R.White / Wheeler Do your gun arts work?	Trawinski PT techniques	Baet The GAT system of using the elbow
01:30-02:30	J. White Gripping	Penn Attack / counter attack		Blackwell Aikido	Ryan/Brzykcy/Colton Wet towel training (be ready)	Burkett Business paradime	Cooper Internal Chi development
02:30-03:30	Lunch						
03:30-04:45	Manu Hula	Shull Extreme power, little movement	R White / Wheeler Cuffing / restraining techniques	Hill/Colton Oku	Penn Moving with intent	Zimkowski Ida Rolf methods	
05:00-05:50	Reiff / Zimkowski Pinning combinations	Matsushita/Hill Taijitsu	Manu Women's self- defense	Juniors J. White Winning throws	Baet Instructor's choice	Burkett Strength rehab through light training	
06:00-07:00	Baet Weapon defenses	Harris Tuite	Manu Women's self- defense	Reiff Judo for juniors	Blackwell staff work	Gutierrez My experiences with Sensei K. Okazaki	Segard Lymph drainage to speed recovery

2016 Palmetto Fall Clinic							
15-Oct-16							
Saturday	Front of dojo	Mat area in back	Back classroom	Back area by door	Outside area	Duplex	Massage Room
	Mat 1	Mat 2	Mat 3	Mat 4	Other	Healing 1	Healing 2
08:00-03:00	Registration						
08:00-08:30	Opening , National Anthem			JUNIORS			
08:45-09:50	J. White	Baet	Ball/Hill/Hodgkin/ Colton	09:00 - 09:50 Gutierrez	Reiff	Musser	
	Judo set-ups	Patterns	Shinyo No Maki	Rough and tumble	Cane	DZRSI Hands -On Exams	
10:00-10:50	Manu	Blackwell	AJJF Professors Advanced Training	10:00 - 10:50 Penn	R. White/ Wheeler		
	Kaihewalu Lua	Aikido	Yodan and up (with permission only)	Drills for skills	Target acquisition		
11:00-12:00	Penn	Cooper	(with permission only)	11:00 - 12:00 Zimkowski	Shull / Harris		
	Chambering	Instructor's choice		Let's have some fun	Defining Ryu Te		
12:00-01:00	Lunch						
01:00-01:50	Baet Up, down and all around	Matsushita/Hill Iaido	Ryan//Brzykcy (with permission) Bamboo party	J. White Winning combinations	Ball Daito paper cutting with a bokken	Gutierrez OORM	Zimkowski Releases of the body
02:00-02:50	J. White Throwing combinations	Shull / Harris Moving small even when you are big	Cooper Absorb and re-direct	Reiff Judo games	Penn Kicking drills	Baet Snaking down the back	
03:00-03:50	Baet Instructor's choice	Matsushita/Hill Iaido	Manu Women's self- defense	Open Judo Shiai 60 second matches	Blackwell Jo	Musser Does DZR change you?	Segard Still point induction
04:00-05:00	All Godans Favorite techniques	Harris Something special!	Manu Women's self- defense		R. White/ Wheeler Guns, practicing real and being safe	Burkett Instructor's choice	
05:00 - 05:15	Closing Mat 1						
05:15-05:30	Eastern Division and Region 5 meeting Mat 1						
07:00-10:00	Social hour and supper in the Restaurant/Bar Liberty Tap Room in downtown Vista						