

2018 Palmetto Fall Clinic
18-Oct-18

Thursday	Front of dojo	Mat area in back	Back classroom	Back by doors	Outside area	Duplex	Massage Rm
	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 Nage combinations	Matsushita/ Hill Iaido	Ryan Tessen, Brown & up	Blackwell Aikido	Nazemetz Combinations	Gutierrez Connective tissue release	Musser Inst. Choice
12:15-01:45	Hodgkin/ Brzykey Nage	Baet Ground work	Congistre/ Gutierrez Instructor's choice	Cooper Instructor's choice	Reiff/ Zimkowski Chokes	Burkett Working with elite athletes	
01:30-03:00 Lunch							
03:00-03:50	J. White Ground work	Trawinski Locking	Ryan/Brzycky Kyusho (with permission)	Sabahive Oku	Penn Kick to penetrate	Greenhalgh Thai Yoga	
04:00-05:00	Congistre Nage from Prof. Law	Colton/ Hodgkin Goshin	Nazemetz JKD	Shehorn Prof. Montero	Saito Yawara sticks	Segard Long life points	Zimkowski Grabbing the fascia
05:00-05:50	Baet Combinations	Matsushita/ Hill Kendo	Dr. Torres 4-Life	Juniors J. White Let's get moving	Harris Blocking to strike	Dr. Torres 4-Life (in mat 3)	
06:00-07:00	Colton/ Shehorn Oku	Cooper Practical Applications	Gonzalez 4-Life	Gutierrez Play hard to win big!	Shull/Harris Chizikunbo	Gonzalez 4-Life (in mat 3)	

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19-Oct-18

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	Colton / Brzycky Goshin Jitsu	Shehorn/ Hill (with permission) 1st half of Shinnin No Maki	Zimkowski/ Reiff Chokes and more	Blackwell Staff/Jo, a simple Kata	Musser Okazaki's work	
10:40-11:50	Congistre Instructor's choice	Baet Ground techniques	Hodgkin/ Sabahive (with permission) 2nd half of Shinnin No Maki	Ryan Yawara	Floyd Atienza Kali	Gutierrez OORM	Burkett Inst. Choice
12:00-01:15	Nazemetz Attack / counter attack	Matsushita / Hill Iaido	Ryan/ (with permission) Kyusho continued	Blackwell Aikido	R.White / Wheeler Do your gun arts work?	Greenhalgh Thai Yoga	
01:30-02:30	Shehorn/Brzycky Combinations	J. White Gripping	1:30-3:30 Nidan Exam	Colton Goshin Jitsu	Nazemetz Knife defense	Dr. Torres 4-Life	
02:30-03:30	Lunch		Pettiford		Ryan/Gutierrez/Saito Wet Towel Training		
03:30-04:45	Shehorn/ Sabahive Sutemi and Oku, 2 sides of the coin	Trawinski Extreme power, little movement	03:30 - 05:30 Sandan Exam Maxwell	Cooper Blocks and strikes	Penn Moving with intent	Zimkowski Ida Rolf methods	
05:00-05:50	Trawinski Pinning combinations	Matsushita/ Hill Tajjitsu	05:30-07:00 Shodan Exam Ilardi	Juniors J. White Winning throws	Cooper Instructor's choice	Saito Sensei K. Okazaki	
06:00-07:00	Baet Weapon defenses	Ingold The ground		Penn Games for winners	Harris Tuite	Segard Headache points	Gonzalez 4-Life and you
08:00 - 09:00	Spiritual Training Class at the hotel, BYOB to share						

2018 Palmetto Fall Clinic

20-Oct-18	Front of dojo	Mat area in back	Back classroom	Back area by door	Outside area	Duplex (front)	Massage Room
Saturday	Mat 1	Mat 2	Mat 3	Mat 4	Other	Healing 1	Healing 2
08:00-03:00	Registration						
08:00-08:30	Opening , Pledge of Alegenze			JUNIORS			
08:45-09:50	J. White Judo set-ups	Colton/Shehorn Combinations	08:30-12:00 Massage Exams	09:00 - 09:50 Gutierrez Rough and tumble	Baet Knife sharpening	Ryan Kappo	
10:00-10:50	Zimkowski/ Reiff Off balancing	Matsushita/Hill Kendo		10:00 - 10:50 Penn Let's get moving	Shull / Harris Oar	Saito Lomi-Lomi	
11:00-12:00	Congistre/ Brzyky Yawara	Penn Chambering		11:00 - 12:00 J. White Throws and pins	Cooper Instructors choice	Greenhalgh Thai yoga	
12:00-01:00	Lunch			Ryan/Shehorn/ Saito (with permission) Bamboo party			
01:00-01:50	Blackwell Aikido	Nazemetz Instructor's choice	DZR Profs (with permission)	J. White Winning throws	Penn Kicking drills	Gutierrez Healing	
02:00-02:50	J. White Throwing combinations	Cooper/Cooper Moving small even when you are big	Shinyo No Maki	Nazemetz Judo games	Nazemetz blade drills	Baet Snaking down the back	
03:00-03:50	Trawinski Joint Locks	Matsushita/Hill Iaido	Dr. Torres The science behind 4-Life	Open Judo Shiai 60 second matches	Baet Movement drills	Zimkowski Instructors choice	
04:00-05:00	Hodgkin / Shehorn Nage	Colton / Brzyky Goshin Jitsu	Gonzalez 4-Life and business		R. White/ Wheeler Guns, practicing real and being safe	Segard Bio physics of TCM	
05:00 - 05:15	Closing Mat 1						
07:00-10:00	Social hour and supper in the Restaurant/Bar Liberty Tap Room in downtown Vista						

October 18-20, 2018

	Thursday, Oct. 18	Friday, Oct 19	Saturday, Oct 20
08:30-8:50			Opening
09:00 - 9:50			Gutierrez Rough and tumble!
10:00 - 10:50			Penn Let's get moving!
11:00 - 11:50			J. White Throws and pins
12:00 - 12:50			Lunch
01:00 - 01:50			J. White Winning combinations
02:00 - 02:50			K. Nazemetz Judo Games
03:00 - 05:00			OPEN Judo Shiai 60 second matches
05:00 - 05:50	J. White Let's get moving	J. White Winning throws	
06:00 - 07:00	Gutierrez Play hard, win big!	Penn Games for winners	
All 3 days = \$60	Thurs = \$20	Fri = \$20	Sat = \$50