

West Point Judo Training Schedule

January 2009 - February 2009

| January 2009 | | | | | | | February 2009 | | | | | | |
|--------------|----|----|----|----|----|----|---------------|----|----|----|----|----|----|
| S | M | T | W | T | F | S | S | M | T | W | T | F | S |
| | | | | 1 | 2 | 3 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 | 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 | 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 | | | | | | | |

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------|---------------|-----------------------|---------------------|--------------------|-------------------|---------------|-----------|
| Jan 18 - 24 | Jan 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| | | Open Mats | Drills & RonDori | ACADEMIC DAY -- NC | Promotion Testing | | |
| Jan 25 - 31 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| | | Same Side Gripping / | Tai Ostoshi | Side Chokes | Drills | | |
| Feb 1 - 7 | Feb 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| | TECH TOURNEY | Tani Otoshi | Hold Downs & Escape | ACADEMIC DAY -- NC | Heavy Ron Dori | OPEN MATS | |
| Feb 8 - 14 | 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| | | Practice | Practice | Practice | Practice | | |
| Feb 15 - 21 | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| | | HOLIDAY - NO PRACTICE | Practice | Practice | Practice | Virginia Open | |

West Point Judo Training Schedule

February 2009 - March 2009

| March 2009 | | | | | | | April 2009 | | | | | | |
|------------|----|----|----|----|----|----|------------|----|----|----|----|----|----|
| S | M | T | W | T | F | S | S | M | T | W | T | F | S |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | | | | 1 | 2 | 3 | 4 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 | 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 29 | 30 | 31 | | | | | 26 | 27 | 28 | 29 | 30 | | |

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------|---------------------------------------|-----------|-----------|--------------------|-----------|--|-----------|
| Feb 22 - 28 | Feb 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| | | Practice | Practice | ACADEMIC DAY -- NC | Practice | OPEN MATS | |
| Mar 1 - 7 | Mar 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| | | Practice | Practice | Practice | Practice | OPEN MATS | |
| Mar 8 - 14 | 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| | | Practice | Practice | ACADEMIC DAY -- NC | Practice | | |
| Mar 15 - 21 | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| | WEST POINT SPRING BREAK (NO PRACTICE) | | | | | | |
| Mar 22 - 28 | 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| | | Practice | Practice | Practice | Practice | USA Judo Collegiate Championships → OPEN MATS | |