

平成23年度 少年柔道夏期講習会要項
2011 KODOKAN SUMMER COURSE
For Boys & Girls

(1) DATES

Aug 1 (Mon) to Aug 3 (Wed) for 3 days

(2) ELIGIBILITY

Kodokan members / 8 years old and older

(3) COURSE & LEVEL

Course A: At least 1 year of Judo experience

Course B: Beginners with less than 1 year of Judo experience

(4) COST

3,000 yen per person

(5) SCHEDULE

Course A

TIME	Aug 1	Aug 2	Aug 3
9:30	Opening	Training methods	Training methods
10:00	Reihō, Ukemi & Basic Movements		
11:00	Katame waza (Basics)	Katame waza (Applications)	Training methods
		Katame waza (Combination Techniques)	
12:00	Katame waza (Randori)	Katame waza (Training methods)	Randori
12:30	Lunch Break		
13:30	Nage waza (Basics)	Nage waza (Applications)	Practice for Competition
14:00			
15:00	Favourite Technique Demonstration	Nage waza (Combination Techniques)	
16:00	Nage waza (Applications)	Favourite Technique Demonstration	
	Randori		Closing
17:00		Randori	

Course B

TIME	Aug 1	Aug 2	Aug 3
9:30	Opening	Training methods	Training methods
10:00	Reihō & Manner	Katame waza (Basics)	Training methods
11:00		Katame waza (Applications)	
12:00	Tai sabaki & Kuzushi	Katame waza (Combination Techniques)	Randori
12:30		Katame waza (Randori)	Questions & Answers
12:30	Lunch Break		
13:30	Nage waza (Basics)	Nage waza (Combination Techniques)	Practice for Competition
14:00		Nage waza (Training methods)	
15:00	Favourite Technique Demonstration	Favourite Technique Demonstration	
16:00	Randori		Closing
17:00		Randori	