

平成19年度 柔道夏期講習会第2部要項
2007 KODOKAN SUMMER COURSE
Course

(1) PERIOD

July 23 (Mon) to 27 (Fri), for 5 days

(2) QUALIFICATION FOR PARTICIPATION

Kodokan members up to 3rd dan or below

(3) COURSES

A course: 1st dan or above

B course: 1st kyu or below

C course: Junior high school students and elementary school students
(over 10 years old)

(4) PARTICIPATION FEE

6,000- yen per person

(5) SCHEDULE

9:30		12:30		14:00		16:00		17:00	
7/23 (Mon)	Opening	Lecture	Basics of Nage-waza	Lunch Break	A	Training method	Nage- waza	Randori	
					B C	Nage-waza			
24 (Tue)	Nage-waza		Randori		Nage-waza	Favorite Technique & Randori			
25 (Wed)	Nage-waza	Basics of Katame-waza	Randori		Combination Techniques of Nage-waza	Favorite technique & Randori			
26 (Thu)	A B	Katame-waza			Katame-waza	Favorite Technique & Randori			
	C	Katame -waza	Combination Techniques of Katame- waza						
27 (Fri)	A B	Combination Techniques of Katame-waza		Randori	Instruction for Contest		Closing		
	C	Review of Nage-waza & Katame-waza							