

平成19年度 女子柔道夏期講習会要項
2007 KODOKAN SUMMER COURSE
FOR WOMEN

(1) PERIOD

July 29 (Sun) to August 2 (Thu), for 5 days

(2) QUALIFICATION FOR PARTICIPATION

Kodokan members

(3) COURSES

A course: Those who wish to take Dan examination

B course: Others (excluding beginner)

(4) PARTICIPATION FEE

6,000- yen per person

(5) SCHEDULE

		9:30		12:30		14:00		16:30		
A	7/29 (Sun)	Opening	Lecture	Basic Movements		Lunch Break	Nage-waza		Randori	
	30 (Mon)	Ju-no-kata					Ju-no-kata			
	31 (Tue)	Nage-no-kata					Nage-no-kata			
	8/1 (Wed)	Katame-no-kata					Review of Kata			
	2 (Thu)	Katame-waza	Total Review				Examination		Closing	

B	7/29 (Sun)	Opening	Lecture	Basic Movements	Randori	Lunch Break	Training Method		Randori
	30 (Mon)	Basic & Variation of Katame-waza			Randori		Basic & Variation of Nage-waza		Randori
	31 (Tue)	Combination Techniques of Katame-waza	Favorite Technique		Randori		Favorite Technique		Randori
	8/1 (Wed)	Training Method of Kata			Uchikomi & Randori		Combination Techniques of Nage-waza		Randori
	2 (Thu)	Total Review			Randori		Instruction for contest		Closing