

平成21年度 柔道夏期講習会第2部要項
2009 KODOKAN SUMMER COURSE
"Techniques"

(1) PERIOD

July 21 (Tue) to 25 (Sat), 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	9:40	10:30	12:30	14:00	15:00	16:00	17:00
7/21 (Tue)	Opening	Lecture	Nage-waza (Basics)	Lunch Break	A	Training method	Nage-waza	Randori
					B C	Nage-waza		
22 (Wed)	Nage-waza		Randori		Nage-waza	Favorite Technique & Randori		
23 (Thu)	Nage-waza	Katame-waza (Basics)	Randori		Nage-waza (Combination Techniques)	Favorite technique & Randori		
24 (Fri)	A B	Katame-waza			Randori	Katame-waza	Favorite Technique & Randori	
	C	Katame -waza	Katame-waza (Combination Techniques)					
25 (Sat)	A B	Katame-waza (Combination Techniques)		Randori	Instruction for Contest	Wrap up Closing		
	C	Nage-waza & Katame-waza (Review)						