

平成21年度 女子柔道夏期講習会要項
2009 KODOKAN SUMMER COURSE
For Women

**This course is for those who wish to take Dan Promotion Examination.
To take this examination, you need to satisfy required preconditions.
You can not take Dan Promotion Examination if you are not qualified.**

Please contact Kodokan International Department in advance, if you are interested in taking Dan Promotion Examination. intl@kodokan.org

**Please join Summer Course 2, if you want to improve technique skills.
(Beginners can not join Summer Course 2)**

(1) PERIOD

July 21 (Tue) to July 24 (Fri), for 4 days

(2) QUALIFICATION FOR PARTICIPATION

Kodokan members

(3) PARTICIPATION FEE

5,000 yen per person

(4) SCHEDULE

	9:30	10:00	11:00	12:30	14:00	16:30
7/21 (Tue)	Opening	Lecture	Basic Movements	Lunch Break	Nage-waza	Randori
22 (Wed)	Ju-no-kata				Ju-no-kata	
23 (Thu)	Nage-no-kata				Nage-no-kata	
24 (Fri)	Katame-no-kata				Dan Promotion Examination	Closing