

**平成21年度 少年柔道夏期講習会要項**  
**2009 KODOKAN SUMMER COURSE**  
**For Boys & Girls**

**(1) PERIOD**

Aug 3 (Mon) to Aug 5 (Wed) for 3 days

**(2) QUALIFICATION FOR PARTICIPATION**

Kodokan members / 8 year old and above

**(3) COURSE & LEVEL**

A course: At least 1 year Judo experience

B course: Beginners with less than 1 year Judo experience

**(4) PARTICIPATION FEE**

3,000 yen per person

**(5) SCHEDULE**

Aug 3

TIME	A Course	TIME	B Course
9:30 - 9:40	Opening		
9:40 - 10:30	Lecture		
10:30 - 11:00	Ukemi & Basics	10:30 - 11:30	Rei & Manner
11:00 - 12:00	Katame-waza (Basics)	11:30 - 12:10	Ukemi & Basics
12:00 - 12:30	Katame-waza (Randori)	12:15 - 12:30	Basic Movements
12:30 - 13:30	Lunch Break		
13:30 - 14:30	Nage-waza (Basics)	13:30 - 14:30	Nage-waza (Basics)
14:30 - 15:30	Favorite Technique Demonstration		
15:30 - 16:00	Nage-waza (Applications)	15:30 - 16:30	Nage-waza (Applications)
16:00 - 17:00	Randori	16:30 - 17:00	Randori

### Aug 4

TIME	A Course	TIME	B Course
9:30 - 10:00	Training methods		
10:00 - 10:30	Katame-waza (Applications)	10:00 - 10:30	Katame-waza (Basics)
10:30 - 11:00	Katame-waza (Combination Techniques)	10:30 - 11:30	Katame-waza (Applications)
11:00 - 12:00	Katame-waza (Training methods)	11:30 - 12:10	Katame-waza (Combination Techniques)
12:00 - 12:30	Katame-waza (Randori)	12:15 - 12:30	Katame-waza (Randori)
12:30-13:30	Lunch Break		
13:30-14:30	Nage-waza (Applications)	13:30-14:30	Nage-waza (Combination Techniques)
14:30-15:00	Nage-waza (Combination Techniques)	15:30-16:30	Nage-waza (Training methods)
15:30-16:30	Favorite Technique Demonstration		
16:00-17:00	Randori	16:30-17:00	Randori

### Aug 5

TIME	A Course	TIME	B Course
9:30 - 10:00	Training methods		
10:00 - 11:30	Training methods	10:30 - 11:30	Training methods
11:30 - 12:00	Randori	11:30 - 12:10	Randori
12:00 - 12:30	Q & A	12:15 - 12:30	Q & A
12:30 - 13:30	Lunch Break		
13:30 - 16:20	Shiai Practice		
16:20-16:30	Closing		