

平成22年度 柔道夏期講習会第2部要項

2010 KODOKAN SUMMER COURSE II

“TECHNIQUE”

(1) DATES

July 27 (Tue) to July 31 (Sat) for 5 days

(2) COURSES

- A course: from 1st dan up to 3rd dan
- B course: 1st kyu and below
- C course: Junior high school students and elementary school students

(3) ELIGIBILITY

- 12 years old and older
- Up to 3rd dan
- All participants must be members of the Kodokan

(4) COST

6,000 yen per person

(5) SCHEDULE

	9:30	9:40	10:40	12:30	14:00	15:00	16:00	17:00
7/27 (Tue)	Opening	Lecture	Nage waza (Basics)	Lunch Break	A	Training method	Nage waza	Randori
					B C	Nage-waza		
28 (Wed)	Nage waza		Randori		Nage waza	Favorite Techniques & Randori		
29 (Thu)	Nage waza	Katame waza (Basics)	Randori		Nage waza (Combination Techniques)	Favorite techniques & Randori		
30 (Fri)	A B	Katame waza			Randori	Katame waza	Favorite Techniques & Randori	
	C	Katame waza	Katame waza (Combination Techniques)					
31 (Sat)	A B	Katame waza (Combination Techniques)		Randori	Instruction for Competition	Wrap up & Closing		
	C	Nage waza & Katame waza (Review)						