

**平成22年度 少年柔道夏期講習会要項**  
**2010 KODOKAN SUMMER COURSE**  
**For Boys & Girls**

**(1) DATES**

Aug 2 (Mon) to Aug 4 (Wed) for 3 days

**(2) ELIGIBILITY**

Kodokan members / 8 years old and older

**(3) COURSE & LEVEL**

A course: At least 1 year Judo experience

B course: Beginners with less than 1 year Judo experience

**(4) COST**

3,000 yen per person

**(5) SCHEDULE**

**A Course**

TIME	Aug 2	Aug 3	Aug 4
9:30	Opening	Training methods	Training methods
10:00	Rei, Ukemi & Basics		
11:00	Katame waza (Basics)	Katame waza (Applications)	Training methods
		Katame waza (Combination Techniques)	
12:00	Katame waza (Randori)	Katame waza (Training methods)	Randori
		Katame waza (Randori)	Q & A
12:30	Lunch Break		
13:30	Nage waza (Basics)	Nage waza (Applications)	Shiai Practice
14:00			
15:00	Favorite Technique Demonstration	Nage waza (Combination Techniques)	
16:00	Randori	Favorite Technique Demonstration	Closing
		Randori	
17:00		Randori	

## B Course

TIME	Aug 2	Aug 3	Aug 4
9:30	Opening	Training methods	Training methods
10:00	Rei & Manner	Katame waza(Basics)	Training methods
11:00	Ukemi & Basics	Katame waza (Applications)	
12:00	Basic Movements	Katame waza (Combination Techniques)	Randori
12:30	Lunch Break		
13:30	Nage waza(Basics)	Nage waza(Combination Techniques)	Shiai Practice
14:00	Favorite Technique Demonstration	Nage waza(Training methods)	
15:00	Nage waza(Applications)	Favorite Technique Demonstration	
16:00	Randori	Randori	Closing
17:00			