令和７年度　柔道夏期講習会第２部要項

2025 KODOKAN SUMMER COURSE II

Techniques, lecture, randori, shiai

1.	**Objective**	The main purpose of “Summer Course II” is to strengthen participants through practice and to provide them with various explanations and practical training. We want participants to establish basic as well as brushing up favorite techniques, and furthermore, to learn new techniques. We are looking forward to active participation of university students, high school students, junior high school students and other young people.
2.	**Date**	From July 21 (Mon) to July 25 (Fri) for 5 days
3.	**Course & Level**	- Course A: from 1st dan to 3rd dan - Course B: 1st kyu or below - Course C: Junior high school students
4.	**Eligibility**	- Aged 13 or over and up to 3rd dan Please ask Education & Instruction Department about the possibility of acceptance if you don’t meet the above requirements. All participants must be members of Kodokan. (Membership fee 8,000 JPY)
5.	**Fee**	11,000 JPY per person Payment should be completed in advance.
6.	**Insurance**	Kodokan does not provide any type of insurance. You are required to take out adequate insurance before leaving your home country. Kodokan will not be responsible for any injury or loss or damage to your property.
7.	**Others**	(1) Participants are required to show their Kodokan membership cards at the reception counter in order to check attendance every day. (2) Kodokan can’t be a sponsor for any visa application.
8.	**Application form**	https://kdkjudo.org/summer-seminar-application-form/ All fields followed by an asterisk must be filled in.

SCHEDULE

<table>
<tr><td></td><td colspan="2">9:30 9:40</td><td colspan="2">10:30 11:30</td><td>12:00 14:00</td><td colspan="2">15:00 15:30</td><td>16:00 16:30 17:00</td></tr>
<tr><td rowspan="2">July 21 (Mon)</td><td>Opening</td><td>Lecture</td><td colspan="2" rowspan="2">Nage Waza (Basics)</td><td rowspan="8">Lunch Break</td><td>A</td><td>Training Methods</td><td>Nage Waza</td><td rowspan="2">Randori</td></tr>
<tr><td>B C</td><td colspan="3">Nage Waza</td></tr>
<tr><td rowspan="2">July 22 (Tue)</td><td colspan="2" rowspan="2">Nage Waza</td><td>A</td><td>Randori</td><td rowspan="2">Nage Waza</td><td colspan="3" rowspan="2">Lesson by a Special Instructor & Randori</td></tr>
<tr><td>B C</td><td>Nage Waza</td></tr>
<tr><td rowspan="2">July 23 (Wed)</td><td colspan="2" rowspan="2">Katame Waza (Basics)</td><td>A</td><td>Randori</td><td rowspan="2">Nage Waza</td><td colspan="3" rowspan="2">Lesson by a Special Instructor & Randori</td></tr>
<tr><td>B C</td><td>Katame Waza</td></tr>
<tr><td rowspan="2">July 24 (Thu)</td><td colspan="2" rowspan="2">Katame Waza</td><td>A</td><td>Randori</td><td rowspan="2">Katame Waza</td><td colspan="3" rowspan="2">Lesson by a special Instructor & Randori</td></tr>
<tr><td>B C</td><td>Katame Waza</td></tr>
<tr><td rowspan="2">July 25 (Fri)</td><td colspan="2" rowspan="2">Nage Waza & Katamewaza (Combination Techniques)</td><td>A</td><td>Randori</td><td rowspan="2">Nage Waza & Katame Waza (Review)</td><td rowspan="2">Randori</td><td colspan="2" rowspan="2">Wrap-up & Closing</td></tr>
<tr><td>B C</td><td>Combination Techniques</td></tr>
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