

平成20年度 柔道夏期講習会第2部要項
2008 KODOKAN SUMMER COURSE
Course

(1) PERIOD

July 24 (Tue) to 28 (Mon) for 5 days

(2) QUALIFICATION FOR PARTICIPATION

Kodokan members up to 3rd dan or below

(3) COURSES

A course: 1st dan or above

B course: 1st kyu or below

C course: Junior high school students and elementary school students
(over 10 years old)

(4) PARTICIPATION FEE

6,000 yen per person

(5) SCHEDULE

9:30		12:30		14:00		15:00		16:00		17:00	
7/24 (Thu)	Opening	Lecture	Basics of Nage-waza		Lunch Break	A	Training method	Nage-waza	Randori		
						B C	Nage-waza				
25 (Fri)	Nage-waza		Randori	Nage-waza		Favorite Technique & Randori					
26 (Sat)	Nage-waza	Basics of Katame-waza	Randori	Combination Techniques of Nage-waza		Favorite technique & Randori					
27 (Sun)	A B	Katame-waza		Randori		Katame-waza	Favorite Technique & Randori				
	C	Katame-waza	Combination Techniques of Katame-waza								
28 (Mon)	A B	Combination Techniques of Katame-waza		Randori	Instruction for Contest			Closing			
	C	Review of Nage-waza & Katame-waza									