

平成20年度 女子柔道夏期講習会要項

2008 KODOKAN SUMMER COURSE

For Women

(1) PERIOD

August 4 (Mon) to August 7 (Thu), for 4 days

(2) QUALIFICATION FOR PARTICIPATION

Kodokan members

(3) COURSES

A course: Those who wish to take Dan examination

B course: Others (excluding beginner)

(4) PARTICIPATION FEE

5,000- yen per person

(5) SCHEDULE

		9:30	10:00			12:30	14:00			16:30
A	8/4 (Mon)	Opening	Lecture	Basic Movements		Lunch Break	Nage-waza	Randori		
	5 (Tue)	Ju-no-kata					Ju-no-kata			
	6 (Wed)	Nage-no-kata					Nage-no-kata			
	7 (Thu)	Katame-no-kata					Dan Examination		Closing	

B	8/4 (Mon)	Opening	Lecture	Basic Movements	Randori	Lunch Break	Training Method		Randori	
	5 (Tue)	Basic & Variation of Katame-waza			Randori		Basic & Variation of Nage-waza		Randori	
	6 (Wed)	Combination Techniques of Katame-waza	Favorite Technique		Randori		Favorite Technique		Randori	
	7 (Thu)	Training Method of Kata			Uchikomi & Randori		Combination Techniques of Nage-waza		Randori	Closing