

**平成20年度 少年柔道夏期講習会要項**  
**2008 KODOKAN SUMMER COURSE**  
**For Boys & Girls**

(1) PERIOD

Aug 4 (Mon) & Aug 5 (Tue) for 2 days

(2) QUALIFICATION FOR PARTICIPATION

Kodokan members / 8 year-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) PARTICIPATION FEE

2,000 yen per person

(5) SCHEDULE

Aug 4

TIME	A Course	TIME	B Course
9:30 - 9:40	Opening		
9:40 - 10:30	Lecture		
10:30 - 11:00	Ukemi & Basics	10:30 - 11:30	Ukemi & Basics
11:00 - 12:00	Katame-waza Basics & Applications	11:30 - 12:10	Katame-waza: Basics
12:00 - 12:30	Randori on Katame-waza	12:15 - 12:30	Randori on Katame-waza
12:30 - 13:30	Lunch Break		
13:30 - 14:30	Nage-waza Basics & Applications	13:30 - 14:30	Nage-waza: Basics
14:30 - 15:30	Favorite Technique Demonstration		
15:30 - 16:00	Training Methods	15:30 - 16:30	Training Methods
16:00 - 17:00	Randori	16:30 - 17:00	Randori

Aug 5

TIME	A Course	TIME	B Course
9:30 - 10:30	Combination Techniques of Katame-waza	9:30 - 10:30	Katame-waza: Application
10:30 - 11:30	Combination Techniques of Nage-waza	10:30 - 11:30	Nage-waza: Application
11:30 - 12:00	Randori	11:30 - 12:00	Randori
12:00 - 12:30	Q & A	12:00 - 12:30	Q & A
12:30 - 13:30	Lunch Break		
13:30 - 16:20	Shiai Practice		
16:20 - 16:30	Closing		