

## Groups in Shirokawa 2019-2020

The enrolment for Kid judo / Mini-Samurai / Special group / Basic course at website.

GROUP	TRAINING	TARGET GROUP	TRAINERS
Kid judo	Sat 10:00–10:45	Kid judo is like sportive nursery croup that is based on judo. This croup is for girls and boys under school age.	Seba with other trainers
Mini Samurai	Sat 11:00–12:00	Group is for girls and boys in elementary school 1-2 age group. There is a bit more like "real judo" in group and training lasts one hour.	Seba with other trainers
Special group	Sat 12:00–13:00	The group for children and adult, which have special needs.	Anu, Timo, Kaitsu
Junior basic course	Tue and Thu 17:15–18:30	Course for elementary school 3-6 age group, for girls and boys. Course will finish on spring for yellow belt test.	Petri with other trainers
Continuation course	Mon and Wed 17:30–19:00	For junior with yellow and orange belt. Kids who were in basic course last season, will train in this group.	Mikko and Jarno
Youth	Mon and Wed 19:00–20:30 Sun 18:00–19:30	For A/B/C/D youth (12-18 year) with orange-green-blu-brown belt. Training is more effective and more target-oriented than in Continuation course. Ask your judo teacher, if you are interested for this group.	Matti and Miksu
Female group	Fri 18:30–20:00	Merry and sweaty training for ladies and girls. Sure all ladies are welcome with other groups too :)	Ritva, Anu and Tiina
Adult	Mon/Wed 19:00-20:30 Tue 18:30–20:00 Sat 13:00–14:30 Sun 18:00–19:30	On Monday, Wednesday and Sunday training is together with Youth and there will be more randori too. Adult and A/B aged young will have on Tuesday and on Saturday more technical judo. Beginning for adult too.	Matti and Miksu (mon, wed, sun) Timo, Mikko and Ykä (tue, sat)
Stength training	Thu 20:00–21:00	Exercises of judo power for adult and youth.	Matti and Miksu