

Groups of Shirokawa in 2020-2021

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.	Anu and Seba
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.	Anu and Seba
Special group	Tue 18:30–20:00 Sat 12:00–13:15	The group for children and adult, which have special needs.	Anu and Kaisu
Junior basic course	Mon and Wed 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.	Johanna and Salma
Continuation course	Tue and Thu 17:00–18:30	For junior with yellow and orange belt. Kids who were in basic course last season, will train in this group.	Pete, Jarno and Ilkka
Youth	Mon and Wed 18:30–20:00 Sun 18:00–19:30	For A/B/C/D youth 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 in this group.	Matti and Mikko
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 and Anu
Adult	Mon, Tue, Wed 18:30–20:00 Sat 13:15–14:45 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 bmore technical judo. Also beginning for adult is available.	Matti and Mikko (mon, wed, sun) Ykä and Arto (tue, sat)
Stength training	Thu 20:00–21:00	Exercises of judo power for adult and youth.	Matti and Mikko