

Groups of Shirokawa in 2022-2023

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

GROUP	TRAINING	TARGET GROUP	TRAINERS
Kid judo	Sat 11:00–12:00 The former kid judo and mini-samurai were combined.	Kid judo is like sportive croup that is based on judo. This croup is for 5-8 years old girls and boys. Training lasts one hour.	Ari and Seba
Special group	Tue 18:15–19:45 Sat 12:00–13:30	The group for children and adult, which have special needs.	Anu, Kaitsu and Teemu
Junior basic course	Tue and Thu 17:00–18:15	Course for elementary school 3-6 age group, for girls and boys. Course will finish on spring for yellow belt test.	Salma and Miina
Continuation course	Mon and Wed 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 with other adult
Youth	Mon and Wed 18:30–20:00 Sun 18:00–19:30	For U21/U18/U15 (and U13) with orange-green-blue-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
Adult	Mon, Wed 18:30–20:00 Tue 19:30–21:00 Sat 13:30–15:00 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. Also beginning for adult is available.	Matti and Mikko (mon, wed, sun) Ykä (tue, sat)
FitJudo Stength training	Thu 20:00–21:00	The exercises increase fitness, balance and mobility without the risk of injury. Judo suit is not needed. Exercises of judo power for adult and youth.	Jarno Matti and Mikko