

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	Thu 20:00–21:00	The exercises increase fitness, balance and mobility without the risk of injury. Judo suit is not needed.	Jarno