

## Groups of Shirokawa in 2023-2024

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

GROUP	TRAINING	TARGET GROUP	TRAINERS
<a href="#">Kid judo</a>	Sat 11:00–12:00	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.	Seba
<a href="#">Junior basic course</a>	Tue 17:00-18:30 Thu 17:00-18:30	Course for elementary school 3-6 age group, for girls and boys. Course will finish on spring for yellow belt test.	Ari and Unto
<a href="#">Continuation course</a>	Mon 17:00-18:30 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.	Salma, Tuomo and Pete
<a href="#">Youth</a>	Mon 18:30-20:00 Wed 18:30-20:00 Sun 18:30-20:00	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
<a href="#">Adult</a>	Mon 18:30-20:00 Wed 18:30-20:00 Sat 12:30-14:00 Sun 18:30-20:00	On Monday, Wednesday and Sunday training is together with Youth and there will be more randori too. Adult and older youth (U21/U18) will have on Saturday more technical judo. <u>Also beginning for adult is available.</u>	Matti and Mikko (mon, wed, sun) Ykä (sat)
<a href="#">Special group</a>	Tue 18:30-20:00 Thu 18:30-20:00	The group for children and adult, which have special needs.	Anu, Kaitsu and Teemu
<a href="#">FitJudo</a>	Thu 20:00-21:00	The exercises increase fitness, balance and mobility without the risk of injury. Judo suit is not needed.	Jarno