

# 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="#">Course for adult</a> <a href="#">FitJudo</a>	Tue 20:00-21:00 Thu 20:00-21:00	In basic course will learn the basic techniques by training together. The course will finish on spring on yellow belt graduation. In fitjudo the exercises increase fitness, balance and mobility without the risk of injury. Judo suit is not needed.	Jarno