

Groups of Shirokawa in 2025-2026

The registration for Basic course and Special group at website.

GROUP	TRAINING	TARGET GROUP	TRAINERS
Kid judo	Sat 11:00-12:00	The group for 5-8 year olds learns judo through play. During the exercises, they learn to use their bodies in different ways and to take others into account when doing things together.	Krista and Mikko
Junior basic course	Tue 17:00-18:15 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.	Pete and Patrick
Continuation course	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.	Ari and Tuomo
Youth	Tue 18:30-20:00 Thu 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
Special group	Mon 18:30-20:00 Wed 18:30-20:00	The group for children and adult, which have special needs.	Anu, Kaitsu and Teemu
Adult	Tue 18:30-20:00 Thu 18:30-20:00 Sun 18:00-19:30 Mon 20:00-21:30 Wed 20:00-21:30 Sat 12:30-14:00	On Tuesday, Thursday and Sunday training is together with youth. Training is harder and there will be more randori too. On Monday, Wednesday and Saturday adult and older youth (U21/U18) will have more technical judo.	Matti and Mikko (Tue, Thu, Sun) Jarno and Unto (Mon, Wed, Sat)
Course for adult	Mon 20:00-21:30 Wed 20:00-21:30	In basic course will learn the basic techniques by training together. The course will finish on spring for yellow belt graduation. The course will train together with adult technique group.	Jarno and Unto