

Groups of Shirokawa in 2024-2025

The registration for Kid judo, Special group and Basic course at website.

GROUP	TRAINING	TARGET GROUP	TRAINERS
Kid judo	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 and Ari
Junior basic course	Mon 17:00-18:15 Wed 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 with other trainers
Continuation course	Tue 17:00-18:30 Thu 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, Ari and Tuomo
Youth	Mon 18:30-20:00 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
Special group	Tue 18:30-20:00 Thu 18:30-20:00	The group for children and adult, which have special needs.	Anu, Kaitsu and Teemu
Adult	Mon 18:30-20:00 Wed 18:30-20:00 Sun 18:00-19:30 Tue 20:00-21:15 Thu 20:00-21:30 Sat 12:30-14:00	On Monday, Wednesday and Sunday training is together with Youth and there will be more randori too. On Tuesday, Thursday and Saturday adult and older youth (U21/U18) will have more technical judo.	Matti and Mikko (Mon, Wed, Sun) Jarno and Unto (Tue, Thu, Sat)
Course for adult	Tue 20:00-21:30 Thu 20:00-21:30	In basic course will learn the basic techniques by training together. The course will finish on spring on yellow belt graduation. The course will train together with adults.	Jarno and Unto