

Nakano Judo Academy

Winter Junior Competition Judo Training Camp & Clinic

USJF Sanction #16-12-04

- Purpose:** 1. Sharpen Judo skills before the major spring tournaments 2. Improve Judo skills with Japanese style randori 3. Build core strength with pinpoint drills and conditioning training
- Date:** December 17th – 20th
- Location:** 855 Park Avenue, San Jose, CA 95126
- Eligibility:** Ages 12 – 18 years old. Belt requirement: orange belt and higher. Open to current USJF, USJA & USA Judo Members. Must present card at registration.
- Enrollment limit:** 35 persons per day

Clinician: Shintaro Nakano, 5th Dan Black Belt and eight-time team member of the Japan National Team, will be the main instructor for the camp & clinics. He was Judo Coach at San Jose State University for 7 years, the premier North American college for Judo. Additionally, he has coached Marti Malloy, supporting her bronze medal win at the 2012 London Olympics, as well as Colton Brown another Olympian who competed in the 2016 games in Rio.

Schedule: 4 Clinic/4 Workout Sessions (4 days/2 sessions per day). Morning sessions start at 10AM each morning. Door opens at 9AM each day for registration.

-Saturday, December 17th 10AM-12PM Drills & Randori, 2PM-4PM Clinic (Tachiwaza-Kum-kata, Kuzushi and Sabaki)

-Sunday, December 18th 10AM-12PM Drills & Randori, 2PM-4PM Clinic (Newaza- Attacks from the guard position) & Conditioning Training

-Monday, December 19th 10AM-12PM Drills & Randori, 5:30PM-7:00PM Clinic (Tachiwaza-Counters against foot techniques, Ken-ken Ashiwaza)

-Tuesday, December 20th 10AM-12PM Drills & Randori, 3:30PM-5:30PM Clinic (Newaza- chokes, Attacks against the turtle position) & Conditioning Training

*Competition team from a Nanka Judo Yudanshakai (Southern California Judo Black Belt Association) of 10 to 15 will be participating in this training camp & clinic

Clinic Fee:	\$200/4 days (All camp)	\$240/4 days including lunch
	\$60/1 day (for 2 sessions)	\$40/One session

For further information about the academy, the instructors and location: <http://www.nakanojudo.net/>
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