

Taketani Judo Academy *presents* the  
2017 Spring Junior Judo Camp

Thank you for your interest in the TJA Spring Judo camp. The goal of this camp is to develop already high quality junior judo players a little further with some intense coaching over the two days.

We will work on all aspects of competitive Judo and with our numbers limited there will be plenty of 1 on 1 time with our coaches and lots of opportunity to do randori with similar aged and sized juniors.

The two days will be split into 2 sessions per day as follows:

27<sup>th</sup> September - Day one morning – 10am to 12.15pm

Morning class focuses on the grip. This helps to put the opponent under control and works more for set-up for individual's techniques.

- a) Understanding the importance of where and how to grip
- b) Improve grip fighting to get your grip
- c) How to move and control an opponent with advanced movements
- d) Tachi-Waza Randori

27<sup>th</sup> September - Day one afternoon – 1.15pm to 3.30pm

It is important to have a strong 'big technique' and know how to use it in Randori. In the afternoon, we focus on individual's favorite big technique to make it work in Randori or competitions.

- a) Intensify individual's favorite technique
- b) Finding the best way to set-up for individual's technique
- c) Tachi-Waza Randori

28<sup>th</sup> September - Day two morning – 10am to 12.15pm

It is important to have good ground techniques, especially transitioning from standing, and it always helps in competition. Not many people focus on it, but there are always chances to hold down one's opponent. In this morning session, we will practice a few transition movements in situations which always happen in competitions.

- a) Accurate and smooth transition from standing to ground
- b) Ne-Waza Randori
- c) Tachi-Waza Randori to finish for the morning

28<sup>th</sup> September - Day two afternoon – 1.15pm to 3.30pm

Continuing day 1 afternoon. We will revisit and practice the same things. In Randori or competition, it is too late if you think. All your movements have to be in muscle memory and be able to use it without thinking. We practice one's favorite big technique by more repetition.

- a) Intensify individual's favorite technique
- b) Finding the best way to set-up for individual's technique
- c) Tachi-Waza Randori to finish for the day

The details:

When: 27<sup>th</sup> and 28<sup>th</sup> September 2017

Where – Taketani Judo Academy, 5/25-27 Carinish Road, Oakleigh South.

Cost - \$50 for both days or \$30 for one day

Requirements – Open to juniors aged between 10 & 16 holding an orange belt or above

What to bring – Gi, water bottle and packed lunch

**The player must be a financial member of Judo Victoria Inc to participate**

To book please complete the form attached and email it to [info@taketanijudo.com](mailto:info@taketanijudo.com).

Please remember spaces are limited to 20 so don't delay.



# Taketani Judo Academy

www.taketanijudo.com

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Name of attendee: \_\_\_\_\_

Age at time of camp: \_\_\_\_\_

Current Belt: \_\_\_\_\_

Current Club: \_\_\_\_\_

JVI registration number: \_\_\_\_\_

Emergency contact person: \_\_\_\_\_

Relationship to attendee: \_\_\_\_\_

Emergency contact phone number: \_\_\_\_\_

My son/daughter will be attending on (please circle)

Thursday 28<sup>th</sup>

Friday 29<sup>th</sup>

Both Days

### **Participant Agreement & Waiver:**

By signing this 'Participant Agreement & Waiver', you acknowledge your child's participation in all facets of training and hereby agree that by participating Taketani Judo Academy will not be held responsible or liable for any injuries, accidents or fatalities. You declaring that you are fully insured through Judo Victoria.

You also give permission for images captured during training, through video, photo and digital camera to be used for the purposes of Taketani Judo Academy promotional material and publications, and waive any right to compensation or ownership.

**Your name:** \_\_\_\_\_

**Signature:** \_\_\_\_\_