

Nakano Judo Academy

2019 Winter Junior Competition Judo Training Workout & Clinic

- Purpose:** Sharpen Judo skills before the major spring tournaments
Improve Judo skills with Japanese style randori
Build core strength with pinpoint drills and conditioning training
- Date:** Sunday, December 15th
- Location:** 2072 El Camino Real, Santa Clara, CA 95050
- Eligibility:** Ages 10 – 20 years old. Belt requirement: yellow belt and higher. Open to current USJF, USJA, & USA Judo Members. Must present valid card at registration.
- Enrollment limit:** 25 persons
- 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 the 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:** 1 Clinic/1 Workout Randori Session. Morning session starts at 10:00AM. Door opens at 9:30AM for registration.
- Sunday, December 15th**
10:00AM–12:00PM Drills & Randori
1:30PM–3:30PM Clinic (Morote-seoi-nage, gripping techniques, and Newaza choking techniques) & Strength & Conditioning
- Clinic Fee:** \$50 - 1 day, 2 sessions
\$30 - 1 session

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

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