



**judo
alberta**
THE ALBERTA KODOKAN BLACK BELT ASSOCIATION

Judo Alberta – The Alberta Kodokan Black Belt Association
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MEMORANDUM

To: Judo Alberta Clubs
From: Fatira Merah, Judo Alberta Head Coach
RE: Provincial Training Camp, November 23-24-2013
Date: September 9-2013

Provincial Training Camp, November 23-24-2013

Division: U16, U18, U21, seniors, Masters

HIRO'S JUDO CLUB

#115, 1919 27 Avenue NE
Calgary, AB T2E 7E4
Phone: 403-250-3177

<i>SATURDAY 23</i>	<i>SUNDAY 24</i>
1h-3h pm: All divisions Tachi waza and Randori	8h-8h45 am: Circuit Training All divisions
3h00-6h00 pm Break	9h30-11h30 am: Judo review and Randori
6h00-8h00 pm: All divisions, Ne waza and Randori	11h30- check weight.

Fatira Merah , Head Coach
Phone: 780-863-8379.
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Government
of Alberta

