

Judo Canada

Regional Training Center Lethbridge Pathway



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



KYODOKAN



| U14 | U16 | U16 | U18 | U18 | U21 | U21 | U21 | Senior |
|--|---|------------|--|--------|--|------------|--------|--------|
| 2nd YR | 1st YR | 2nd YR | 1st YR | 2nd YR | 1st YR | 2nd YR | 3rd YR | |
| T2T | | T2C | | | | T2W | | |
| 40 weeks a year Competitions: 8 Matches: 30 Judo: 3 x a week Intro to mental train Intro to cross train Technical Develop. | 44 weeks a year Competitions: 8 - 10 Matches: 40 Judo: 4-6 x a week Mental Training Cross Train x 3 a week Intro to tactical Train. Technical Develop. | | 48 weeks a year Competitions: 10-12 Matches: 40-50 Judo: 4-7 x a week Mental Training Conditioning 2 x a week Strength 2-3 x a week Intro to tactical Train. Competition Technical | | 48 weeks a year Competitions: 10-16 Matches: 40-50 Judo: 6-10 x a week Mental Training Conditioning 2/3 x a week Strength 3 x a week Tactical Train. Competition Technical International Tactical | | | |

