



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

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## MEMORANDUM

**To:** Judo Alberta Clubs  
**From:** Ewan Beaton HP coach  
**RE:** Provincial Training Camp: January 25-26, 2020  
**Date:** December 16, 2019

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### Provincial Training Camp: January 25-26, 2020

Division: U14, U16, U18, U21, seniors, Masters

**Address for training camp:**

### Hiro's Judo Club

#115 1919 – 27th Avenue, Calgary, Alberta

<b>SATURDAY</b> January 25, 2020	<b>SUNDAY</b> January 26, 2020
1300-1500 Ne-waza, Transition & Throwing	800-900 Physical Training & Drills
1500-1700 Break	900-1000 Break
1700-1930 Tachi-waza	1000-1200 Judo Review/ Randori

*Ewan Beaton HP Judo Alberta Coach*  
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