



Granite State Judo Institute

Fall Junior & Senior Judo Training Camp

October 10th- 11th 2009

Open to Judoka of all levels. Coaches are welcome.

Place: Granite State Judo Institute
at Manchester Police Athletic League
411 Beech Street
Manchester, NH 03101
www.gsji.org

Contact Robert Proksa 1-603-568-0054 or Robert@gsji.org

Pre-registration Camp fee of \$75.00 Fee at the door \$90.00. Please make checks payable to MPAL.

Mail pre-registration and camp fee to:
Robert Proksa
45 Twist Hill Road
Dunbarton, NH 03046.

Camp schedule will be: **Saturday** 9 am – 11:30 am, and 1:00 pm – 3:30 pm; **Sunday** 9 am – 11:30 am.

Saturday AM will be Newaza with the focus on Turn over variations.

Saturday PM will be the focus on Seoi Nage variations.

Sunday AM will be Kumi Kata and Tachi Waza.