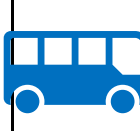
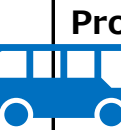


JUDOs International Judo Coaching Seminar 2025

October ／2025		AM				Lunch	PM				Dinner	STAY
				9:00~10:40	10:55~12:35	12:35~13:25	13:25~15:05	15:20~17:00	17:00~			
5	Sun				10：30~12：00 事前研修@地下道場	Lunch Provided	13：30~15：00 事前研修@地下道場	事前研修メンバー 岩本、太田、市村				
6	Mon											
7	Tue				Trainees Arrival – Narita					Dinner Provided	Kodokan	
8	Wed		Breakfast Provided	9:40 Kodokan 7F Big dojo Nage no Kata 10:40 Museum / Mr Mukai	11:40 Courtesy Call on Director Uemura	Lunch Provided	International Judo Refereeing Rules / Mr Kamohara	Visit to Eishoji Temple	Yukokaikan		Yukokaikan	
9	Thu			9：30 Opening Ceremony at Building 15-522	Tokai University Orientation 11:30 Courtesy Visit to the Dean of Physical Education		Mitsumoto Lesson Big Dojo		Greeting to the Tokai University Judo Club Women 17：05~ Men 18：00~		Yukokaikan	
10	Fri			Teaching for Beginners Mr Nakaya Big Dojo	Mitsumoto Lesson Jikishinkan		Mitsumoto Lesson Jikishinkan				Yukokaikan	
11	Sat			OFF（道場空きなし）			14:00 ~ Mitsumoto Lesson Basement Dojo				Yukokaikan	
12	Sun			Mitsumoto Lesson Big Dojo	Mitsumoto Lesson Big Dojo		13:30 Watching Tokai University Basketball Game at Main Gymnasium				Yukokaikan	
13	Mon			OFF							Yukokaikan	
14	Tue			9:00~10:20 Mitsumoto Lesson Basement Dojo	Rehabilitation Mr Imamura 15-B1	Lunch Provided	Mental Traning Mr Kobayashi room TBC	15:30~17:00 Mitsumoto Lesson Big Dojo			Yukokaikan	
15	Wed			Mitsumoto Lesson Jikishinkan	Mitsumoto Lesson Jikishinkan			14:00 leave for	 Sagami 16:00~	 Dinner Provided	Yukokaikan	
16	Thu				9:30 Leave for NTC 11:15 Arrive at NTC	Lunch Provided Kachimeshi	NTC east tour	Mamezo Judo Club 15:45~18:30		 Dinner Provided	Yukokaikan	
17	Fri			OFF	11:00 leave for Matsumae		13:30 Hashimoto lecture	15:00~ Mitsumoto Lesson Matsumae-judojuku	Matsumae 17：00~/18：30~20：00	 Dinner Provided	Yukokaikan	
18	Sat				KENDO in Judogi Mr Sasaki	Lunch Provided 出前館	Mitsumoto Lesson Big Dojo	Mitsumoto Lesson Big Dojo			Yukokaikan	
19	Sun					12:30 - 14:00 Mitsumoto Lesson Big Dojo	OFF	 16:00 leave for	Shimo Judo Club 18:30~21:00	 Dinner Provided	Yukokaikan	
20	Mon			OFF								Yukokaikan
21	Tue		All meal Provided 6:30 発	Study Tour Hiroshima／Kyoto		武徳殿・平安神宮等？			Kyoto 18：25 → Hiroshima 20:22 /Nozomi104		All meal Provided	APA Hiroshima T5
22	Wed		All meal Provided	7:30 Peace Memorial Musium		Hiroshima 17:12 → Nagoya19:28/Nozomi104 Nagoya 19:31 → Odawara 20:38/Hikari662				All meal Provided	Yukokaikan	
23	Thu			OFF	11：00~12：00 Mitsumoto Lesson Big Dojo		移動 13：30出発	Yokosuka-gakuin 16：00~19：00		Dinner Provided	Yukokaikan	
24	Fri			OFF	Sports Taping Ms Hanaoka Building 15-8F		移動 13：30出発 hikawa-maru	ASAHI DOJO 16:00~20：00		 Dinner Provided	Yukokaikan	
25	Sat			OFF	OFF	12:00 Leave for	ID Judo Coaching Training 14:00~16:00				Yukokaikan	
26	Sun			Mitsumoto Lesson Big Dojo	Mitsumoto Lesson Big Dojo	Lunch Provided 出前館	Mitsumoto Lesson Big Dojo				Yukokaikan	
27	Mon			OFF	OFF	13：00~15：00 Yuko's Lesson Basement Dojo					Yukokaikan APA伊勢原（藤井）	
28	Tue				11：00~13:00 Yuko's Lesson Big dojo			Yuko's Lesson Big dojo			Yukokaikan APA伊勢原（藤井）	
29	Wed			Mitsumoto Lesson Jikishinkan		Kosei's Lesson/ Closing Ceremony (Picture Time)		OFF	Closing Party 18：00~ Japanese Restraunt, Uoharu	Dinner Provided	Yukokaikan APA伊勢原（藤井）	
30	Thu			OFF	Judo Therapy 10：30-12：00		OFF	OFF	Participation in Children’ s Practice at Jikishinkan Dojo (Optional)		Yukokaikan	
31	Fri			OFF								Yukokaikan
1	Sat			Kodokan cup		Lunch Provided			 Dinner Provided		International Garden Hotel Narita (15/51)	
2	Sun		Breakfast Provided				Lunch Provided			 Dinner Provided		International Garden Hotel Narita (15/51)
3	Mon		Breakfast Provided	End of Program／Departure								