

# The Moose Jaw Koseikan Judo Club would like to invite your club members to an inter club randori session

Sunday, November 26, 2017  
801 Hochelaga Street East, Moose Jaw

Registration and weigh in at 9:30am  
Team warm up at 10:15am

The purpose of this session is to give new athletes experience in a more formal setting, teaching rules, procedures and formalities similar to what they will see in competition at provincial shiais. It is also a opportunity for a team building, friendship building, bonding experience for the new young members.

There will be no awards, medals, etc... but every member who partakes in the randori sessions will receive a certificate for their participation in the event.

## ***The session will be for athletes who:***

- **are Judo Saskatchewan registered athletes from Moose Jaw, Swift Current, Pense, Regina YMCA, Regina Senshudokan, Regina Avonhurst or Vibank Judo Clubs**
- **are born in 2004 and younger**
- **hold a white, white/yellow split, yellow or yellow/orange split belt**

All athletes are asked to bring a white judo gi as their primary outfit for the sessions.

All invited clubs are also encouraged to bring other members to assist in the running of the randori sessions.

The randori sessions will be grouped as follows:

## ***Athletes born 2011 and younger:***

For all belt colors, randori will be ground work only, 2 minute intervals in groups of 3-5 athletes of similar age/weight.

## ***Athletes born 2004-2010:***

Randori will be 2 minute intervals, in groups of 3-5 athletes of similar weight/age.

White belt athletes will participate in groundwork only. Colored belts will be stand up and groundwork.

Randori between a colored belt judoka and a white belt judoka will be groundwork only.

If you have any questions, give us a call, (306)691-0051 or email us [m.j.judoclub@sasktel.net](mailto:m.j.judoclub@sasktel.net)

Jim and Michelle Wiens  
[www.mjudo.com](http://www.mjudo.com)