

# 2026 Kizuna Summer Training Camps

## 1.0 Dates

- Week 1 (Beginner's Week: White to Yellow) - July 20-24, 1:00-4:00 PM
- Week 2 (Intermediate Week: White/Yellow to Orange) - July 27-31, 1:00-4:00 PM
- Week 3 (Advanced Week: Yellow/Orange to Green) - August 3-7 (BC Day Inclusive), 1:00-4:00 PM
- Week 4 (Competitive Week: Yellow+) - August 10-14, 1:00-4:00 PM

## 2.0 Price

- Kizuna Members - \$130 per week
- Non-members - \$150 per week

## 3.0 Ages

- Week 1 - 5-years-old+
- Week 2-4 - 7-years-old+

## 4.0 Purpose

- To prepare athletes for the 2026-2027 season
- To introduce new judoka to judo
- To level up skills in tachiwaza/newaza
- To prepare for competition and the high performance training camp

## 5.0 Included

- Different swag per week of attendance!
- Unlimited membership at Kizuna for summer camp weeks (can stay afterward and participate in the later classes—make sure to bring extra food!)

## 6.0 What To Bring

- Waterbottle
- Judogi
- Change of clothes
- Running shoes
- Snacks and a meal (if staying for additional classes!)

## 7.0 Activities

- Each week will build on fundamental skills and drills appropriate for the belt level
- Fitness training (introduction for younger athletes, preparation for High Performance camp fitness testing for older athletes)
- Mental training (goal setting workshops and competition preparation sessions)
- Tachiwaza (stand up) - throwing for competitors, will introduce higher-level techniques to athletes moving into U14+ green belt categories, will focus on key developmental techniques for younger athletes
- Newaza (groundwork) - osaekomiwaza (pinning) for competition, will introduce shimewaza (chokes) to athletes planning on U16 competitions, will introduce kansetsuwaza (armbars) to athletes planning on U18 competitions
- Transitions (standing to groundwork) - key transitions between taught/favourite techniques
- Kumi Kata (gripping) - gripping for different age groups, including gripping for specific attacks and grip breaking
- Blocking and scoring off blocked techniques - will learn how to block key techniques and turn them into scoring opportunities
- Ukemi (breakfalls) - will learn how to safely take breakfalls in competitive environments, including from specific throws and in the blocking of throws
- Randori (sparring) - will learn how to make each round a learning experience, how to help your body keep going through multiple rounds, and how to maximize your mat time