



## Oultine Programme : Japan 2010

### Thu 2 December

Depart Heathrow 10am

Depart Amsterdam 5:30pm

### Fri 3 December

Arrived Narita Airport 3pm

Transfer from Narita Airport to Haneda Airport : 2hrs

Depart Haneda 7pm

Arrived Kagashima 9pm

Transfer from Kagashima Airport to Kanoya University : 2hrs

This was a very long journey due to delays (snow) and having a knock on affect by missing connecting flights.

### Sat 4 December

#### 9 – 12noon : Randori

Warm up

Newaza technique

Newaza Randori : 8 x 3mins

Uchikomi 8mins

Randori : 10 x 5mins

Despite only arriving in the very early hours of the 4 December, we took part in the first session which had been setup in the town of Kanoya. Over 150 players attended the session from around the region.

The players did very well and all got through the session.

6:30pm Welcome Party

Mr Hamada arranged a Welcome Party a hotel in the city centre. The hospitality was very impressive and they went very much out of their way to put on this welcome party.

### Sun 5 December

#### 9 – 12noon : Randori

Warm up

Newaza Randori : 6 x 3mins

TEAM CONTEST : GB v Japan

Pressure Training : 8 x 4mins

Mr Hamada arranged a 'friendly' team contest which we won 7 – 6 (4 draws)

All the England players where in the middle for the Pressure Training.



### Mon 6 December

#### 6:30am Physical – Track session

Warm up

2 x 400m jog

4 x 400m run

3 x 400m sprints (short recovery : 1min max)

4 x 200m sprints (short recovery : 1 min max)

Plyo squat jumps 2 x 30m

Duck walk 2 x 30m

Hops R/L 1 x 30m

Piggy back carry 2 x 30m

Press Ups 1 x 100

Sit ups 1 x 100

Abdominal twists 1 x 100

Chins 3 x 10

Stretch to finish

NOTE : if the players didn't have the **CAPACITY TO TRAIN**, they would have no chance in being able to complete this session

#### 10am Gym

Some players did their strength programme : Lyon, Holt, McKay, Duxberry, Rowe, Jones

#### 4:20pm Randori (3hrs 30mins)

Warm up

Newaza Randori : 6 x 5mins

Uchikomi : 8mins

Tachiwaza Randori : 12 x 5mins (no water break until after 6 Randori's)

England Team in the middle :

- 3 x 1min Randori
- 10 x 3 Nagewaza

Rope Climbs 3 times

Stretch to finish

A very physical and intense session. Players coped very well. It was very tough, but they never gave up and kept working to the end.



## Tue 7 December

### 6:30am Physical – Track session

Warm up  
3 x 400m jog  
4 x 400m run  
3 x 400m sprints (short recovery : 1min max)  
4 x 200m sprints (short recovery : 1 min max)  
Plyo squat jumps 2 x 30m  
Duck walk 2 x 30m  
Hops R/L 1 x 30m  
Piggy back carry 2 x 30m  
Press Ups 1 x 100  
Sit ups 1 x 100  
Abdominal twists 1 x 100  
Chins 3 x 10  
Stretch to finish

### 2:30pm Kanaoyo University President

The team met with the President of Kanoya University Mr Tetsuo Fukunaga.

### 4:20pm Randori (3hrs 45mins)

Warm up  
Newaza Randori : 10 x 4mins  
Uchikomi : 8mins  
Tachiwaza Randori : 12 x 7mins  
Uchikomi/Nagekomi : 15mins  
50 press ups to finish

## Wed 8 December

### 9:30am Physical – Track session

Warm up  
2 x 400m jog  
Dynamic Stretch  
Stadium Step Session : Sprints, Jumps, Hops, Laterals  
Chins 3 x 10  
Hanging Leg Raises/Windscreens 3 x10  
Full Stretch

### 4:20pm Randori

Warm up  
Newaza Randori : 10 x 4mins  
Technique : Uchimata  
Tachiwaza Randori : 10 x 5mins  
Resistance Uchikomi : 5 x30s (groups of 3 – 1 holding belt) focus on power – drive and fast out  
Nagekomi : 3 x 30s



**Thu 9 December**

**6:30am Physical – Track session**

Warm up  
3 x 400m jog  
4 x 400m run  
3 x 400m sprints (short recovery : 1min max)  
4 x 200m sprints (short recovery : 1 min max)  
Plyo squat jumps 2 x 30m  
Duck walk 2 x 30m  
Hops R/L 1 x 30m  
Piggy back carry 2 x 30m  
Press Ups 1 x 100  
Sit ups 1 x 100  
Abdominal twists 1 x 100  
Chins 3 x 10  
Stretch to finish

**1pm Visit to see the Mayor of Kanoya**

**4:20pm Randori**

Warm up  
Ippon Newaza : 40mins – goal to score 20 Ippons  
Tachiwaza Randori : 12 x 5mins  
Resistance Uchikomi : 5 x30s (groups of 3 – 1 holding belt) focus on power – drive and fast out  
Nagekomi : 3 x 30s

**Fri 10 December**

**6:30am Physical – Track session**

Warm up  
3 x 400m jog  
4 x 400m run  
3 x 400m sprints (short recovery : 1min max)  
4 x 200m sprints (short recovery : 1 min max)  
Plyo squat jumps 2 x 30m  
Duck walk 2 x 30m  
Hops R/L 1 x 30m  
Piggy back carry 2 x 30m  
Press Ups 1 x 100  
Sit ups 1 x 100  
Abdominal twists 1 x 100  
Chins 3 x 10  
Stretch to finish



**Saturday 11 December**

REST Day – watch the Tokyo GS

**Sunday 12 December**

**GIRLS**

**Kodakan : 7 – 9pm Randori**

Warm up

Newaza Randori : 8 x 3mins

Tachiwaza Randori : 10 x 5mins

**BOYS**

**Nihon Gakuen High School : 10 – 12noon Randori**

Warm up

Newaza Randori : 7 x 3mins

Tachiwaza Randori : 12 x 5mins

Cool down

Really good session despite only 20 Japanese on the mat. They were of a very good standard.

**Monday 13 December**

**GIRLS**

**Kodakan : 7 – 9pm Randori**

Warm up

Newaza Randori : 8 x 3mins

Tachiwaza Randori : 10 x 5mins

**BOYS**

**Nihon Gakuen High School : 10 – 12noon Randori**

Warm up

Newaza Randori : 7 x 3mins

Tachiwaza Randori : 12 x 5mins

Cool down

**Tuesday 14 December**

**GIRLS**

**Kodakan : 7 – 9pm Randori**

Warm up

Tachiwaza Randori : 2 groups : 9 x 5mins

**BOYS**

**Toyo University : 6 – 8:30pm**

Warmup 10mins

Newaza Randori : 20mins Ippon change

Uchikomi : 10mins

Randori : 2 x 8 x 5mins : players out in the middle for 8 and then a second group

Rope Climbs : 30



England Judo : Japan 2010

Wednesday 15 December

Rest Day : took players to the Kodakan, Mizuno store and Akihabara to shop and sight see

Thursday 16 December

**TRAVEL HOME**