

K&F RAHVUSVAHELINE SUMOKOOL

Registrikood 80280153

Infotelefon 58362196

Sunday 25.september 2011 in Rakvere Spordikeskus

JUDOSEMINAR

“The importance of body position in fighting judo”

Judo seminar held by Fausto Gobbi

Fausto Gobbi, 5th dan, 4 time Italian champion and winner of international competitions would like to put his experience at the services of young judokas and would like to meet Estonian famous judocoaches. Fausto Gobbi is K&F sumoschool judo and sumocoach and judocoach in Judo Club Milano.

Every athlete have his own judo and in this opportunity we can see how to neutralize many different judo attacks using a same easy technique. Using a special movement of bodyweight, judokas will feel more sure in fighting and training.

Practical info:

Seminar language is English

Seminar will be held in two groups:

For group I: from 11.00 to 13.00

For group II: from 15.00 to 17.00

Maximum number of athletes/coaches in the morning is 10 and 10 in afternoon

Seminar cost: 10 EUR per person



Fausto Gobbi

Please take contact with us if you are interested before 18 september 2011:

kfsumokool@hotmail.com or telefon 58362196

K&F Sumokool