## PRACTICE STAGE & CONTENT AT KODOKAN
*(according to infection status of COVID-19)*

<table>
<thead>
<tr>
<th>STAGE</th>
<th>INFECTION STATUS</th>
<th>CONTENT</th>
<th>NUMBER OF PARTICIPANTS</th>
<th>REQUIREMENT TO WEAR A MASK</th>
<th>HOURS OF PRACTICE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-A</td>
<td>No infected persons nor close contacts in participants</td>
<td>Practice individually anchored in position Ukemi, solo uchikomi, technical lesson etc.</td>
<td>Small number according to the size of dojo (8㎡/person, 4 mats) Keep a safe distance between participants</td>
<td>As a rule, wear a mask May pull off a mask depending on the situation</td>
<td>about 50 min</td>
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<tr>
<td>1-B</td>
<td>No infected persons nor close contacts in participants</td>
<td>Practice without grabbing others directly Moving within a defined area Ukemi, solo uchikomi, technical lesson, Uchikomi using rubber tubes</td>
<td></td>
<td></td>
<td>about 80 min</td>
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<tr>
<td>2-A</td>
<td>No infected persons nor close contacts in participants</td>
<td>Grabbing practice without changing partners (not to run out of breath) Light uchikomi (Nage-waza only) Technical lesson (No grabbing in Katame-waza)</td>
<td>Limit the number of participants Keep a safe distance between participants (16㎡/2 persons, 8 mats)</td>
<td>As a rule, wear a mask May pull off a mask keeping a safe distance during break</td>
<td>about 80 min solo 70% grabbing 30%</td>
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<tr>
<td>2-B</td>
<td>No infected persons nor close contacts in participants</td>
<td>Grabbing practice without changing partners (not to run out of breath) Light uchikomi (Nage-waza /Katame-waza) Technical lesson (grabbing)</td>
<td></td>
<td></td>
<td>about 80 min solo 60% grabbing 40%</td>
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<tr>
<td>3</td>
<td>No significant increase in the number of infected persons in Tokyo</td>
<td>Grabbing practice with several partners Uchikomi (Nage-waza/Katame-waza) Light randori (Nage-waza/Katame-waza) Practice for shiai</td>
<td>Limit the number of participants Keep a safe distance between participants (16㎡/2 persons, 8 mats)</td>
<td>As a rule, wear a mask May pull off a mask depending on the situation</td>
<td>within 120 min solo 50% grabbing 50%</td>
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<tr>
<td>4</td>
<td>Normal practice and shiai</td>
<td></td>
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</tbody>
</table>

**KODOKAN EDUCATION & INSTRUCTION DEPARTMENT**