

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

KODOKAN EDUCATION &
INSTRUCTION DEPARTMENT

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