



In midwinter Judoka have traditionally undergone ten straight days of intensive Judo training to develop strengthen their minds and bodies and test their will. The Portland Kangeiko continues this tradition January 21-30.

| DATE | TIME | LOCATION |
|-------------------|-----------------|---|
| Thurs 1/21 | 6:30 pm | Shudokan Dojo- 8440 SE 55th, Portland, OR |
| Fri 2/22 | 6:30 pm | Seiwakan Dojo -Sellwood Community Ctr., 1436 SE Spokane St, Portland, OR |
| Sat 2/23 | 9:30 am | Seiwakan Dojo |
| Sun 2/24 | 10:00 am | Shudokan Dojo |
| Mon 2/25 | 6:30 pm | Portland Judo- 2335 NW 23rd Pl. Portland, OR |
| Tues 2/26 | 6:30 pm | Ojukan Dojo- Oregon National Guard Armory. 848 NE 28th Avenue. Hillsboro, OR |
| Wed 2/27 | 6:30 pm | Seiwkan Dojo |
| Thurs 2/28 | 6:30 pm | Ojukan Dojo |
| Fri 2/29 | 6:30 pm | Shudokan Dojo |
| Sat 1/30 | 9:30 am | Seiwakan Dojo |
| Sat 1/30 | 12:00 pm | Seiwkan Dojo-closing potluck |

Those who complete all 10 practices will receive a certificate of completion, those who attend at least 7 practices will receive a certificate of participation. All Judoka with a current USAJudo, USJF, or USJA card are welcome to participate. Even if you cannot make all 10 practices you are encouraged to attend as many as you can. A \$5 donation is requested from those who wish to receive a certificate to cover the costs of printing.

