



Russian branch European
Judo Federation
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Pyatigorsk



February 22-23, 2020 in Caucasus, in the city of Pyatigorsk was organized SMR Judo practice. At the seminar there are people from 7 cities on the region: Saint-Petersburg, Pyatigorsk, Lermontov, Armavir, Zheleznovodsk, Essentiuki, Kazan (one people).

Distance from Saint-Petersburg to Pyatigorsk - 2300 kilometers. For two days, we practiced more than 12 hours. We only practiced Kihon Tandoku and simple forms Omote. We are pleased that new people are interested in the practice of SMR, and are ready to arrive inappropriate to the distance.

Andrei Marenkov

