



Russian branch European
Judo Federation
www.jodo-smr.ru

Smolensk



In last weekend of January 25-26 the Russian department of the European Judo Federation organized the SMR Judo practice in the Smolensk. This is an old city. The first information about it was in 1157 and located 700 kilometers from St. Petersburg. Many of us have already met with Alexey and Olesya - the leadership of the SMR group in Smolensk.

This time the small group of enthusiasts gather together. We are from Smolensk, Moscow, Roslavl and I'm from St. Petersburg. We had the opportunity to practice Kihon Tandoku, Omote, Chudan. Some exercises to prepare. We spent a lot of time together with talking and eating.

Andrei MARENKOV

