

EJU Junior Training Camp

Monday, July 09th until Wednesday, July 11th 2018

Sportshall Arena Gdynia

Trainings schedule

Date	09.07.2018	10.07.2018	11.07.2018
	Monday	Tuesday	Wednesday
hrs	10:00 - 12:30	10:00 - 12:30	9:00 - 11:00
	Warm up 10' Ne-waza 4 x 4' Uchi-komi 5' Tachi-waza 6x4'	Warm up 10' Uchi-komi 5' Tachi-waza 8x4' Ne-waza ippon change 10'	Warm up 10' Ne-waza 4 x 4' Uchi-komi 5' Tachi-waza 6x4'
hrs	16:00- 18:30	16:00- 18:30	
	Warm up 10' Ne-waza 3 x 4' Uchi-komi 5' Tachi-waza 7x4'	Warm up 10' Uchi-komi 5' Tachi-waza 7 x 3' + GS Ne-waza ippon change 10'	

All trainings take place with the participation of women and men

Meal times at the sports hall

Date / Meal	09.07.2018	10.07.2018	11.07.2018
	Monday	Tuesday	Wednesday
Lunch	12:30 - 13:30	12:30 - 13:30	11:00 - 12:00
Dinner	18:30 - 19:30	18:30 - 19:30	

