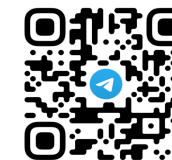




International Training Camp

Spała COS 27.02 - 2.03 2023



| Date | Monday 27-02 | Tuesday 28-02 | Wednesday 1-03 | Thursday 2-03 |
|---------------------|-------------------------------------------------------------|-------------------------------------------------------------|-------------------------------------------------------------|---------------------------------------------------------------------------------|
| 9:00 10:45 | MEN 15' Warm-up 5x4' Ne Waza 6x4' Tachi Waza | MEN 15' Warm-up 3x3' Ne Waza 7x4' Tachi Waza | MEN 15' Warm-up 3x3' Ne Waza 7x4' Tachi Waza | MEN/WOMAN 9:00 - 10:45 15' Warm-up 5x4' Ne Waza 6x4' Tachi Waza |
| 10:45 12:30 | WOMAN 15' Warm-up 5x3' Ne Waza 6x4' Tachi Waza | WOMAN 15' Warm-up 5x3' Ne Waza 6x4' Tachi Waza | WOMAN 15' Warm-up 5x3' Ne Waza 6x4' Tachi Waza | |
| 15:45 17:45 | MEN 15' Warm-up 3x3' Ne Waza 6x5' Tachi Waza | MEN 15' Warm-up 3x3' Ne Waza 7x5' Tachi Waza | MEN 15' Warm-up 3x3' Ne Waza 7x5' Tachi Waza | Team departure |
| 17:45 19:30 | WOMAN 15' Warm-up 3x3' Ne Waza 6x5' Tachi Waza | WOMAN 15' Warm-up 2x3' Ne Waza 7x5' Tachi Waza | WOMAN 15' Warm-up 2x3' Ne Waza 8x3' Tachi Waza | |