

TRAINING CAMP JUDO POZNAN 15-17.-04.2024

| TRAINING CAMP JUDO POZNAN 15-17.-04.2024 | | | |
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| | Monday 15.04 | Tuesday 16.04 | Wednesday 17.04 |
| 09:00 | Transfer Malta => Sporthall | Transfer Malta => Sporthall | |
| 9.00-10.45 | | | WOMEN, MEN TOGETHER INDIVIDUAL WARM-UP 10min NE-WAZA 3x3' UCHI- KOMI 10min TACHI-WAZA 8x3' |
| 10.15-12.15 | WOMEN, MEN TOGETHER INDIVIDUAL WARM-UP 10 min NE-WAZA 5x3' UCHI- KOMI 10 min TACHI-WAZA 6x4' | WOMEN, MEN TOGETHER INDIVIDUAL WARM-UP 10min UCHI-KOMI 10min TACHI-WAZA 8x4'+1min GS | End |
| 13:00 | Transfer Sporthall => Malta | Transfer Sporthall => Malta | |
| 15:30 | Transfer Malta => Sporthall | Transfer Malta => Sporthall | |
| 16.30-18.30 | WOMEN, MEN TOGETHER INDIVIDUAL WARM-UP 10 min NE-WAZA 2x3' UCHI- KOMI 10 min TACHI-WAZA 7x4' | WOMEN, MEN TOGETHER INDIVIDUAL WARM-UP 10min UCHI-KOMI 10min TACHI-WAZA 7x4' NE WAZA 10min ippon change | |
| 19:00 | Transfer Sporthall => Malta | Transfer Sporthall => Malta | |