

MIĘDZYNARODOWY CAMP JUDO POZNAŃ 15-17.-04.2024

| | PONIEDZIAŁEK 15.04 | WTOREK 16.04 | ŚRODA 17.04 |
|-------------|--|--|--|
| 9.00-10.45 | | | KOBIETY, MĘŻCZYŹNI RAZEM ROZGRZEWKA INDYWIDUALNA 10min NE-WAZA 3x3' UCHI-KOMI 10min TACHI-WAZA 8x3' |
| 10.30-12.30 | KOBIETY, MĘŻCZYŹNI RAZEM ROZGRZEWKA INDYWIDUALNA 10min NE-WAZA 5x3' UCHI-KOMI 10min TACHI-WAZA 6x4' | KOBIETY, MĘŻCZYŹNI RAZEM ROZGRZEWKA INDYWIDUALNA 10min UCHI-KOMI 10min TACHI-WAZA 8x4'+1min GS | WYJAZD |
| 16.30-18.30 | KOBIETY, MĘŻCZYŹNI RAZEM ROZGRZEWKA INDYWIDUALNA 10min NE-WAZA 2x3' UCHI-KOMI 10min TACHI-WAZA 7x4' | KOBIETY, MĘŻCZYŹNI RAZEM ROZGRZEWKA INDYWIDUALNA 10min UCHI-KOMI 10min TACHI-WAZA 7x4' NE WAZA 10min ippon change | |

TRAINING CAMP JUDO POZNAN 15-17.-04.2024

| | Monday 15.04 | Tuesday 16.04 | Wednesday 17.04 |
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| 9.00-10.45 | | | WOMEN, MEN TOGETHER INDIVIDUAL WARM-UP 10min NE-WAZA 3x3' UCHI-KOMI 10min TACHI-WAZA 8x3' |
| 10.30-12.30 | 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 |
| 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 | |