

TRAINING CAMP JUDO POZNAN 15-17.-04.2024

	Monday 15.04	Tuesday 16.04	Wednesday 17.04
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	