

MIĘDZYNARODOWY CAMP JUDO Bielsko Biała 22-24.05.2022**INTERNATIONAL JUDO TRAINING CAMP Bielsko-Biała 22-24.05.2022**

Godziny / Hours	PONIEDZIAŁEK / MONDAY 22.05	WTOREK / TUESDAY 23.05	ŚRODA / WEDNESDAY 24.05
8.45-10.15			MEN / WOMEN NE-WAZA 3x4' TACHI-WAZA 6x4'
10.30-12.30	WOMEN / MEN NE-WAZA 3x4' TACHI-WAZA 6x4'	MEN / WOMEN TACHI-WAZA 8x4'+1'GS	
16.30-18.00	MEN / WOMEN NE-WAZA 2x4' TACHI-WAZA 7x4'	WOMEN / MEN TACHI-WAZA 7x4' NE-WAZA 10' ippon change	
12.00-14.00	Lunch at the sports hall	Lunch at the sports hall	
11.00-13.00			Lunch at the sports hall

Każdy trening standardowo:

10' rozgrzewka indywidualna, 5' uchi komi, 5' nage komi. Randori

Standard training program:

10' Indywidual warm up; 5' Uchi - komi; 5' Nage - komi; Randori