

INTERNATIONAL JUDO TRAINING CAMP BIELSKO-BIAŁA 19-21.05.2025

HARMONOGRAM/ TIMETABLE	PONIEDZIAŁEK/ MONDAY	WTOREK/ TUESDAY	ŚRODA/ WEDNESDAY
9.00-10.45	KOBIETY/ WOMEN NE-WAZA 3X4' TACHI-WAZA 6X4'	KOBIETY/ WOMEN TACHI-WAZA 8X4'+1'GS	KOBIETY+MĘŻCZYŹNI WOMEN + MEN NE-WAZA 3X4' TACHI-WAZA 5X4'
11.00-13.00	MĘŻCZYŹNI/ MEN NE-WAZA 3X4' TACHI-WAZA 6X4'	MĘŻCZYŹNI/ MEN TACHI-WAZA 8X4'+1'GS	
15.00-16.45	KOBIETY/ WOMEN NE-WAZA 2X4' TACHI-WAZA 7X4'	KOBIETY/ WOMEN TACHI-WAZA 7X4' NE-WAZA 10' IPPON CHANGE	
17.00-19.00	MĘŻCZYŹNI/ MEN NE-WAZA 2X4' TACHI-WAZA 7X4'	MĘŻCZYŹNI/ MEN TACHI-WAZA 7X4' NE-WAZA 10' IPPON CHANGE	
11.15-13.45	LUNCH AT THE SPORTS HALL	LUNCH AT THE SPORTS HALL	LUNCH AT THE SPORTS HALL
PROGRAM KAŻDEGO TRENINGU STANDARDOWO BĘDZIE ZAWIERAŁ: 10' ROZGRZEWKI INDYWIDUALNEJ, 5' UCHI-KOMI, 5' NAGE-KOMI, RANDORI.			
EACH TRAINING PROGRAM INCLUDES: 10' INDIVIDUAL WARM UP, 5' UCHI-KOMI, 5' NAGE-KOMI, RANDORI.			