

## XX JUDO WINTER CAMP – Lignano – Jan 2019

### ORARIO allenamenti / TRAINING program

<b>GIOVEDI' 3</b> Thursday 3 <sup>rd</sup>	registration from 08:30	<b>09:30 -11:00</b>	<b>11:00 – 12:30</b>	<b>15:00 -16:30</b>	<b>16:30 -18:00</b>	<b>18:00 – 19:30</b>	
		<b>WOMEN &amp; MEN</b> only juniors seniors	<b>U15-U18</b>	<b>MEN</b> only juniors seniors	<b>WOMEN</b> only juniors seniors	<b>U15-U18</b>	
<b>VENERDI' 4</b> Friday 4 <sup>th</sup>	<b>08:15 - 09:45</b>	<b>09:45 – 11:15</b>	<b>11:15 – 12:45</b>	<b>15:00 -16:30</b>	<b>16:30 -18:00</b>	<b>18:00 – 19:30</b>	<b>WINTER evening</b>
	<b>WOMEN</b> only juniors seniors	<b>MEN</b> only juniors seniors	<b>U15-U18</b>	<b>WOMEN</b> only juniors seniors	<b>MEN</b> only juniors seniors	<b>U15-U18</b>	<i>coach dinner 20:45 party 21:15</i>
<b>SABATO 5</b> Saturday 5 <sup>th</sup>	<b>08:15 - 09:45</b>	<b>09:45 – 11:15</b>	<b>11:15 – 12:45</b>	<b>15:00 -16:30</b>	<b>16:30 -18:00</b>	<b>18:00 – 19:30</b>	
	<b>MEN</b> only juniors seniors	<b>WOMEN</b> only juniors seniors	<b>U15-U18</b>	<b>MEN</b> only juniors seniors	<b>WOMEN</b> only juniors seniors	<b>U15-U18</b>	
<b>DOMENICA 6</b> Sunday 6 <sup>th</sup>	<b>08:15 - 09:45</b>	<b>09:45 – 11:15</b>	<b>11:15 – 12:45</b>	<b>15:00 – 17:00</b>			
	<b>WOMEN</b> only juniors seniors	<b>MEN</b> only juniors seniors	<b>U15-U18</b>	<b>unified</b>			

#### INDICATIVE PROGRAM

**JUNIORS & SENIORS:** warm-up 30', RANDORI nw 4x3', tw 5x4' and nw 2x3', tw 6x4'

**U15 & U18:** de ashi barai, o uchi gari, o soto gari, harai goshi, transition in nw & RANDORI