

I ACCEPT: _____ A.Mālnieks
Member of the board

X International „Sport and recreation” camp for judo fighters Regulation



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Organizer: Association „ Sports club Kurbads” in cooperation with Aluksnes city BJSS

Venue: E. Glika Street 10, Aluksne, Latvia

Participants and time event will take place:

Oldest group born in 1998.and older (till born in 1989.) masterhood not less than (4 KYU)

Youngest group born in 1999. and younger masterhood not less than (5 KYU).

07.08.2011. – 19.08.2011.

Schedule

07.08.2011. Arrival.

Two trainings per day:

08.08.2011. Training number one: working on techniques of TACHI WAZA and NE WAZA,

Training number two: working on techniques of TACHI WAZA and NE WAZA,

09.08.2011. Training number one: working on techniques of TACHI WAZA and NE WAZA,

Training number two: working on techniques in TACHI WAZA and NE WAZA.

10.08.2011. Training number one: working on techniques in TACHI WAZA and NE WAZA,

Training number two: RANDORI

11.08.2011. Training number one: cross-country run

Training number two: Overall physical training and sport games in stadium.

12.08.2011. Training number one: working on techniques in TACHI WAZA and NE WAZA,

Training number two: RANDORI

13.08.2011. Training number one: RANDORI

Training number two: Working on techniques in TACHI WAZA and NE WAZA,

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14.08.2011. Training number one: working on techniques in TACHI WAZA and NE WAZA,

Training number two: RANDORI

15.08.2011. Sauna and leisure activities.

16.08.2011. Training number one: working on techniques in TACHI WAZA and NE WAZA,

Training number two: RANDORI.

17.08.2011. Training number one: RANDORI,

Training number two: working on techniques in TACHI WAZA and NE WAZA,

18.08.2011. Training number one: working on techniques in TACHI WAZA and NE WAZA,

Training number two RANDORI

19.08.2011. Training number one: RANDORI,

Departure.

Sessions in hall will be held on 500m² tatami.

Participation fee: 15€ per day for one participant

Additional information:

Camp will be represented by fighters from Russia, Belarus, Ukraine, Belgium, Serbia, Estonia, Lithuania and Latvia.

Please give notice about participation to Aivars Mālnieks till **15.07.2011.**

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