

<i>Training Camp in Tartu 30.07-03.08.2018</i>					
<i>Time</i>	<i>Monday 30.07</i>	<i>Tuesday 31.07</i>	<i>Wednesday 01.08</i>	<i>Thursday 02.08</i>	<i>Friday 03.08</i>
<i>10:00 - 12:00</i>	<i>Arrival</i>	<i>Warming up and Uchi Komi 12'</i>			
		<i>Randori in two groups</i>			
		<i>NW 2 x 5'</i>	<i>NW 2 x 3'</i>	<i>NW 2 x 5'</i>	<i>NW 2 x 3'</i>
		<i>TW 6 x 5'</i>	<i>TW 8 x 5'</i>	<i>TW 6 x 5'</i>	<i>TW 6 x 5'</i>
		<i>Individual work 20'</i>			
<i>Lunch 12:00</i>					
<i>16:00 - 18.00</i>	<i>Warming up and Uchi Komi 12'</i>				<i>Departure</i>
	<i>Randori in two groups</i>				
	<i>NW 3 x 5'</i>	<i>NW 2 x 3'</i>	<i>Free</i>	<i>NW 2 x 5'</i>	
	<i>TW 3 x 5'</i>	<i>TW 7 x 5'</i>		<i>TW 8 x 5'</i>	
	<i>Individual work 20'</i>				
<i>Dinner 18:00</i>					

**Attention: Monday evening session starts at 18.00 and dinner 20:00**