

Kääriku Training Camp

Rustam Orujov Master Class

Kääriku 25-30.12.2024



First Training 25.12 kell 17.00 (arrival 16:00-16:30)
Last training 30.12 kell 10.30

- ✓ Gym
- ✓ Basketball, football badminton
- ✓ Töö kummidega (kummid kaasa)
- ✓ Tatami
- ✓ Skiing
- ✓ Option to use Pühajärve SPA (extra cost)

Coaches: Rustam Orujov, Vladimir Stepanjan, Dmitri Lepp, Egert Ehari

Price 250€ (including: accommodation (twin/triple and quadruple rooms), full board meals, sauna and trainings)

Price 80€ (including: only trainings)

NB: Camp price only as a full package, regardless of the number of days spent or the number of trainings attended!

Be quick to book, as only a limited number of accommodations are available!

Information: Andres Põhjala tel: +3725096511, do@do.ee

Registration deadline **15.12.24**, elis@judo.ee.

Payment in cash on spot or before training camp by invoice (elis@judo.ee)



SCHEDULE

| | |
|-------------|---------------------|
| 8.00 | Wake-up with a walk |
| 8.30-9.15 | Breakfast |
| 10.30 | Trainings |
| 13.00-14.00 | Lunch |
| 14.00 | Rest |
| 16.30 | Trainings |
| 18.30-19.30 | Dinner |
| 22.30 | Time to sleep |

TRAINING SCHEDULE

| Date | Time | Warm-up | Ne-waza | Tachi-waza |
|-------|-------|---------|----------|----------------|
| 25.12 | 17:00 | 15 min | 2x 4 min | 6x 4min |
| 26.12 | 10:30 | Seminar | Seminar | Seminar |
| | 16:30 | Seminar | Seminar | Seminar |
| 27.12 | 10:30 | Seminar | Seminar | Seminar |
| | 16:30 | Seminar | Seminar | Seminar |
| 28.12 | 10:30 | 15 min | 3x 4 min | 6x 5min |
| | 16:30 | 15 min | 2x 4 min | 8x 4 min |
| 29.12 | 10:30 | 15 min | 4x 4 min | 4x 5 min |
| | 16:30 | 15 min | | 10x 3 min + GS |
| 30.12 | 10:30 | 15 min | 3x 4min | 6x 4min |