

Kääriku Training Camp

Kääriku 26-30.12.2025

First Training 26.12 at 17.00 (arrival 16:00-16:30)

Last training 30.12 at 10.30

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

Price 200€ (including: accommodation (twin/triple and quadruple rooms), full board meals, sauna and trainings)

Price 50€ (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: Elis Põhjala tel: +37255653269, elis@judo.ee

Registration deadline **8.12.25**, 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	MORNING 10:30	EVENING 16:30
26.12 NB! 17:00		15' warm up + uchi-komi 4 x 3' NW 6 x 4' TW
27.12	15' warm up + uchi-komi 5 x 3' NW 5 x 4' TW	15' warm up + uchi-komi 1 x 4' NW 8 x 4' TW
28.12	15' warm up + uchi-komi 4 x 3' NW 7 x 4' TW	SAUNA
29.12	15' warm up + uchi-komi 6 x 2' NW 5 x 3' + GS TW	15' warm up + uchi-komi 1 x 4' NW 8 x 4' TW
30.12	15' warm up + uchi-komi 2 x 3' NW 6 x 4' TW	