



Kääriku Training Camp Ilias Iliadis and Rustam Orujov MASTER CLASS Kääriku 7-13.07.2025

First Training 07.07 kell 17.00 (arrival 15:00-15:30)

Last training 13.07 kell 10.30

Coaches: Ilias Iliadis, Rustam Orujov, Vladimir Stepanjan, Egert Ehari

A-CAT

Pühajärve SPA & Holiday Resort

<https://www.pyhajarve.com/en/>

Twin room 480€ full board (lunch/dinner at training center)

Single room 660€ full board (lunch/dinner at training center)

B-CAT

Kääriku Training Center Hostel

<https://kaariku.ee/en/>

300 € full board – **NB!** Quadruple rooms with bathroom in the hallway

ONLY TRAININGS: Price 80€

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!

Registration deadline **22.06.25**, elis@judo.ee.

Information: Elis Põhjala tel: +37255653269, 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

TRAINING SCHEDULE

Date	Time	Warm-up	Ne-waza	Tachi-waza
7.07	16:00	15 min	2x4 min	6x4min
8.07	10:30	Ilias Iliadis Seminar & randori	Ilias Iliadis Seminar & randori	Ilias Iliadis Seminar & randori
	16:30	Ilias Iliadis Seminar & randori	Ilias Iliadis Seminar & randori	Ilias Iliadis Seminar & randori
9.07	10:30	Rustam Orujov Seminar & randori	Rustam Orujov Seminar & randori	Rustam Orujov Seminar & randori
	16:30	Rustam Orujov Seminar & randori	Rustam Orujov Seminar & randori	Rustam Orujov Seminar & randori
SAUNA				
10.07	10:30	15 min	3x4 min	6x5 min
	16:30	15 min	2x4 min	8x4 min
11.07	10:30	15 min	4x4 min	4x5 min
	16:30	15 min		10x3 min + GS
12.07	10:30	15 min	3x4min	6x4min
	16:30	15 min	2x4 min	8x4 min
13.07	10:30	15 min	4x4 min	4x5 min