

Date	Schedule	Warming up	Uchi-komi	Randori (2 groups: Women & Men)
Monday, July 2 <sup>nd</sup>	10h-11.30h MEN 12-13.30 h WOMEN	10min	10 min Tachi Waza (moving)	3 x 5 min – Ne Waza 6 x 5 min – Tachi Waza
	17-18 .30h MEN 19.-20.30 h WOMEN	10min	10 min Tachi Waza (moving)	3 x 5 min – Ne Waza 8 x (5 min + 1 min Golden Score) Tachi Waza
Tuesday, July 3 <sup>rd</sup>	10h-11.30h WOMEN 12-13.30 h MEN	10min	10 min Ne Waza	3 x 5 min – Ne Waza 5 x 5 min – Tachi Waza
	17-18 .30h WOMEN 19.-20.30 h MEN	10min	10 min Tachi Waza (moving)	8 x 5 min – Tachi Waza
Wednesday, July 4 <sup>th</sup>	10h-11.30h MEN 12-13.30 h WOMEN	10min	10 min Tachi Waza (moving)	3 x 5 min – Ne Waza 6 x 5 min – Tachi Waza
	17-18 .30h MEN 19.-20.30 h WOMEN	FREE SESSION		
Thursday, July 5 <sup>th</sup>	10h-11.30h WOMEN 12-13.30 h MEN	10min	10 min Tachi Waza (moving)	3 x 5 min – Ne Waza 6 x 5 min – Tachi Waza
	17-18 .30h WOMEN 19.-20.30 h MEN	10min	10 min Tachi Waza (moving)	2 x 5 min – Ne Waza 7 x (5 min + 1 min Golden Score) Tachi Waza
Friday, July, 6 <sup>th</sup>	10h-11.30h MEN 12-13.30 h WOMEN	10min	10 min Tachi Waza (moving)	3 x 5 min – Ne Waza 6 x 5 min – Tachi Waza
	17-18 .30h MEN 19.-20.30 h WOMEN	10min	10 min Tachi Waza (moving)	2 x 5 min – Ne Waza 7 x (5 min + 1 min Golden Score) Tachi Waza

**SATURDAY JULY 7 .....**

**DEPARTURE**