



ROYAL SPANISH JUDO FEDERATION



EJU Training Camp Castelldefels 2017

Spain

June 30- July 07, 2017

1. Program

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

	17-18 .30h WOMEN 19.-20.30 h MEN	FREE PARTY JUDO – (EL PENDULO) 22.30 h		
Wednesday, July, 5 th	10h-11.30h MEN 12-13.30 h WOMEN	10min	10 min Tachi Waza (moving)	3 x 4min – Ne Waza 6 x 4 min – Tachi Waza
	17-18 .30h MEN 19.-20.30 h WOMEN	10min	10 min Tachi Waza (moving)	2 x 4 min – Ne Waza 7 x (4 min + 1 min Golden Score) Tachi Waza
Thursday July 6 th	10h-11.30h WOMEN 12-13.30 h MEN	10min	10 min Tachi Waza (moving)	3 x 4 min – Ne Waza 6 x 4 min – Tachi Waza
	17-18 .30h WOMEN MEN	10min	10 min Tachi Waza (moving)	2 x 4 min – Ne Waza 7 x (4 min + 1 min Golden Score) Tachi Waza

FRIDAY JULY 7 DEPARTURE