

**INTERNATIONAL TRAINING CAMP IN RADAVA – SLOVAKIA –
ORGANIZED BY SLOVAK ASSOCIATION OF JU – JITSU**

21ST – 24TH OF JULY 2016

SCHEDULE

21ST OF JULY – TUESDAY

- 17:00 – 18:30 – ARRIVAL, REGISTRATION, ACCOMODATION
- 19:00 – 19:30 – DINNER
- 19:30 – 20:30 – CAMP OPENING AND SAJJ MEMBERS MEETING

22ND OF JULY - FRIDAY

- 7:30 – 8:00 – BREAKFAST
- 9:00 – 9:30 – WARM UP ON TATAMI
- 9:30 – 12:20 – TRAINING PROCESS (3 X 50 MIN LESSON, 2 X 10 MIN BREAK)
- 13:00 – 13:30 – LUNCH
- 13:30 – 15:00 – RELAXATION
- 15:00 – 16:50 – TRAINING PROCESS (2 X 50 MIN LESSON, 1 X 10 MIN BREAK)
- 17:00 – 17:20 – BUDOPASSES/MEMBERS PASSES STAMPING
- 18:00 – 18:30 – DINNER
- 19:00 – 21:00 – DAN / KYU CONSULTATION FOR EXAMINATION

23RD OF JULY – SATURDAY

- 7:30 – 8:00 – BREAKFAST
- 9:00 – 9:30 – WARM UP ON TATAMI
- 9:30 – 12:20 – TRAINING PROCESS (3 X 50 MIN LESSON, 2 X 10 MIN BREAK)
- 13:00 – 13:30 – LUNCH
- 13:30 – 15:00 – RELAXATION
- 15:00 – 16:50 – TRAINING PROCESS (2 X 50 MIN LESSON, 1 X 10 MIN BREAK)
- 17:00 – 17:20 – TIME FOR TAKING PHOTOS
- 18:00 – 18:30 – DINNER
- 19:00 – 21:00 – DAN / KYU CONSULTATION FOR EXAMINATION

24TH OF JULY – SUNDAY

- 7:30 – 8:00 – BREAKFAST
- 8:00 – 9:00 – CHECK OUT
- 9:00 – 9:30 – WARM UP ON TATAMI
- 9:30 – 12:20 – TRAINING PROCESS (3 X 50 MIN LESSON, 2 X 10 MIN BREAK)
- 12:20 – 12:30 – END OF CAMP
- 12:45 – 13:30 – LUNCH, DEPARTURE