

I ACCEPT: \_\_\_\_\_ A.Mālnieks  
Member of the board

## **X International „Sport and recreation”camp for judo fighters** Regulation



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**Organizer: Association „ Sports club Kurbads” in cooperation with Aluksnes city BJSS**

**Venue:** E. Glika Street 10, Aluksne, Latvia

**Participants and time event will take place:**

Oldest group born in 1998.and older (till born in 1989.) masterhood not less than ( 4 KYU )

Youngest group born in 1999. and younger masterhood not less than ( 5 KYU ).

**07.08.2011. – 19.08.2011.**

### Schedule

**07.08.2011.** Arrival.

*Two trainings per day:*

**08.08.2011.** Training number one: working on techniques of TACHI WAZA and NE WAZA,

Training number two: working on techniques of TACHI WAZA and NE WAZA,

**09.08.2011.** Training number one: working on techniques of TACHI WAZA and NE WAZA,

Training number two: working on techniques in TACHI WAZA and NE WAZA.

**10.08.2011.** Training number one: working on techniques in TACHI WAZA and NE WAZA,

Training number two: RANDORI

**11.08.2011.** Training number one: cross-country run

Training number two: Overall physical training and sport games in stadium.

**12.08.2011.** Training number one: working on techniques in TACHI WAZA and NE WAZA,

Training number two: RANDORI

**13.08.2011.** Training number one: RANDORI

Training number two: Working on techniques in TACHI WAZA and NE WAZA,

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**14.08.2011.** Training number one: working on techniques in TACHI WAZA and NE WAZA,

Training number two: RANDORI

**15.08.2011.** Sauna and leisure activities.

**16.08.2011.** Training number one: working on techniques in TACHI WAZA and NE WAZA,

Training number two: RANDORI.

**17.08.2011.** Training number one: RANDORI,

Training number two: working on techniques in TACHI WAZA and NE WAZA,

**18.08.2011.** Training number one: working on techniques in TACHI WAZA and NE WAZA,

Training number two RANDORI

**19.08.2011.** Training number one: RANDORI,

Departure.

Sessions in hall will be held on 500m<sup>2</sup> tatami.

**Participation fee:** 15€ per day for one participant

Additional information:

Camp will be represented by fighters from Russia, Belarus, Ukraine, Belgium, Serbia, Estonia, Lithuania and Latvia.

Please give notice about participation to Aivars Mālnieks till **15.07.2011.**

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