



SCHEDULE TRAINING CAMP

DECEMBER 28-29&30, 2008

Tolide Judo Kwai
Dow Centennial Centre
Fort Saskatchewan

| SUNDAY 28 | MONDAY 29 | TUESDAY 30 |
|-------------------------|-----------------------------|--------------------------------------|
| 9h-9h45am: Tests. | 9h-9h45am: Circuit Training | 9h-9h45am: Circuit Training |
| <i>Break</i> | <i>Break</i> | <i>Break</i> |
| 10h30-12h15am: Ne waza | 10h30-12h15am: Ne waza | 10h30-12h15am: Ne waza Tachi waza |
| <i>Lunch/Break</i> | <i>Lunch/Break</i> | <i>Finish.</i> |
| 4h30-6h30pm: Tachi waza | 4h30-6h30pm: Tachi waza | Good Job! |
| Video Judo. | Video Judo. | Happy New Year! |

Do not forget to bring the necessaries for to run and to bring your personal supplies like toenail clippers, tape, etc.

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