



Time table Topjudo Rotterdam trainingcamp 2024

Day	Morning	Afternoon	Evening
27-12-2024			18.00-20.00 all 2x4 min ne waza randori 8x4 min tachi waza randori
28-12-2024	9.00-10.30 u15 3x4 min ne waza randori 10x4 min tachi waza randori 10.45-12.45 +15 3x4 min ne waza randori 8x5 min tachi waza randori	15.45-17.15 u15 5x4 min ne waza randori 8x4 min tachi waza randori	17.30-19.30 +15 2x4 min ne waza randori 10x5 min tachi waza randori
29-12-2024	9.00-10.30 u15 3x4 min ne waza randori 10x4 min tachi waza randori 10.45-12.45 +15 3x4 min ne waza randori 8x5 min tachi waza randori	15.45-17.15 u15 5x4 min ne waza randori 8x4 min tachi waza randori	17.30-19.30 +15 2x4 min ne waza randori 10x5 min tachi waza randori
30-12-2024	9.00-11.00 all 4x4 min ne waza randori 6x4 min tachi waza randori		