

## PROGRAM STAGE INTERNATIONAL LIGNANO DAL 26 AL 31 AGOSTO 2014

- 26/08/2014**                    **REGISTRATION/ACCREDITATION**
- JUDO PROGRAM UNDER 17 AND UNDER 20**
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- 27/08/2014**    **ORE 7,15-8,00 RANDORI NE WAZA :**
- 10' WARMING UP - 8x3' RANDORI-10' STRETCHING**
- ORE 10,30-12,00 TECNIQUE AND UCHI KOMI ITALIAN TEAM LEAD:**
- 20' STRETCHING AND WARMING UP-60' TECNIQUE AND UCHIKOMI-10' STRETCHING**
- ORE 17,00-19,00 RANDORI TACHI WAZA:**
- 20' WARMING UP-10x4' RANDORI TWO GROUPS -15' STRETCHING**
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- 28/08/2014**    **ORE 7,15-8,00 RANDORI NE WAZA :**
- 10' WARMING UP - 5x4' RANDORI- 5' IPPON RANDORI-10' STRETCHING**
- ORE 10,30-12,00 TECNIQUE AND UCHI KOMI \_\_\_\_\_ TEAM LEAD:**
- 20' STRETCHING AND WARMING UP-60' TECNIQUE AND UCHIKOMI-10' STRETCHING**
- ORE 17,00-19,00 RANDORI TACHI WAZA:**
- 20' WARMING UP-1x6'-3x4'+1'GS'-4x4' RANDORI TWO GROUPS -15' STRETCHING**
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- 29/08/2014**    **ORE 7,15-8,00 RANDORI NE WAZA :**
- 10' WARMING UP - 5x3'-10' IPPON RANDORI I-10' STRETCHING**
- ORE 10,30-12,00 TECNIQUE AND UCHI KOMI \_\_\_\_\_ TEAM LEAD:**
- 20' STRETCHING AND WARMING UP-60' TECNIQUE AND UCHIKOMI-10' STRETCHING**
- ORE 17,00-19,00 RANDORI TACHI WAZA:**
- 20' WARMING UP-3x5'-3x4'-5x2' RANDORI TWO GROUPS -15' STRETCHING**
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- 30/08/2014**    **ORE 7,15-8,00 RANDORI NE WAZA :**
- 10' WARMING UP - 7x2'-10' IPPON RANDORI I-10' STRETCHING**

**ORE 10,30-12,00 TECNIQUE AND UCHI KOMI \_\_\_\_\_ TEAM LEAD:**

**20' STRETCHING AND WARMING UP-60' TECNIQUE AND UCHIKOMI-10' STRETCHING**

**ORE 17,00-19,00 RANDORI TACHI WAZA:**

**20' WARMING UP-1x5'-3x4'-4x3'4x2' RANDORI TWO GROUPS -15' STRETCHING**

**31/08/2014 ORE 9,00-11,00**

**UCHIKOMI-RANDORI NE WAZA-RANDORI TACHI WAZA**

**JUDO PROGRAM ES/A ES /B**

**ORE 9,00-10,30 TECNIQUE AND UCHI KOMI**

**ORE 16,00-17,00 TECNIQUE AND UCHI KOMI - RANDORI**

**RULES TO BE REPECTED BY EVERYBODY**

**USE THE TRASH CAN (BOTTLES...STRAPS ETC....)**

**WALKING WITH SHOES END ZORI (NOT NAKED FEET) OUT OF  
THE TATAMI**

**Thank you very much**