



European Judo Union



EJU OTC – ‘Going for Gold’

10th – 14th October 2016, Lido di Ostia / Rome, Italy

JUDO PROGRAM

Judo Program	10 th October 2016 Monday	11 th October 2016 Tuesday	12 th October 2016 Wednesday	13 th October 2016 Thursday	14 th October 2016 Friday
10:00 – 12:00	10' warm-up 5x4' randori ne w. 10' uchi komi tachi w. 6x5' randori tachi w.	10' warm-up 4x4' randori ne w. 10' uchi komi tachi w. 5x(5'+1'g.s.) randori tachi w.	10' warm – up 20' "ippon change" ne w. 10' uchi komi tachi w. 5x6' randori tachi w.	10' warm up 10' uchi komi tachi w. 8x5' randori tachi w. 10' individual throwing	10' warm-up 5x4' randori ne w. 10' uchi komi tachi w. 5x(5'+1' g.s.) randori tachi w.
17:00 – 19:00	10' warm up 10' uchi komi tachi w. 8x5' randori tachi w. 10' "ippon change" ne w.	10' warm-up 10' uchi komi tachi w. randori tachi w.: 1x7' – 1x5' – 5x3' – 3x5' 10' individual throwing	Individual Training Session	10' warm – up 6x4' randori ne w. 10' uchi komi tachi w. randori tachi w.: 1x7' – 5x3' – 1x7'	10' warm-up. 10' uchi komi tachi w. Randori tachi w.: 1x7' – 6x3' – 2x5' 4x3' randori ne w.