X. BJJ intensive CAMP + Kids-Program Course

Cap Wörth/Klagenfurt

1st – 4th November 2018

Schedule:

How to set up a Kidsprogram at your school?

The Course starts on Thursday 1.November 2018 (at the youth hostel in Cap Wörth) - 9:00 and will last the hole day – finishes around 16:30.
We decided to hold the kids course only on one day so that people who are not part of the camp have to spend only one day.

If you want to have any special question answered please write your question to us and we are going to address it the course.
email@bjjintensivecamp.com

Thursday, November 1st
9:00 – 16:30 How to build up a Kidsprogramm at your school – with Prof. Renato Migliaccio
15:00 Arriving, getting the keys at the Youth Hostel – Cap Wörth Walk around and get to know the place
16:00 Meeting at the gym – getting to know the instructors - **Official start of the X. BJJ INTENSIVE CAMP**
16:15 – 16:30 Warmup 16:30 – 17:30 Training 1. Group: Prof. Renato Migliaccio – GI - Beginner 2. Group: Prof. Martin Guggi – GI - Advanced 3. Group: Prof. Bill Loftus – Nogi
17:30 – 18:00 Technical Sparring
18:00 – 19:00 Dinner
19:15 Instructor Meeting

The gym is always open for us. In any free time, you can hit the mats and repeat and drill the techniques!

Friday, November 2nd
07:30 – 09:00 breakfast
09:30 – 10:00 Warmup
10:00 – 10:45 Training 1. Group: Prof. Christian Dummer – Nogi - Beginner 2. Group: Prof. Mario Hudelist – Gi - Advanced 3. Group: Prof. Liz Olbert – Woman class - GI

10:50 – 11:30 Training 1. Group: Prof. Hans Hutton – Gi - Beginners 2. Group: Prof. Renato Migliaccio – Gi - Advanced 3. Group: Prof. Martin Guggi – Nogi, Leglocks, Heelhooks
11:30 – 12:00 Technical Sparring
12:00 – 13:00 Lunch
14:00 – 15:00 Rest time
15:00 – 16:00 Training 1. Group: Prof. Peter Verovsek – Gi - Beginner 2. Group: Prof. Bill Loftus – Gi - Advanced 3. Group: Prof. Renato Migliaccio – Takedowns and Wrestling - Nogi
16:00 – 17:00 Training 1. Group: Prof. Martin Guggi – Gi – Beginner 2. Group: Prof. Neil White – Gi - Advanced 3. Group: Prof. Mario Hudelist – Nogi
17:00 – 18:00 Sparring
18:00 – 19:00 Dinner

Saturday, November 3rd
07:30 – 09:00 breakfast
9:30 – 10:00 Warmup Drills
10:00 – 10:45 Training 1 Group: Prof. Mari Hudelist – Gi Beginner 2. Group: Woman Class Nogi – Coach Liz 3. Group: Prof. Martin Guggi – Nogi
10:45 – 11:30 Training 3 Groups Q&A 1. Group: Q&A Gi Beginner: Prof. Michael Kennicker, Prof. Neil White, Prof. Renato Migliaccio 2. Group: Q&A Gi Adv. Prof. Hans Hutton, Prof. Peter Verovsek, Prof. Mario Hudlist 3. Group: Q&A Nogi – Prof. Bill Loftus, Prof. Martin Guggi 4. Group: Q&A Ladies – Coach Liz Olbert
11:30 – 12:00 Sparring with all Instructors!
12:00 – 13:00 Lunch
14:00 – 15:00 Rest time
15:30 – 17:00 Free Sparring
16:00 – 18:00 Free Afternoon WORKSHOP Breathing with Scott Mc Donald – Wimhof Method Sauna Indoor Pool
18:00 – 19:00 Dinner
20:30 – Social evening on the mats!

Sunday, October 29th
07:30 – 09:00 breakfast (Meeting for camp instructors and black belt at the breakfast at 8:00)
9:30 – 10:00 Warmup
10:00 – 11:15 Training 1. Group: BJJ Beginners – Prof. Michael Kennicker and Prof. Martin Guggi – Gi - Beginner

2. Group: BJJ Advanced – Prof. Renato Migliaccio– Gi – Adv. 3. Group: NoGi Wrestling – Prof. Bill Loftus - Wrestling
11:15 – 12:00 Sparring
12:00 – 13:00 Lunch
END – first BJJ intensive CompetitionCamp: 15. – 18. March 2019 - Wagrain/Austria XI. BJJ intensive Camp: 7. – 10. June in Italy/Lignano again!!!