

BJJ Competition Preparation Camp SCHEDULE

Friday, March 15th	Saturday, March 16th	Sunday, March 17th	Monday, March 18th
	05:00 – 06:30 Kangeiko (Early Morning Winter Training) – Training to instil your toughness – Your heart	05:00 – 06:00 Kangeiko (Early Morning Winter Training) – Training to instil your toughness – Your heart	
	7:00 – 7:45 Morning Yoga – Martina	7:00 – 7:45 Morning Yoga – Martina	07:00 – 07:45 Morning Yoga – Martina
	08:15 Breakfast	08:15 Breakfast	08:15 Breakfast
14:00 Arrival, receive your room keys, walk around and get to know the place, find the gym, sauna, water park, shops...	15:30 – Lecture on the mat: <i>Importance of the Warm-up</i>	Lecture on the mat: <i>Importance of conditioning</i> (games, conditioning)	9:30 – 10:00 Warm-up – Coach Wolfgang (Core exercises)
	09:30 – 10:00 Warm-up – Prof. Hans	9:30 – 10:00 Warm-up – Prof. Richard	
15:00 Meet in the gym, get to know the instructors, START of Camp Welcome speech by Prof. Renato (schedule, rules of the hostel)	10:00 – 11:00 Classes on specific topic 1. Gi: Prof. Hans – Gripfighting and takedown 2. Gi: Prof. Martin – How to setup Lapelguards? 3. Nogi: Prof. Renato – Half Guard	10:00 – 11:00 Classes on specific topic 1. Gi: Coach Wolfgang – Gripfighting: How to get 2on1 grip? 2. Gi: Prof. Richard – Butterfly Guard 3. Nogi: Prof. Martin – Guardpass: How to pass if someone is sitting?	10:00 – 11:00 Classes on specific topic 1. Judo: Coach Wolfgang – O goshi setup to throws 2. Nogi: Prof. Richard – Wrestling, front headlocks 3. Leglocks – Drills
	11:00 – 11:30 Drilling 11:30 – 12:00 Nague Komi – throwing and Free Sparring	11:00 – 12:00 Drilling 1. Guardpasses 2. Guardpasses to back or submission 3. Guardpasses with little resistance	11:00 – 12:00 Drilling or Sparring 1. King of the Hill First point wins (no advantages) 2. Free sparring
15:30 – 15:50 Warm-up – Prof. Renato	12:15 Lunch 13:00 – 15:30 Rest time	12:15 Lunch 13:00 – 15:30 Rest time	12:15 Lunch END of Camp
16:00 – 17:00 Classes on specific topic 1. Gi: Prof. Martin – close Guard and it core principles and submissions 2. Gi: Prof. Renato - Guillotines 3. Luta Livre – Prof. Hans – Back Grap Escapes	- 15:30 Lecture on the mat: <i>Mental Training and weight cut</i>	15:30 Question & Answer : Ask the Professors and Coaches any specific questions you have!	Next camp: - Italy/Lignano: 7.-10.06.2019 (Sun & Beach Camp) - www.bjjintensivecamps.com
	16:00 Warm-up game – Prof. Martin - Pezziball - Penguin and bear	16:00 Warm-up drills – Prof. Martin 1. Hip escapes 2. Partner drills – inverting 3. Gravity drills – Imanari roll	
17:00 – 18:00 Sparring 1. King of the Mat! (Closeguard, Halfguard, Turtel) 2. Free sparring or drilling	16:30 – 18:00 Sparring with Prof & Coaches 1. Takedownsparring Start with Single Leg Start with Double Leg 2. Free Sparring or drilling	16:30 – 18:00 1. Nogi takedown drilling 2. 6x6 – 3x2x6 Mount, Turtel, Sidecontrol, Guard, Guardpull or Takedown, Takedown 3. Free Sparring or drilling	
18:15 Dinner 19:00 Trainer meeting	18:15 Dinner	18:15 Dinner 19:00 Trainer meeting	
What else is there to do? - Waterpark (until 21:00) - Sauna - Drilling - Socializing ☺	20:00 – Social evening on the mats! - Watch some fights on Flowgrappling and have some good chats on the mat You can bring you own drinks	20:00 Social evening on the mats! - Watch some fights on Flowgrappling - Have some good mat chats - Bring some drinks	<i>The gym is open 24h! At any time, you can hit the mats, repeat and drill the techniques!</i>