

WELCOME
TO OUR VI. BJJ INTENSIVE CAMP!



10. – 13. Mai 2018

For the second time we come back to ITALY/Lignano for our BJJ intensive Camp!

BJJ/Nogi/Luta Livre/Leglocks/Judo/Wrestling/MMA/Ginastica Natural/Self Defense



Beach, Sea, Sand, Waves, Wind, Relaxing, Sun, Holidays with Training

Organizers:

Prof. Renato Migliaccio

Prof. Martin Guggi



rmigliaccio@hotmail.com

menggi@gmx.at

If you have any question you can always contact us. The best way to get in touch with us at the camp is just talk to us and we are happy to help you with anything we can.

HP: <http://www.bjiintensivencamp.com>

FB: <https://www.facebook.com/bjiintensivencamp>

Training location and how to get there:

The goal for this camp was to find a location where training, accommodation and food are all at the same place. Last year we found one right next to the Adriatic Sea in Lignano/Italy and this year we return.



Arrival at Venice airport:

Lignano is 100 km away from Venice. If you have time, try to visit Venice. It is a beautiful and special city you will not be able to find anywhere else on our planet. If you arrive by plane you can rent a car (ca. 1h) or take the train to Lignano (2h). Please take the train from the main train station Venice to Latisana – the train takes you in 1 hour and 7 min to Latisana. From there you need a bus to Lignano. The bus stop is right in front of the Bella Italia Village! Also talk to other participants and get in touch with us so we can help you to find a shared ride to Lignano if possible!!!

Arriving by Car:

If you arrive by car you can get right to the Bella Italia Village! You can park the car inside the village for a parking fee or outside right next to Viale Centrale (that's what we suggest). There is a white parking area on the right side of the street that has enough parking spots for all of us. The speed limit in front of Bella Italia Village is 30 km/h – make sure that you do not go too fast – we almost paid there already ☺

In Italy you have to pay a freeway road charge – called Maut. The Maut is per car and per direction €11,40 coming from Austria to Lignano. You can pay cash or by card.

Address: please put this into your navigation system!

Bella Italia Village

(do not get confused – last year the name was

Getur Village – but they changed the name, still same location!)

Lignano Sabbiadoro

Viale Centrale 30

33054 Lignano Sabbiadoro



Arriving at Villa Bella (Getur) Village:



Here are your first steps when you arrive:

1. Park your car outside from the village at the free white parking area next to the Via Centrale.
2. Go into the Villa Bella reception (blue building with Nr.7 on the map) and you will get accreditation with a green wristband so you can get in and out of the village for free and whenever you want. Visitors need to pay an entrance fee for 5€ per day.
3. Go to the blue building behind the reception – this is our hotel – called: **SOLE MARE** (also Nr. 7 on the map) at the reception you will get the room keys. We will be there waiting to welcome you too and give you more information if needed.



Accommodation and Trainingslocation:

The Adriatic Village

In the heart of the city of Lignano Sabbiadoro, just a few minutes from the nightlife and the shops, is located the Adriatic village.

Sixty hectares of green area and a long strip of beautiful sea offer guests the ideal place for a holiday that can be customized to suit their needs. Enjoy the tranquility of the private beach and meditate in the silence of the pine forest lulled by the lapping of the waves and the sound of cicadas, or enjoy a vacation practicing all kinds of sports, establishing new friendships and participating in the activities offered by our animation team.

Houses and good food for all

The village, composed by 13 buildings all with different types of rooms and independent services, has a total capacity of about 2.800 people. Each facility meets the different needs of families, sportsmen, disabled and religious groups. Large dining rooms with waiter service or self-service and rooms for meetings and conventions make the village the ideal destination for big groups or for the organization of big events. The restaurants and the pastry laboratory, recognized by the Italian Celiac Association for food gluten-free, are able to offer a catering service suitable for all needs. The village provides accommodation in bedrooms from 1 up to 10 beds with private bathroom and services designed on the needs and economic possibilities of our guests.

Fun and sport guaranteed

For children or for those who prefer an active holiday, the center is equipped with a water slides playground, a private beach with paths to the sea for disabled people, 2 outdoor swimming pools, several pitches for sports such as tennis, soccer, basketball and volleyball, an indoor Olympic swimming pool and a multi-functional sport hall with a capacity of 2.400 people. For lovers of art and history we suggest a visit to the ancient church dating back to '400 and dedicated to Santa Maria del Mare.

Services

- Full board treatment or breakfast only
- Restaurant in waiter service or in self-service
- Gluten-free food for coeliac disease sufferers
- Night watch service
- Private beach
- Coin laundry service in every residence
- Bus stop in front of the village

Do not forget to bring:

- 2x Kimono
- 2x NoGi Outfit
- Passport
- Sportshoes
- Sandales
- Suncream

Food:

All meals are served in our Hotel SOLE MARE!

Breakfast time: 7:30 – 9:00

Lunch time: 12:30 – 14:00

Dinner time: 19:30 – 21:00

If you are a Vegetarian or have a special diet, please let the kitchen staff know before the meal and they will be happy to help you out with all your wishes.

- Inside the village, we have a small bar where you can get some drinks and light snacks. If you want to buy something there are two supermarkets in walking distance from the village.
- 10 min from the village there is also a pharmacy - just walk from the reception of the village to your right into the city and it is also on your right side.

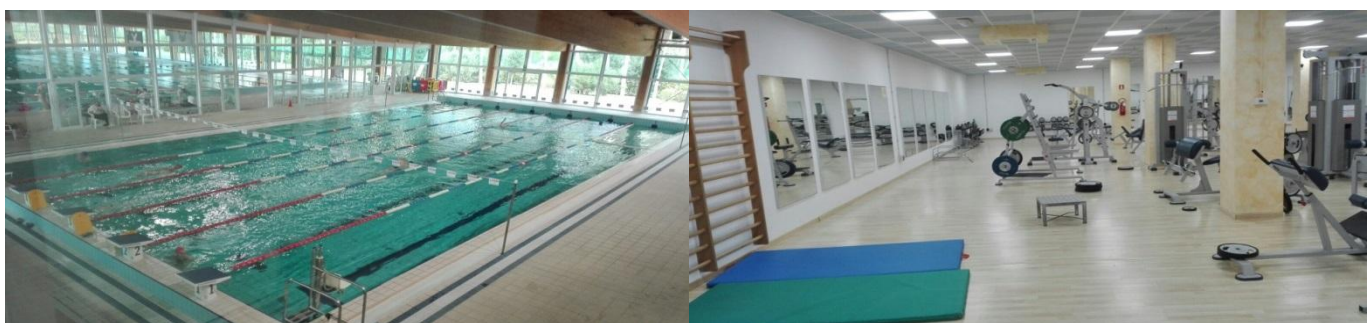
Rooms:

In the Villa Bella Village they have 2000+ beds available. We stay in the hotel SOLE MARE right behind the reception in front of the indoor swimming pool. The rooms are small but they all have a bathroom with a toilet and shower included.



Indoor Swimming pool and fitness center:

The indoor swimming pool is called “piscina olimpica”. For 2,50€ you can use the 50 m or 25 m pool at the free swimming times. There is a schedule when you can use the pool. Included in the price is also the use of the big fitness center at the basement of the swimming pool.



Washing Machine:

There are washing machines and dryers at the hotel available for 3€. If you need more the Villa Bella staff is happy to do the washing for you ... but it is more expensive...! Let's try to use the washing machines in the hotel. You can bring soap yourself or buy it at the hotel reception.

Beach:

Just walk straight from the hotel to the sea. In may they normally do not have umbrellas and beach loungers ready... but they will try to have some chairs and loungers already on the beach for us ... if not please take your towel to the beach!



City of Lignano

The center of Lignano is only 10 min away from the Villa Bella Village. There you can find a lot of restaurants, bars, shops and a lot of places to get good ice-cream. Visit the Harbor, the pier and the amusement park!



Training:



Our rooms are in the hotel SOLE MARE (Nr. 7 on the map) and our gym is located right the hotel above the swimming pool. So we do not have to walk anymore, we just need to cross the street in front of our hotel!!!!

At the gym there are changing rooms and restrooms available.

Training schedule please see on the following pages!

Physiotherapy

At the gym we could organize a private room with a bench for some Guantanamo treatment with Physiotherapist Wolfgang. Costs are 1 Euro per Minute. Last time a lot of people used the possibility for some help – so if you already know please let Coach Wolfgang know in advance and contact him under: michor.wolfgang@gmx.at - good luck!



What are the goals of our BJJ INTENSIVE CAMP:

- ✓ *High quality BJJ camps with technique, drills, sparring; 5+ hours every guided training and you can hit the mats any time you want!*
- ✓ *BJJ (Gi and No Gi) is the main focus but we are incorporating Wrestling, Judo and Luta Livre. If we have instructors available we also try to offer Kickboxing, MMA ...;*
- ✓ *Get in touch with BJJ Black Belts and instructors from all over the world;*
- ✓ *We want to bring new instructors to our camps - especially who have a gift for teaching you will see on more camps but we always strive to bring in new instructors to get different inputs.*
- ✓ *All instructors and black belts are happy to spar with you, it does not matter if you are beginner, competitor or just a lover of the art – we want to make you better!*
- ✓ *The camp is designed with one goal: make our participants better – does not matter which team or flag you normally represent.*
- ✓ *Enjoy the BJJ Lifestyle: training, sweating, having fun with old and new friends, enjoy nice places, relax and have nice chats with BJJ nerds!*



Check out our FB Site for more Infos:

<https://www.facebook.com/bjjintensivecamp/>

Instructors

- Prof. Renato Migliaccio (Organizer) – BJJ, Judo, Business Education
- Prof. Martin Guggi (Organizer) – BJJ, Luta Livre, Business Education
- Prof. Hans Hutton – BJJ, Luta Livre, Wing Revolution
- Prof. Bill Loftus –BJJ Gi, Wrestling
- Prof. Olivier Kee-Seng – BJJ, Nogi
- Prof. Rick Hunley – BJJ, MMA
- Prof. Neil White – BJJ, Nogi
- Prof. Peter Verovsek – BJJ Gi
- Prof. Mario Hudelist – BJJ, Nogi
- Coach Bert Obernosterer – Nogi, Leglocks
- Coach Liz Olbert – BJJ, Woman Classes
- Coach Wolfgang Michor – Judo, Physiotherapist
- Special Workshop: Coach Scott Mc Donald – “Flow2 breath” + ice bath☺

VI BJJ intensive CAMP – Lignano/ITALY

Schedule

May 10th

15:00 Arriving, accreditation for the Village, getting the keys at the Hotel reception SOLE MARE
Walk around and get to know the Village

16:00 – 16:45 Setting up the Mats

16:45 Meeting at the gym – getting to know the instructors -

Official start of the VI. BJJ INTENSIVE CAMP

17:00 – 17:30 Warmup Prof. Wolfgang und Prof. Martin

17:30 – 19:00 Training

4 Groups

Beginners Gi	Advanced Gi	Nogi/Luta Livre	MMA
Prof. Renato Guard	Prof. Martin Worm Guard	Prof. Bert	Prof. Bill

19.00 – 19:30 Sparring

19:30 – 21:00 Dinner

21:00 social evening – get to know the center of Lignano

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

May 11th			
07:30 – 09:00 breakfast (Meeting for camp instructors and black belt at the breakfast at 8:00)			
09:00 – 9:30 Ginastica Natural with Prof. Martin und Coach Samuel			
9:30 – 10:30 Training			
All Woman – Gi Basic	All Men – Gi Basic	Nogi/Luta Livre	MMA
Prof. Liz	Prof. Olivier	Prof. Hans	Prof. Neil
10:30 – 11:30 Training			
BJJ Gi Basic	BJJ Gi Advanced	Nogi/Wrestling/MMA	
Prof. Martin Guard Hierarchie	Prof. Mario	Prof. Renato closing distance	
11:30 - 12:00 - Training Drills 6 rounds of 5 min			
12:30 – 14:00 Lunch			
15:00 – 16:30 Rest time			
16:30 – 17:30			
BJJ Beginners	BJJ Advanced	Ashi System – Leglocks	
Prof. Mario	Prof. Peter	Prof. Martin	
17:30 – 18:30			
BJJ Beginners	BJJ Advanced	Ashi System – Leglocks	
Prof. Wolfgang	Prof. Renato	Prof. Bert	
18:30 – 19:30 Open Mat – Half Mat Drill - Half Mat Spar			
19:30 – 21:00 Dinner			
20:30 Instructor Training – invitation only			

May 12th			
5.30 – 7.30 Morning Workout with Self-defense techniques at the beach			
Conditioning – wrestling and BJJ. Bring Swimming suits –Extra Shorts and Shirts and Water			
07:30 – 09:00 breakfast			
9:30 – 10:30 Drills - 12 rounds of 5 minutes			
10:30 – 11:00 – King of the Hill divided in groups			
11:00 – 11:30 - 3x10 (One minute Each)			
11:30 – 11:45 - Stress drills - BJJ Guns - open Mat			
12:30 – 14:00 Lunch			
15:00 – 16:00 Rest time			
*17:00 – 18:00 “Flow2 breath” workshop with Scott Mc Donald – max. 15 people!!! To get a spot talk to the Coach as soon as possible. First come, first serve!!!			
18:00 – 19:00 Open Mat			
19:30 – 21:00 Dinner			
21:00 social evening			

*“Flow 2 breath”

In this class Art of Breath & Oxygen advantage & Wim Hof Method certified breathwork Coach Scott Macdonald will teach you powerful breathing techniques that are easy to learn and quick to apply that will help you get the most out of this training camp. The techniques will help you: to recover better have more energy to cool down more effectively after class Spar more rounds and much more Scott’s famous tin bath tub will also be on location for those who want to enjoy the benefits of an Icebath post training.

May 13th			
07:30 – 09:00 breakfast (Meeting for camp instructors and black belt at the breakfast at 8:00)			
9:15 – 9:30 Warmup – Ginastica Natural			
9:30 – 10:00 – Drills – 6 rounds of 5 minutes			
10:00 – 11:00 Training			
BJJ Woman	BJJ Men	Nogi/Luta Livre	Wrestling/MMA
Prof. Liz	Prof. Rick	Prof. Hans	Prof. Bill
11:00 – 12:00 Sparring			
12:30 – 14:00 Lunch			
<p>END – Announcements for next camp: Munich/Germany 17th to 19th and Belgium (Summer) and Klagenfurt Fall from 1st to 4th November 2018/Klagenfurt at the lake.</p> <p>Next camps are going to include our one new extra education course:</p> <ul style="list-style-type: none"> - Instructor Course - Sales Course I - Marketing Course I - First Aid Course - Fitness for Fighters Course - Blue Belt Program 			

Safety rules for the camp!

1. *This is a camp – the goal should be to learn new techniques and make your game better. Do not confuse a camp with a competition. A camp has a different atmosphere and needs a different mindset than a competition.*
2. *Train as much as you can – but do not burn out on the first day. You need to take care of your body and stop at the right time.*
3. *Most classes are separated in beginners and advanced. So we can address the level of the participants better. If you need any other help for any situation you can always talk to the instructors at the open mat times.*
4. *The Open Mat time is there to repeat any technique, to drill or to spar.*
5. *In Sparring: NO heel hooks and twisted leg attacks are allowed – if you want to spar with these techniques talk to your trainings partner before.*
6. *Cut your nail. Wash your GI regularly and take care of the hygiene of you and your outfit.*
7. *Do not step on the mats with shoes on!*

8. There are a few respect rules in BJJ – normally a lower belt is not allowed to ask a higher belt or a black belt to spar. On our Camps you can ask anybody to spar with you. We do not see it as disrespectful, we know that you want to continue learning and evolving.

Contact:

Prof. Martin Guggi

Tel.: 0043 650 76 23 664

mquaggi@qmx.at

We are going to have T-shirts, Rashguards and Shorts available at the camp:



- Tshirt – black/white (S/M/L/XL): 20 Euro
- Shorts (S/M/L/XL): 48 Euro
- Rashguard long sleeve (S/M/L/XL): 48 Euro

[email@bjjintensivecamp.com](mailto:bjjintensivecamp.com)