

12. BJJ intensive Camp - SCHEDULE

Friday, June 7th	Saturday, June 8th	Sunday, June 9th	Monday, June 10th
	7:00 – 8:00 Open Mat – Drilling - Prof. Renato	7:00 – 8:00 Open Mat – Drilling - Prof. Renato	6:00 Morning Workout at the Beach and beach wrestling competition
	7:30 – 8:30 Breakfast	7:30 – 8:30 Breakfast	7:30 breakfast 8.30 Trainer meeting
14:00 Arrival, receive your room keys, walk around and get to know the place, find the gym, the way to the sea, indoor pool or check out the center of Lignano	9:00 Warm-up – Coach Julian 9:30 – 11:00 Classes on specific topic 1. Beginner: 2on1 grip form close Guard - Coach Julian 2. Advanced: Butterfly hook from half Guard - Prof. Peter 3. Nogi: Ashi Garami –Prof. Miguel	9:00 Warm-up – Prof. Miguel 9:30 – 11:00 Classes on specific topic 1. Beginner: Unbeatable Basics – Prof. Neil 2. Advanced: Shotgun grip – Prof. Jean-Francois 3. Nogi: Back step Kihon – Prof. Renato	9:00 Warm-up – Prof. Renato 9:30 – 11:00 Classes on specific topic 1. Beginner: Self-defence – Prof. Hans 2. Advanced: close Guard Attacks – Prof. Olivier 3. Nogi: Ashi Garami – Coach Markus
15:00 Meet in the gym, get to know the instructors, START of Camp Welcome speech by Prof. Renato (schedule, rules of the hostel)	11:15-12:15 Classes on specific topic 1. Beginner: the triangle-ways to set it up - Prof. Martin 2. Advanced: Takedowns – Prof. Jean-Francois 3. NoGi Intermediate: replace guard kihon – Prof. Renato	11:15-12:15 Classes on specific topic 1. Beginner: Self-defence - Prof. Hans 2. intermediate/Advanced: x-guard kihon – Prof. Renato 3. Nogi: Rolling Back attacks – Prof. Martin	11:15-12:15 Classes on specific topic 1. Beginner: Tai Otoshi – Coach Wolfgang 2. Advanced: Prof. Renato 50/50 3. Nogi: Situpguard Passes – Prof. Martin
	12:30 – 13:30 Lunch	12:30 – 13:30 Lunch	12:30 – 13:30 Lunch
	15:30 Lecture on the mat – Prof. Renato	Free Afternoon – 13:30 – 17:00	END OF THE CAMP
15:30 Warm-up: Coach Wolfi 16:00 – 17:15 Classes on specific topic 1. Intermediate: Quick reactions kihon – Prof. Renato 2. Advanced: Guard pull defence – ashi waza – Coach Wolfgang 3. Wrestling: Passing Half and RDLR - Prof. Bill	16:00 Warm-up Game – Prof. Martin 16:30 – 17:30 Classes on specific topic 1. Beginner: Attacks from Side control – Prof. Miguel 2. Advanced: Passing & opening open guard - Prof. Neil 3. Nogi: Headlocks – Prof. Martin 17:30 – 18:30 Classes on specific topic 1. Beginner: Attacking from close Guard – Prof. Peter 2. Advanced: Lasso Guard and 50/50 – Prof. Olivier 3. Nogi: Defending Kimura Trap f. Single Leg –Prof. Bill 4. Kickboxing: Coach Branko	17:00 Warmup by yourself for sparring Make sure you are ready!!! 17:15 – 18:45 Free Sparring Please feel free to invite all Professors, Coachs and Black Belts to roll with you!	Next camp: 29. August – 1. September 2019 -. Portoroz/Slovenia - www.bjjintensivecamps.com <i>The gym is open 24h! At any time, you can hit the mats, repeat and drill the techniques!</i>
17:30 – 18:30 Sparring Free Sparring with all the Instructors and Coaches! You are welcome to invite all instructors and black belts to roll with you!	18:40 – 19:00 Technical Sparring, starting in Positions - 6x6	- Gi - Nogi - Wrestling - Judo - Kickboxing	
19:00 – 20:15 Dinner 20:30 Trainer meeting	19:00 – 20:15 Dinner	19:00 – 20:15 Dinner	
What else is there to do? - Check out Lignano	20:00 Social evening on the mats! - Watch some fights on Flowgrappling - Bring your own drinks	Free Evening	