

## What

Whanganui City College is running 2 training camps to bring together athletes from around the country that offer different styles. The camp is open to 14-Year-olds + above. You will need a reasonable level of fitness as the camp will be largely randori and drilling.

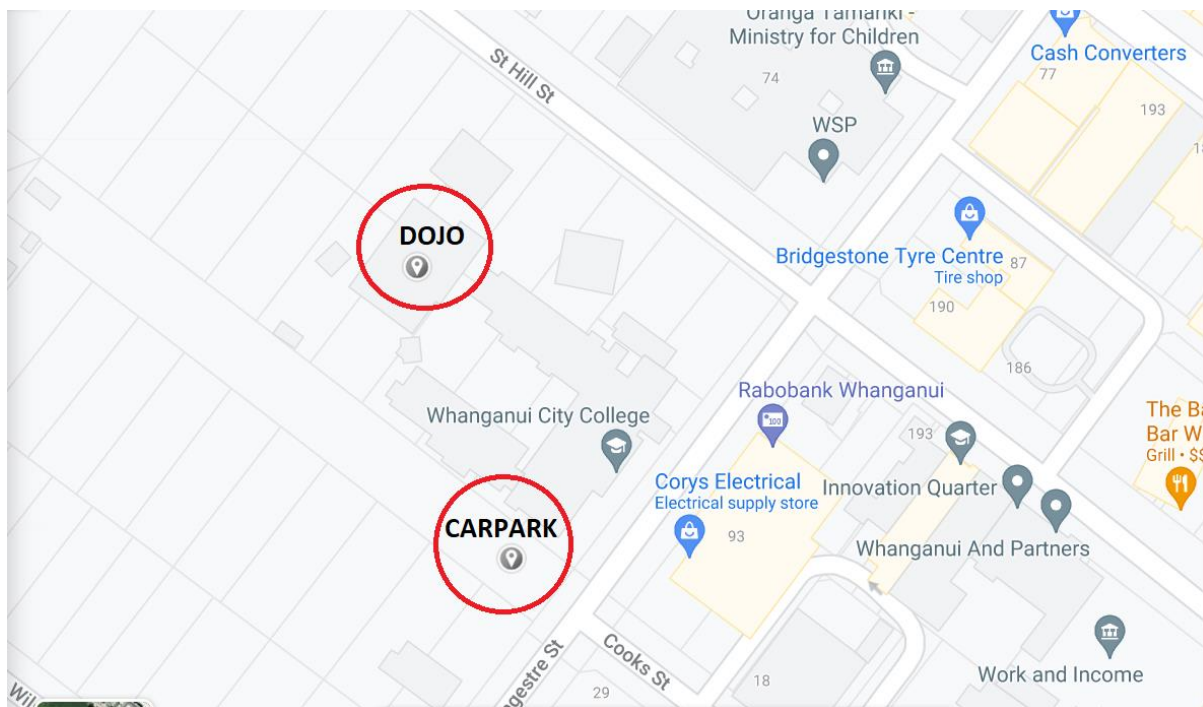
## When

Training Camp 1:      Friday 27<sup>th</sup>      –      Sunday 29<sup>th</sup> August  
Training Camp 2:      Friday 8<sup>th</sup>      –      Sunday 10<sup>th</sup> October

## Where

Whanganui City College Judo Club

**84 Ingestre street, Whanganui.**



## Cost

\$ Free

## Accommodation

Contact Finn Brown directly at 0278409247 with your intention to attend.

Subject to numbers, we can organise free accommodation to athletes from out of town, either at club members homes (first in, first served) or at the dojo.

Unless you've confirmed with Finn, bring a sleeping bag and pillow.

## Program

Training Camp 1: Friday 27<sup>th</sup> – Sunday 29<sup>th</sup> August

Training Camp 2: Friday 8<sup>th</sup> – Sunday 10<sup>th</sup> October

Date & Time	Coach	Focus
Friday 6:30 pm – 8:00 pm	Eddie Yuen	<b>Tachi waza</b> (stand up)
Saturday 9:00 am – 11:00 am	Eddie Yuen	<b>Tachi waza</b> (stand up)
Saturday 1:00 pm – 2:30 pm	Kiki Velloza	<b>Ne waza</b> (groundwork)
Saturday 2:45 pm – 3:30 pm		<b>Stairs</b> Note: Meet at WCC Dojo then run to Durie hill stairs.
Saturday 6:00 pm – 7:30 pm	Kiki Velloza	<b>Tachi waza</b> (stand up)
Sunday 10:00 am – 12:00 pm	Garry Davies	<b>Tachi waza</b> (stand up)
Sunday 1:00 pm – 3:00 pm	Garry Davies	<b>Ne waza</b> (Groundwork)

Both camps will follow the same format.