

Training Opportunity



## What

The North Wellington Judo Association is running a training camp 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.

## Program

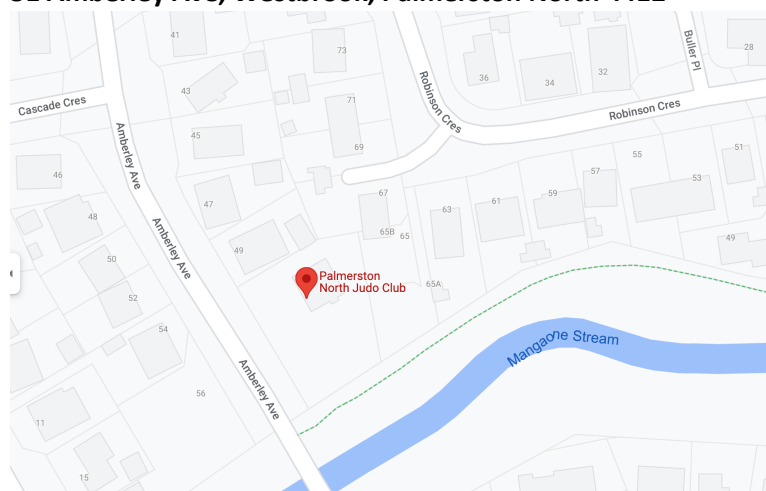
Friday 25<sup>th</sup> – Sunday 27<sup>th</sup> March

Date & Time	Coach	Focus
Friday 6:30 pm – 8:00 pm	Philip Payne	<b>Tachi waza</b> (stand up)
Saturday 9:00 am – 11:00 am	Garry Davies	<b>Tachi waza</b> (stand up)
Saturday 1:00 pm – 2:30 pm	Eddie Yuen	<b>Ne waza</b> (groundwork)
Saturday 5:30 pm – 7:30 pm	Eddie Yuen	<b>Tachi waza</b> (stand up)
Sunday 10:00 am – 12:00 pm	Garry Davies	<b>Tachi waza</b> (stand up)

## Where

Palmerston North Judo Club

**51 Amberley Ave, Westbrook, Palmerston North 4412**



Registration for the weekend can be made on-line at [www.judonz.org](http://www.judonz.org).

Cost: \$20 per athlete

Payments can be made to 02-0792-0251720-00 or cash provided on the day.

Name: NW Judo Assoc

Reference: Your name(s)

Accommodation Athletes are to arrange their own accommodation.

Contact Finn Brown at 0278409247 for any further information.