



# SESSIONS PROGRAMME FOR U8 “JUDO AND FAMILY” TC

Group: Under 8 with parents or responsible person

The program is divided into three parts:

- A. Introduction;
- B. Not specific exercises;
- C. Specific exercises to Judo practise.

Pedagogic goal: We will give the children an opportunity to learn Judo with fun and a good orientation of a body program, developing the skills and the mental capacity.

## A. Introduction (11:30 - 12:00)

- Behaviour on the Dojo - Explanation about how to do a correct compliance and when can we do it, leave the judogi in order, how to act with more graduates or older persons,...
- Warm up - exercises and game=play tag / dodge ball / mix handball / run competition / ...; hand in hand with partner (parents & children); Hand in hand with partner doing a circle, who stay outside must go in (parents X children); individuals competition games (Children X Children; ParentsXParents); coordinative exercises; Cooperation Games - together with the parents or with partners the children will do movements that depend on one from the other;...

## B. Not specific exercises

- General coordination exercises and educational games - alone or together with the parents or with partners the children will do movements with his/her body and create a new experience;
- Acrobatics;...

## C. Specific exercises to Judo practise

- Educational Ukemis exercises - Depends of the group level we will propose the exercises;
  - Exercises to begin the technical learning - Depends of the group level we will propose the exercises;
- Cool down - Games or exercises to decrease the activation.



RESPONSIBLE PERSON FOR BOOKING  
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# SESSIONS PROGRAMME FOR U15 JUDO TRAINING CAMP

Judo  
Festival



21.06.2016	22.06.2016	23.06.2016	24.06.2016	25.06.2016	26.06.2016	27.06.2016	28.06.2016	29.06.2016
Good Morning Croatia / Exercises on the beach: 8' stretching/exercise + Interval training: 10' run + 5X10"sprints/1' recovery run + 5' run + 5X10"sprints/1' recovery run + 10' run + stretching	Good Morning Croatia / Exercises on the beach: 8' stretching/exercise + traditional movement exercises + circuit training with 10 stations and 20"each/30"Pause (3 Series) + 10' dodgeball	Good Morning Croatia / Exercises on the beach: 8' stretching/exercise specially for shoulders + Voleibol exercise and game group with 3, 4 or 5 persons (we need many balls)	Good Morning Croatia / Exercises on the beach: 8' stretching/exercise + traditional movement exercises + circuit training with 10 stations and 20"each/30"Pause (3 Series) + 10' dodgeball	FREE	Good Morning Croatia / Exercises on the beach: 8' stretching/exercise + traditional movement exercises + circuit training with 10 stations and 20"each/30"Pause (3 Series) + 10' dodgeball	Good Morning Croatia / Exercises on the beach: 8' stretching/exercise + Interval training: 10' run + 5X10"sprints/1' recovery run + 5' run + 5X10"sprints/1' recovery run + 10' run + stretching	Good Morning Croatia / Exercises on the beach: 10' stretching/exercise + Soccer exercises (we need many balls) + Game 2X2 or 3X3	Good Morning Croatia / Exercises on the beach: 8' stretching/exercise + traditional movement exercises + team dodgeball
TS1: * Warm up. *Coordination exercise linked to Seoi nage. *Combination techniques liked to Seoi nage. *Uchi Komi. *Nage Komi. *Randori.	TS3: *Warm up. *Coordination exercise linked to ko uchi gari. *Basic form and competitive forms. *UK NG randori.	TS4: *Warm up. *Improving each tokui waza. Each student must work on his favourite technique and experts correct/ improve/ enhance his	TS6: *Warm up. *Tsugi ashi linked to movement. *Different methods to prepare an attack : pressure/release, push/pull, impact, twitch ... Application to tokui	TS8: Judo on the beach: Warm up (10') + Judo (30') Uchikomis and Handoris (only 40' today)	TS10: *Warm up. *Coordination exercises linked to different forms of uchi mata : ken ken, Inoue, kenka yotsu situation. *UK NK randori.	TS12: *Warm up. *Coordination linked to o uchi gari: basic form and combination technique (ko uchi, tai otoshi, o soto) *UK NK, randori.	TS13: *Warm up. *Coordination technique linked to tai otoshi. *UK NK randori.	TS15: *Warm up. *Recap revisit techniques learnt during the camp. *Tokui waza training. *Judo circuit.
TS2: NE WAZA: * Warm up. *Mobility exercises for ne waza *Turn over obi tori gaeshi *Transition randori.	Visit to the OTC	TS5: NE WAZA: * Warm up. *Mobility. *Akimoto turn over. *Revision day 1 transition and theme randori.	TS7: NE WAZA: * Warm up. *Repetition obi tori gaeshi, turn over and application in randori.	TS9: Recovery with team football match. Same system round robin.	TS11: NE WAZA: * Warm up. *Attacking from sitting position, how use the legs and hips. Application in randori.	Beach volley ball competition.	TS14: NE WAZA: * Warm up. *Introduction to shime waza and kansetsu waza. *Randori.	TS16: *Warm up. *Recap revisit techniques learnt during the camp. *Tokui waza training. *Judo circuit.
Educational Time (ET1): Who is Jigoro Kano; Behavior on the Mate, behavior in life; Seiryoko-Zenyo and Jita-Kyoei. We will do copy and some athletes will read aloud and we will discute together about, what they understand. (we need copy to each one - file is attached)	Educational Time (ET2): Tapes & Bandages	Educational Time (ET3): The life from Jigoro Kano (video presentation - EJU Video Library Catalogue)	Educational Time (ET4): What can I eat? And drink? We will talk about suger, balanced meals, calories. At end we can do a menu together (we need a projector - file is attached)	Educational Time (ET5): Code of conduct - Judo values - It's not one or two, but three. Different countries, new vision. All together is the best. (we need a projector, files are attached)	Educational Time (ET6): Judo my passion. (video presentation with the best Ippons - EJU Video Library Catalogue)	Educational Time (ET7): Training: What's it? (presentation)	Educational Time (ET8): Judo technique - Nage Waza & Katame Waza (EJU Video Library Catalogue)	Educational Time (ET9): Judo around the world - differents social projects developed with judo (video presentation - EJU Video Library Catalogue - I look for a social project developed in Brazil)

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PROGRAMME

TS: Training Session  
ET: Education Time  
U8: Judo & Family (child + parents)  
U15: Under 15  
JAZ: Judo Animation Zone  
TSV: Training Session Veterans  
Excursion 1: Excursion to the Beredine Cave (Jama - Grotta Baredine, Nova Vas) (12 km). On the way back a visit to the Traktor Story.  
Excursion 2: Visit to the Motodrom Porec

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	20.06.2016		21.06.2016		22.06.2016		23.06.2016		24.06.2016		25.06.2016		26.06.2016		27.06.2016			28.06.2016			29.06.2016			30.06.2016		
	U8	U15	U8	U15	U8	U15	U8	U15	U8	U15	U8	U15	U8	U15	U8	U15	Veterans	U8	U15	Veterans	U8	U15	Veterans	U8	U15	Veterans
07:15 - 08:15				Exer. Beach-Stretching		Exer. Beach-Stretching		Exer. Beach-Stretching		Exer. Beach-Stretching		Exer. Beach-Stretching		FREE		Exer. Beach-Stretching			Exer. Beach-Stretching			Exer. Beach-Stretching				
07:45 - 08:15	ARRIVAL AND ACREDITATI ON	Exer. Beach U8		Exer. Beach U8		Exer. Beach U8		Exer. Beach U8		Exer. Beach U8		FREE		Exer. Beach U8				Exer. Beach U8			Exer. Beach U8					
08:30 - 09:30		Breakfast		Breakfast		Breakfast		Breakfast		Breakfast		Breakfast		Breakfast		Breakfast			Breakfast			Breakfast				
10:00 - 11:30			U15 TS1		U15 TS3		U15 TS4		U15 TS6		U15 TS8		U15 TS10		U15 TS12	TSV1		U15 TS13	TSV 3		U15 TS15	TSV5			TSV7	
11:30 - 13:00		U8 TS1 + U8 ET1		U8 TS2 + U8 ET2		U8 TS3 + U8 ET3		U8 TS4 + U8 ET4		U8 TS5 + U8 ET5		U8 TS6 + U8 ET6		U8 TS7 + U8 ET7		U8 TS8 + U8 ET8			U8 TS9 + U8 ET9							
13:00 - 16:00		Lunch		Lunch		Lunch		Lunch		Lunch		Lunch		Lunch		Lunch			Lunch			Lunch				
16:00 - 18:00				Visit to OTC		Excursion 1				Visit to EC Veterans		Excursion 2		BEACH VOLLEY								FREE TIME				
16:30 - 18:00			U15 TS2				U15 TS5		U15 TS7		U15 TS9		U15 TS11			U15 TS14										
18:00 - 18:30		JAZ		JAZ		JAZ		JAZ		JAZ		JAZ		JAZ		JAZ			JAZ							
18:30 - 20:00																	TSV2			TSV 4					TSV6	
19:30 - 20:00	Presentation meeting		U15 ET1		U15 ET2		U15 ET3		U15 ET4		U15 ET5		U15 ET6		U15 ET7				U15 ET8				U15 ET9			
19:00 - 21:30	Dinner	Dinner		Dinner		Dinner		Dinner		Dinner		Dinner		Dinner			Dinner			Dinner			Dinner			



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