

Team Competition & International Training Camp
26-30.12.2026
(U18, U21, Seniors)
Kääriku, Estonia

First Training 26.12 at 17.00 (arrival 16:00-16:30)
Last training 30.12 at 10.30
Team Competition 27.12 at 11:00

- ✓ Gym
- ✓ Basketball, football, badminton
- ✓ Tatami
- ✓ Skiing
- ✓ Option to use Pühajärve SPA (extra cost)

Price 260€ (including: hotel accommodation (twin/triple and quadruple rooms), full board meals, sauna and trainings)
Price 220€ (including: hostel accommodation (twin/triple and quadruple rooms), full board meals, sauna and trainings)
Price 75€ (including: only trainings)

NB: Camp price only as a full package, regardless of the number of days spent or the number of trainings attended!
Be quick to book, as only a limited number of accommodations are available!

Information: Elis Põhjala tel: +37255653269, elis@judo.ee

Registration deadline **07.12.26**, elis@judo.ee.
Payment in cash on spot or before training camp by invoice (elis@judo.ee)

TRAINING SCHEDULE

DATE	MORNING 10:30	EVENING 17:00
26.12		15’ warm up + uchi-komi 4 x 3’ NW 6 x 4’ TW
27.12	**09:00** 15’ warm up + uchi-komi 2 x 3’ NW 5 x 4’ TW **11:00 Team Competition**	15’ warm up + uchi-komi 3 x 3’ NW 5 x 4’ TW
28.12	15’ warm up + uchi-komi 4 x 3’ NW 7 x 4’ TW	SAUNA
29.12	15’ warm up + uchi-komi 6 x 2’ NW 5 x 3’ + GS TW	15’ warm up + uchi-komi 1 x 4’ NW 8 x 4’ TW
30.12	15’ warm up + uchi-komi 2 x 3’ NW 6 x 4’ TW	

TEAM COMPETITION

27.12 Team Competiton for Seniors, Cadets, Women and Veterans
Weigh-in 8:30-9:00
Start of competition 11:00
Registration deadline 07.12.26, elis@judo.ee

Cadets (born 2009 and later)
Boys: -55, -60, -66, -73, -81, -90, +90 kg
Girls: -48, 63, +63 kg
Seniors (born 2011 and before)
Men: -66, -73, -81, -90, +90 kg
Women: -57, -70, +70 kg

Veterans (M1-M5 (30+))
-73, -81, -90, +90kg

Prize money for the best teams!
Seniors 1000€
Women 300€
Cadets 700€