

<u>TIME</u>	<u>GROUP</u>	<u>TOPIC</u>	<u>INTENSITY</u>	<u>COACH</u>
<b>Wed, Jan 6</b>				
<b>12:00-14:00</b>	All together	Active use of hands	Low	Jarkko
<b>18:00-19:30</b>	All together	Blocking and moving	Medium	Abdel
<b>Thu, Jan 7</b>				
<b>09:30-11:00</b>	Cadet	Front leg techniques	Medium	Abdel & Jarkko
<b>11:00-12:30</b>	Junior & Senior	Front leg techniques	Medium	Abdel & Jarkko
<b>14:00-15:30</b>	Cadet	Resistance & how to fight when you are tired?	High	Abdel & Jarkko
<b>15:30-17:00</b>	Junior & Senior	Resistance & how to fight when you are tired?	High	Abdel & Jarkko
<b>Fri, Jan 8</b>				
<b>9:30-11:30</b>	All together	Tactical training: How to fight when you are winning?	Low	Abdel & Jarkko
<b>14:00-15:30</b>	Female training	Female characteristics of fighting / training	Medium	Abdel & Jarkko
<b>15:30-17:00</b>	Male training	Male characteristics of fighting / training	Medium	Abdel & Jarkko
<b>18:00-19:00</b>	Bowling (7 €)	Fun, recovery	Low	
<b>Sat, Jan 9</b>				
<b>09:30-11:00</b>	Cadet	Front leg techniques	Medium	Abdel & Jarkko
<b>11:00-12:30</b>	Junior & Senior	Front leg techniques	Medium	Abdel & Jarkko
<b>14:00-15:30</b>	Cadet	Sparring exercises	High	Abdel & Jarkko
<b>15:30-17:00</b>	Junior & Senior	Sparring exercises	High	Abdel & Jarkko
<b>Sun, Jan 10</b>				
<b>09:30-11:00</b>	Cadet	How to use punch?	High	Abdel & Jarkko
<b>11:00-12:30</b>	Junior & Senior	How to use punch?	High	Abdel & Jarkko
<b>14:30-16:00</b>	All together	Summary and cooling down	Medium	Jarkko