



OTC ANTALYA 11 – 18 MAY 2017  
PROGRAMME



DATE	11 May 2017	12 May 2017	13 May 2017	14 May 2017
DAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09 30 – 11 00 WOMEN	10 Min Warm up 10 Min Uchi-Komi 4' * 4 Ne - Waza Randori 4' * 6 Tachi – Waza Randori	10 Min Warm up 10 Min Uchi-Komi 4' * 4 Ne - Waza Randori 4' * 6 Tachi – Waza Randori	10 Min Warm up 10 Min Uchi-Komi 4' * 4 Ne - Waza Randori 4' * 6 Tachi – Waza Randori	10 Min Warm up 10 Min Uchi-Komi 4' * 3 Ne - Waza Randori 4' * 7 Tachi – Waza Randori
11 30 – 13 00 MEN	10 Min Warm up 10 Min Uchi-Komi 4' * 4 Ne - Waza Randori 4' * 6 Tachi – Waza Randori	10 Min Warm up 10 Min Uchi-Komi 4' * 3 Ne - Waza Randori 4' * 7 Tachi – Waza Randori	10 Min Warm up 10 Min Uchi-Komi 4' * 4 Ne - Waza Randori 4' * 6 Tachi – Waza Randori	10 Min Warm up 10 Min Uchi-Komi 4' * 3 Ne - Waza Randori 4' * 7 Tachi – Waza Randori
15 30 – 17 00 WOMEN	10 Min Warm up 10 Min Uchi-Komi 4' * 4 Ne - Waza Randori 4' * 6 Tachi – Waza Randori	10 Min Warm up 10 Min Uchi-Komi 4' * 4 Ne - Waza Randori 4' * 6 Tachi – Waza Randori	REST	10 Min Warm up 10 Min Uchi-Komi 4' * 3 Ne - Waza Randori 4' * 7 Tachi – Waza Randori
17 30 – 19 00 MEN	10 Min Warm up 10 Min Uchi-Komi 4' * 4 Ne - Waza Randori 4' * 6 Tachi – Waza Randori	10 Min Warm up 10 Min Uchi-Komi 4' * 3 Ne - Waza Randori 4' * 7 Tachi – Waza Randori	REST	10 Min Warm up 10 Min Uchi-Komi 4' * 3 Ne - Waza Randori 4' * 7 Tachi – Waza Randori



OTC ANTALYA 11 – 18 MAY 2017  
PROGRAMME



DATE	15 May 2017	16 May 2017	17 May 2017	18 May 2017
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY (WOMEN AND MEN)
09 30 – 11 00 WOMEN	10 Min Warm up 10 Min Uchi-Komi 4' * 4 Ne - Waza Randori 4' * 6 Tachi – Waza Randori	10 Min Warm up 10 Min Uchi-Komi 4' * 4 Ne - Waza Randori 4' * 6 Tachi – Waza Randori	10 Min Warm up 10 Min Uchi-Komi 4' * 4 Ne - Waza Randori 4' * 6 Tachi – Waza Randori	10 Min Warm up 10 Min Uchi-Komi 4' * 4 Ne - Waza Randori 4' * 6 Tachi – Waza Randori
11 30 – 13 00 MEN	10 Min Warm up 10 Min Uchi-Komi 4' * 4 Ne - Waza Randori 4' * 6 Tachi – Waza Randori	10 Min Warm up 10 Min Uchi-Komi 4' * 3 Ne - Waza Randori 4' * 7 Tachi – Waza Randori	10 Min Warm up 10 Min Uchi-Komi 4' * 4 Ne - Waza Randori 4' * 6 Tachi – Waza Randori	
15 30 – 17 00 WOMEN	10 Min Warm up 10 Min Uchi-Komi 4' * 4 Ne - Waza Randori 4' * 6 Tachi – Waza Randori	14:00 Video Session with EJU Refereeing Director & EJU Referees	10 Min Warm up 10 Min Uchi-Komi 4' * 4 Ne - Waza Randori 4' * 6 Tachi – Waza Randori	
17 30 – 19 00 MEN	10 Min Warm up 10 Min Uchi-Komi 4' * 4 Ne - Waza Randori 4' * 6 Tachi – Waza Randori		10 Min Warm up 10 Min Uchi-Komi 4' * 3 Ne - Waza Randori 4' * 7 Tachi – Waza Randori	