



# EJU Judo Festival Online PROGRAM



Date	10:00h session (45min)	11:00h session (45min)	18:00h session (45min)	19:00h session (45min)
Sat 06 JUN		Title: Yoga based stretching to aid mobility for Judo. Expert: Joyce Malley		Judo Movement Movie
Sun 07 JUN		Title: Video Online Expert: Ludwig Paischer		Title: Medical Commission Expert: Dr. Peter Smolders
Mon 08 JUN	Title: Preparations exercises for Ukemis - Ukemis variations Expert: Sergio Oliveira For: Kids			
Tue 09 JUN	Title: Low Body Coordination Movements - Shintai and Jigotai** Expert: Sergio Oliveira For: Kids			Title: Ju No Kata History Expert: Wolfgang Dax-Romswinkel
Wed 10 JUN	Title: Upper Body Coordination Movements: Exercises with Obi (Belt)** Expert: Sergio Oliveira For: Kids			
Thu 11 JUN	Title: Ne Waza Movements** Expert: Sergio Oliveira For: Kids		Title: EJU Refereeing Commission Expert: Alexandr Jatskevich	Title: Ju No Kata Practical Expert: Wolfgang Dax-Romswinkel
Fri 12 JUN	Title: Balance Exercises** Expert: Sergio Oliveira For: Kids			
Sat 13 JUN	Title: Combinations of exercises Expert: Sergio Oliveira For: Kids	Title: Yoga based stretching to aid mobility for Judo. Expert: Joyce Malley		
Sun 14 JUN		Title: Video Online Expert: Denisa Deliu		Title: Special Conditioning Expert: prof. Krzysztof Mackala
Mon 15 JUN				
Tue 16 JUN				Title: Koshiki No Kata History Expert: Wolfgang Dax-Romswinkel
Wed 17 JUN			Title: Kuzushi and Tsukuri training Expert: Sergio Oliveira	
Thu 18 JUN			Title: Tsukuri and Kake training Expert: Sergio Oliveira	Title: Koshiki No Kata Practical Expert: Wolfgang Dax-Romswinkel
Fri 19 JUN			Title: Kuzushi, Tsukuri and Kake Expert: Sergio Oliveira	
Sat 20 JUN		Title: Yoga based stretching to aid mobility for Judo. Expert: Joyce Malley		
Sun 21 JUN		Title: Video Online Expert: Rok Draksic		
Mon 22 JUN				
Tue 23 JUN				Title: Kodokan Goshin Jutsu History Expert: Maurizio Calderini
Wed 24 JUN				
Thu 25 JUN				Title: Kodokan Goshin Jutsu Practical Expert: Pedro Gonçalves
Fri 26 JUN				
Sat 27 JUN		Title: Yoga based stretching to aid mobility for Judo. Expert: Joyce Malley		
Sun 28 JUN		Title: Video Online Expert: Rui Coelho		
Mon 29 JUN				
Tue 30 JUN				Title: Nage No Kata History Expert: Nicolas Gilon
Wed 01 JUL				
Thu 02 JUL				
Fri 03 JUL				
Sat 04 JUL				