Nordic National Teams, Pajulahti 27.-29.9.2024

Klo	Friday			Saturday			Sunday		
	Meals	Kata	Kumite	Meals	Kata	Kumite	Meals	Kata	Kumite
7.00				Breakfast 7.15-9.30 Iso-Kukkanen	Morning wake-up training 7.15-8:00		Breakfast 7.15-9.30 Iso-Kukkanen		
8.00									Kumite 7.45-8.30
9.00								Kata 8.30-10.45	
10.00						Kumite sparring with referees U21 and adults 10:00-12:15 Training U18 and U16 10:00-11:30			
11.00				Lunch 11.00-13.30 Iso-Kukkanen			Lunch 11.00-13.30 Iso-Kukkanen		Kumite 10.30-12.00
12.00	Check in From 3.00 p.m				Kata training with referees 12:00-14:15				
13.00								Finnish Coach meeting 13.00-14.00	
13.30									
14.00						Kumite sparring with referees U18 and U16 14:00-16:15 Training U21 and adults 14:00-15:30	Check out before 12:00 noon!		
15.00									
16.00									
16.30	Dinner 17:00 - 19:30 Iso-Kukkanen		Kumite 16:30-18:00	Dinner 17.00-19:00 Iso-Kukkanen	Kata 16.00-18.00				
17.00									
17.30		Kata 17:30-19:45							
18.00									
18.30					Coach meeting Class 1 18:30-19:15 Coaching philosophy by Raul Mora				
19.00									
19.30			Kumite 19:30-20:30	Evening snack 20:30-21:00 Iso-Kukkanen	Kata and Kumite, track suit or similar 19.30-20.30				
20.00	Evening snack 20:30 - 21:00 Iso-Kukkanen	Coach meeting 20.45-21.30							
20.30									
21.00									
21.30									
22.00									

Training place: Nikula halli
Liikuntakeskus Pajulahti
Pajulahdentie 167, 15560 Nastola, Finland

Leirin ajan (24 h.) urheilijoiden yhteyshenkilöt(contact persons during the camp) : Arttu Venäläinen 045 195 3424 ja Nelli Mantere 040 843 5873

Participants in kata and kumite exercises:
Friday kumite, Saturday kata and kumite competition, Sunday kata

Kumite Coaches: Raul Cuerva Mora, Aleksandr Zõkov, Kai Keinänen, Nelli Mantere, Arttu Venäläinen, Eki Luukka, Mauricio Laakso**,** Tuomo Heinonen

Kata Coaches: Emilio Merayo, Mika Virkkunen, Petri Niemeläinen, Jaana Kirppu

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