

[A short reminder of what 2010 camp was like @ YouTube. Watch it:](#)

Invitation:

We are happy to invite you again to the biggest Mixed Martial Arts (MMA) and Brazilian Jiu Jitsu (BJJ) learning and training event of the year in the region – Estonian MMA/BJJ summer camp. A variety of topics will be covered and material will be tailored to all different levels from beginners to already serious competitors. Last year we had over 70 participants from 5 different countries. This year we want to take it even further:

- **BJJ gi and nogi**
- **Boxing**
- **Thai boxing**
- **Wrestling**

...classes geared for MMA & grappling. **Lectures** on sport psychology; injury rehab & prehab and nutrition for combat sports. All taught by the most experienced coaches, competitors and practitioners in Estonia.

Different levels of classes for beginner and intermediate and also including advanced competition level classes for grappling & MMA.

The camp dates are 1st of July till 9th of July 2011, Pärnu, Estonia. We are really flexible about your exact participating dates so if you want to come only for the weekend or any other part of the camp – that is fine. You will find pricing information on page 2. **The camp begins with the weekend** – 1st training session is on Friday (the 1st of July) evening and ends on Saturday – last training session is on Saturday (the 9th of July) morning. There is a thai boxing event in the same building on the evening of the 9th so everyone's welcome to stay for a day to chill.

Pärnu is officially titled as the “summer capital” of Estonia. It is a small town with a resident population of nearly 40 000 but that at least doubles over the summer period.

All the training sessions will be held in a gym of Pärnu's new sports hall located about 2 km away from the city center and the beach area. **The gym** is a modern training facility with dressing rooms and showers, space to make a comfortable camp for about 75 people. The spots - yes, **SEVENTY FIVE** – so please start registering NOW as there is going to be lots of people wanting to be there and the maximum limit is 75. We are expanding the training areas this year and separating some training sessions by level for everyone's comfort. But the space is limited so register ASAP. **When registering, please let the organizers know of your previous experience and of classes you want to take part of.**

Practical travel information:

For international arrivers it makes most sense to travel through the capital – Tallinn. Pärnu is 125 km from Tallinn and there's a good bus connection. The schedules are available online. Also you can contact Jorgen (camp@bjj.ee) for information.

For people from **Sweden** and **Finland** we advise to come either by ferry or by plane. If you have the possibility – most convenient is to come with your car by ferry – Pärnu is a 1 hour 20 minutes easy drive from Tallinn.

Information for MMA/BJJ Estonian training camp 01.07.-09.07.2011

For everyone **coming by plane** – the airport is just about 10 minutes walking distance away from the bus station from where buses go to Pärnu every two hours. There is also possibility of flying to the capital of Latvia – Riga – (a really nice town) and take a 2,5 hour bus to Pärnu from there. There are sometimes excellent RyanAir price offers. If you need help finding cheap flights – please contact the organizers. Same goes for info on local transport. We can help prebook bus tickets etc.

The general price level of Estonia to give you a hint:

1 kg of cheese – 6 euros / 1 kg of chicken fillet – 7 euros / 1 bottle of beer (0,5 l) – 1 euro
1 glass of beer in a pub/nightclub (0,5 l) – 2 euros

For any **additional information AND registration** contact the main organizers at main camp email camp@bjj.ee or directly:

Jorgen Matsi / e-mail: jorgen@bjj.ee / mobile: +372 55 631 192

Ott Tõnissaar / e-mail: ott@bjj.ee / mobile: +372 56 495 342

Martin Aedma / e-mail: martin@bjj.ee / mobile: +372 53 312 556

Pricing information:

Full seminar package including all sessions from Monday to Sunday:

Price before 31st of May: 40 Euros (latest on-site) + 25 Euro non-refundable* deposit (before 31st of May) seals your place.

Price after 31st of May: 50 Euros (latest on-site) + 30 Euro non-refundable* deposit seals your place. There might be a shortage of places.

NB! There is ONE price for the camp. So the more you participate the cheaper it gets☺ However if you know previously that you are coming only for the weekend / coming leaving a couple of days earlier – please let us know.

There are special arrangements possible. Generally arrangement price per day is 30 euros.

How to register?

Send an email to camp@bjj.ee with the following details (example provided):

Full name: Jorgen Matsi

Day of arrival and departure: 01.07. / 10.07 (staying to chill for weekend after camp)

Which classes you want to take part of:

BJJ gi: yes

BJJ nogi: no

wrestling: no

boxing: yes

thai boxing: no

MMA: yes

www.bjj.ee / camp@bjj.ee

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Experience:

grappling (BJJ gi and nogi 6 years)
striking (some MMA striking / boxing 3 years)
MMA: 2 amateur, 2 pro fights

Optional information / questions:

Nothing, all is cool.

Payment details international:

Recipient: Elustreening Eesti (that's Estonian for AlivenessGym Estonia)

IBAN: EE022200221025981174 (Swedbank)

Details: Last name, First name, camp 2011

NB! If wanting to pay more than the first deposit, confirm the total sum regarding accommodation etc. via email.

Payment details Estonia: Elustreening Eesti a/a: 221025981174 (Swedbank);
Selgitus: Perenimi, Eesnimi, Laager 2011

Practical accommodation information:

There is the possibility of **free** overnight stay in a smaller **very nearby** gym for the whole duration of the camp.

If however one wants more convenience there are hostels and hotels near enough. But be **VERY** quick with reservations – spots are filling up and it is **very hard** to get bookings in Pärnu in the summertime.

There is **no** food included in the seminar price **except** for the dinner together Saturday evening. There is a big supermarket across the road from the gym. Also there are some decent pubs in the very area.

See you in the camp! (see the schedule file for schedule)

If you have any questions / want to register – send email to camp@bjj.ee
The latest schedule is always on the site www.bjj.ee