

## **Official camp schedule 05.07.09\*:**

**The sessions will be beneficial to all levels with some MMA and/or BJJ experience. During specific advanced gi-BJJ classes there are parallel MMA classes available.**

### **Monday 6<sup>th</sup> of July:**

12.00-14.00 – Wrestling: Greco base for BJJ/MMA 1. session (Mardo Männimägi)

20.00 - 22.00 – BJJ gi/nogi: Jumpy passing (Christian Graugart)

22.00 - ... - wonderful recovery time☺

### **Tuesday 7<sup>th</sup> of July:**

11.00 - 13.00 – Wrestling: Greco base for BJJ/MMA 2. session (Mardo Männimägi)

19.00 - 21.00 – Advanced BJJ session (gi!): mount vol. 1 (Martin Aedma) / MMA: standup/clinch (Ott Tõnissaar)

22.00 - ... spontaneously self-organized time in the town for everyone already present☺

### **Wednesday 8<sup>th</sup> of July:**

11.00 – 13.00 – Wrestling: Greco base for BJJ/MMA final session (Mardo Männimägi)

14.00 – 15.30 – Sport psychology seminar – goal setting and short-term planning for combat sports training (Jorgen Matsi)

15.30 - ... freedom to do whatever the day offers. BTW – there is a Moby concert that evening in Tallinn. There is time to go if anyone wants.

### **Thursday 9<sup>th</sup> of July:**

12.00 – 13.30 – BJJ (gi/nogi): tripod passing system (Indrek Reiland)

19.00 – 21.00 – Advanced BJJ session (gi!): mount vol. 2 (attacks) (Martin Aedma) / MMA standup/clinch (Ott Tõnissaar)

21.00 – ...free time

### **Friday 10<sup>th</sup> of July:**

12.00 – 14.00 – freestyle wrestling for nogi/bjj/MMA (Christian Graugart)

18.00 – 20.00 – BJJ (gi/nogi): unstoppable mount escape (Priit Mihkelson)

20.00 – Friday evening free time☺ (for lovers of d'n'b / dubstep – there is a good party in club Pocket / Pirate Style party in club Maasikas (Strawberry) for more mainstream clubbers)

### **Saturday 11<sup>th</sup> of July**

12.00 – 13.30 – grappling (nogi/gi) for MMA/BJJ: How to dominate any guy EVER! (sidemount vol.1 ) (Christian Graugart)

17.00 – 19.00 – gi BJJ: opening closed guard (Priit Mihkelson) / MMA: tactics for switching distances (Christian Graugart)

20.30 – dinner for all the participants

### **Sunday 12<sup>th</sup> of July**

12.00 – 13.00 – Sport psychology seminar - anxiety management for BJJ / MMA (Jorgen Matsi)

13.00 – 15.00 – grappling (nogi/gi) for MMA/BJJ: How to dominate any guy EVER (and make him TAP!)! (sidemount vol.2) (Christian Graugart)

18.00 – 19.30 – gi BJJ: turtle escapes (Priit Mihkelson) / MMA clinch (Christian Graugart)

21.00 – ... – fingers crossed, watching UFC 100 in a pub (Krooks)

**If you have any questions / want to register – send email to [camp@bjj.ee](mailto:camp@bjj.ee)**

**The latest schedule is always on the site [www.bjj.ee](http://www.bjj.ee)**

**Regards,  
Jorgen**

**\* all of the schedule subject to change without special notice. However the organizers will do their best to stick to the schedule presented.**