

Come join us for a week in the Estonian MMA / BJJ summercamp 2010



Invitation:

We are happy to invite you to the biggest Mixed Martial Arts (MMA) and Brazilian Jiu Jitsu (BJJ) learning and training event of the year – 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. 7 days; 7 instructors and a great crowd 😊

The camp dates are 05th of July till 11th of July 2010, Pärnu, Estonia. We are really flexible about your exact participating dates so if you want to come only for the weekend – that is fine, if only for the first half of the week – that is fine also. You will find pricing information on page 2.

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 60 people. The spots - yes, **SIXTY**– so please start registering NOW as there is going to be lots of people wanting to be there and the maximum limit is... well... sixty. This year we will also have a **FULL SIZE PRO-CAGE** available for training. Therefore the participants will be split up into groups regarding experience and area of interest:

- **15 places** for MMA competitors interested in **MMA competition level training** with previous striking, wrestling and groundfighting training experience and at

- **least 1 (amateur counts) MMA fight. When registering, please report your experience, age and weight class.**
- **45 places** for people interested in either **standup fighting (MMA-oriented), BJJ (both gi and nogi) or BOTH** but all groups should be about of equal size. **When registering, please report your previous experience in standup fighting, and in groundfighting. Report whether you are interested in standup, BJJ (gi and or nogi) and if you want to participate in introductory cage-specific MMA classes.**

There will also be physiotherapy (muscle care, core strength) and sport psychology (goal setting, anxiety management, visualization training) workshops available for everyone.

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 15 minutes easy drive from Tallinn.

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 – 5 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: 30 Euros (latest on-site) + 30 Euro non-refundable* deposit (before 31st of May) seals your place.

Information for MMA/BJJ Estonian training camp 05.07.-11.07.2010

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 25 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: 04.07. / 12.07

Which classes you want to take part of:

BJJ gi: yes

BJJ nogi: no

standup: yes

cage: yes

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 2010

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 2010

Practical accommodation information:

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

Information for MMA/BJJ Estonian training camp 05.07.-11.07.2010

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 next page for camp 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**

Schedule to follow soon...