



TRAINING PROGRAM OTC ANTALYA TURKEY 16 – 24 MAY 2016



	16.May.16	17.May.16	18. May.16	19. May.16	20.May.16	21. May.16	22.May.16	23.May.16	24.May.16
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY
09:00-11:00	ARRIVALS	RANDORI WOMEN 3X4'NW 5X4' TW	RANDORI MEN 3X5'NW 5X5' TW	TRAINING BY TEAMS	RANDORI MEN 2X5 NW 6X5'TW	RANDORI WOMEN 4X4'NW 5X4'TW	TRAINING BY TEAMS	RANDORI WOMEN 15'İPPON CH 5X4'TW	RANDORI MEN AND WOMEN 3X5'NW 5X5'TW
11:00-13:00		RANDORI MEN 4X5 NW 6X5TW	RANDORI WOMEN 5X3'NW 5X4 'TW		RANDORI WOMEN 2X4'NW 6X4'TW	RANDORI MEN 3X5' NW 5X5 TW		RANDORI MEN 15'İPPON CH. 5X5' TW	
15:00-17:00		RANDORI WOMEN 15'İPPON CH. 6X4'TW	RANDORI MEN 3X5'NW 7X5'TW	RANDORI WOMEN 3X4'NW 4X4 TW	RANDORI MEN 3X5'NW 7X5'TW	RANDORI WOMEN 2X4'NW 4X4'TW		RANDORI WOMEN 2X4'NW 4X4 TW	
17:00-19:00		RANDORI MEN AND WOMEN 3x5 NW 6X5 TW	RANDORI MEN 15'İPPON CH NW 6X5'TW	RANDORI WOMEN 3X4'NW 7X4'TW	RANDORI MEN 3X4'NW 4X4 TW	RANDORI WOMEN 3X4'NW 7X4 TW		RANDORI MEN 2X5'NW 4X5'TW	