

## PROGRAM - STAGIU DE PREGATIRE ORADEA

<b>LUNI 8-FEB-16</b>	<b>MARTI 9-FEB-16</b>	<b>MIERCURI 10-FEB-16</b>	<b>JOI 11-FEB-16</b>	<b>VINERI 12-FEB-16</b>	<b>SAMBATA 13-FEB-16</b>
<b>ORA 10</b>	<b>ORA 10</b>	<b>ORA 10</b>	<b>ORA 10</b>	<b>ORA 10</b>	<b>ORA 10</b>
- 10' Taiso - 4 X 5' Randori <b>Ne Waza</b> - 10' UK Nage Waza - 4 X 5' Randori <b>Nage Waza</b> - 5 X 5 Ng Komi TW - 10' Stretching	- 10' Taiso - 2 X 5' Randori <b>Ne Waza</b> - 10' UK Nage Waza - 7 X 5' Randori <b>Nage Waza</b> - 4 X 5 Ng Komi TW - 10' Stretching	- 10' Taiso - 10' UK Ne Waza - 30' Randori <b>Ne Waz Ippon Change</b> - 10' RRW Nage Waza - 6 X 5' Randori <b>Nage Waza</b> - 10' Stretching	- 10' Taiso - 10' UK Nage Waza - 6 X 6' Randori <b>Nage Waza</b> - 5 X 3' Randori <b>Nage Waza GS</b> - 2 X 2' Ng Komi TW - 10' Stretching	- 10' Taiso - 4 X 5' Randori <b>Ne Waza</b> - 10' UK Nage Waza - 4 X 5' Randori <b>Nage Waza</b> - 6 X 6 Ng Komi TW - 10' Stretching	- 10' Taiso - 2 X 4' Randori <b>Ne Waza</b> - 10' UK Nage Waza - 8 X 5' +1'GS Randori <b>Nage Waza</b> - 2 X 2' Ng Komi TW - 10' Stretching
<b>ORA 17</b>	<b>ORA 17</b>		<b>ORA 17</b>	<b>ORA 17</b>	
- 10' Taiso - 3 X 5' Randori <b>Ne Waza</b> - 10' UK Nage Waza - 6 X 5' Randori <b>Nage Waza</b> - 5 X 5 Ng Komi TW - 10' Stretching	- 10' Taiso - 10' UK Nage Waza - 10 X 5' Randori <b>Nage Waza</b> - 4 X 5 Ng Komi TW - 10' Stretching	Program individual Refacere Odihna Bazin (Baile Felix)	- 10' Taiso - 2 X 5' Randori <b>Ne Waza</b> - 8 X 5' Randori <b>Nage Waza</b> - 4 X 5 Ng Komi TW - 10' Stretching	- 10' Taiso - 10' UK Nage Waza - 6 X 6' Randori <b>Nage Waza</b> - 15' Randori <b>Ne Waz Ippon Change</b> - 6 X 6 Ng Komi TW - 10' Stretching	Program individual Refacere Odihna Bazin (Baile Felix)
					<b>ORA 20</b>
					Plecarea delegatilor

Nota: In functie de numarul participantilor si propunerile antrenorilor, programul poate suferi modificari.

Informatii:

0742 019 398 - Aurelian Fleisz

0744226482 - Emil Morar

0753872935 - Alexandru Goncareanu

0727200555 - Fratica Mircea

0732860060 - Chirila Alexandru