



ZRINSKI KAMP 2025

9.2. i 10.2.

RASPORED TRENINGA TRAINING SCHEDULE

NEDJELJA / SUNDAY

JUTRO / MORNING

9:30 - 11:30

20' zagrijavanje / Warming up

TRI GRUPE / THREE GROUPS

U12/U14

1. grupa dečki / 1. group boys

2. grupa cure / 2. group girls

Ne waza 4x3'

Tachi waza 5x3'

U16/U18

3. grupa dečki i cure /
3. group boys & girls

Ne waza 4x3'

Tachi waza 5x4'

POPODNE / AFTERNOON

17:00 - 19:00

15' zagrijavanje / Warming up

U12/U14

Ne waza 4x3'

Tachi waza 5x3' + 1' GS

U16/U18

Ne waza 20' ippon change

Tachi waza 6x4' + 1'GS

PONEDJELJAK / MONDAY

JUTRO / MORNING

9:30 - 11:30

20' zagrijavanje / Warming up

SVI UZRASTI / ALL AGES

TRI GRUPE / THREE GROUPS

Ne waza 4x4'

Tachi waza 6x4'

POPODNE / AFTERNOON

15:00 - 16:30

20' zagrijavanje / Warming up

SVI UZRASTI / ALL AGES

Ne waza 2x3'

Tachi waza 5x4'



Organizator zadržava pravo promjene rasporeda treninga.

KONTAKT: Filip Šeketa +385 97 6565 706