

WRESTLING and GRAPPLING
International Synergy Training Camp2024
in Miyazaki Prefecture Nichinan City

7/23(Tue)	7/24(Wed)	7/25(Thu)	7/26(Fri)	7/27(Sat)
Miyazaki Airport ↓ Hotel	7:30 Breakfast	7:30 Breakfast	7:30 Breakfast	06:30 Inohae Valley
	09:00~ Wrestling 11 : 00	09:00~ -Wrestling 10 : 00	09:00~ Wrestling 11 : 00	08:30 Mindfulness
	PROGRAM -Movement -Double Leg Attacks Takedown and Defence -Single Leg Attacks Takedown and Defence	10:00~ Grappling 11 : 00 PROGRAM Wrestling:Front Headlock series Grappling:Submissions from Front Headlock position	PROGRAM -Attacks from Under Hook -Attacks from 2on1 -Scramble to defend takedowns	08:30 Breakfast
	12 : 00 Lunch	12 : 00 Lunch	12 : 00 Lunch	11:00~ -Wrestling 12 : 00
		Sightseeing BBQ SAKAEMATSU Beach		12:00~ Grappling
				13 : 00
15 : 00 Open Mat 17:00 Conditioning	15:00~ -Grappling 17 : 00		15:00~ -Grappling 17 : 00	PROGRAM -Review and Q&A
	PROGRAM -Transition to single leg X from standing takedowns -Sweeps and submissions from single X -Submisssions from saddle positions		PROGRAM -2on1 from guard -Arm Drag from guard -Maintaing back position and submissions	Lunch Sightseeing ↓ miyazaki Airport
19:00 Dinner	19:00 Dinner		19:00 Dinner	