

WRESTLING and GRAPPLING
International Summer Camp2025
in Miyazaki Prefecture Nichinan City

7/23(Wednesday)	7/24(Thursday)	7/25(Friday)	7/26(Saturday)	7/27(Sunday)
<p>Transportation from Miyazaki Airport to Hotel on Hotel Shuttle</p> <p>Arrange for flights arriving at Miyazaki Airport between 12:00 and 14:00.</p> <p>If an early arrival is required, please contact us. We will make the arrangements on your behalf</p>	7:00 Physical Training Led by <u>Seshito Shimizu Ph.D</u>		7:00 Physical Training Led by <u>Seshito Shimizu Ph.D</u>	
	08:00~ Breakfast	08:00~ Breakfast	08:00~ Breakfast	08:00~ Breakfast
	10:00~ Grappling Session 12 : 00	10:00~ Wrestling Session 12 : 00	10:00~ Grappling Session 12 : 00	10:00~ Wrestling Session & Grappling Session 12 : 00
	Led by <u>Koshiro Hirata</u> Program : Closed Guard Concepts – Triangle finish – Armbar finish	Led by <u>Tulga Ochir</u> Program: Contact Wrestling • Attacking from the Over Under • Throws from the Over Under	Led by <u>Keito Oyanagi</u> Program : Leglocks – Footlocks – Heelhooks	Grappling Led by <u>Eliot Kelly</u> Wrestling Led by <u>Miyu Nakamura / Tulga Ochir</u>
	12 : 00 Lunch	12 : 00 Lunch	12 : 00 Lunch	
		12 : 30~ Sightseeing Sakaematsu Beach or Aoshima or Inohae Valley 18 : 00~BBQ		
	15:00~ Wrestling Session 17 : 00		15:00~ Wrestling Session 17 : 00	Transportation to Miyazaki Airport directly from the training facility Please book a departing flights from Miyazaki Airport after 15:00. If an extended stay is required, please contact us. We will make the arrangements on your behalf
	Led by <u>Miyu Nakamura</u> Program: Backbone of Japanese Wrestling • Fundamentals of Moving in a Stance • Using Hand Control to Attack		Led by <u>Clarissa Chun</u> Program : 「IOWA Wrestling Program」 Experience a University of Iowa Women's Wrestling practice session	
	16 : 00 Open Mat 18:00 Conditioning			
	<u>All Coaches Present</u>			
19:00 Dinner	19:00 Dinner		19:00 Dinner	
	20 : 00 Chat with Champion Led by <u>Clarissa Chun</u>			