



3D TREENING

SÜGISLAAGER / 2.-4. NOVEMBER

10 BJJ TREENI JA
MMA TREENI

IMPORTANT INFORMATION

3D Treening is happy to welcome you to our Brazilian jiu-jitsu Autumn Camp 2018!

This pamphlet contains all the information you need to know to get the best from this camp. If you have any additional questions, do not hesitate to contact klugeannika@gmail.com.



WHAT TO EXPECT

- 10 BJJ classes
- 10 MMA classes
- 2 physiotherapy sessions
- 3 important lectures
- 14 hours of open mat time
- THE best coaches
- Skilled and friendly training partners
- A very exciting social event
- UFC 230
- Massage opportunity in the gym
- Photo booth
- Good old Estonian sauna
- Snack cafe just 2 meters from the mat
- Värska Originaal drinking water for all
- MA1 gis and rashguards for sale

CAMP RULES

1. Smile
2. Make new friends
3. Don't smell bad
4. Don't fight to the death
5. Don't roll/drill/talk on the mats during training

CAMP SCHEDULE

	Friday BJJ	Friday MMA	Saturday BJJ	Saturday MMA	Sunday BJJ	Sunday MMA		
9:00			Physio	Open mat	Physio	Open mat		
			Legend					
10:00			Lecture	Ronald Stimmer - reverse ashi garami. NOGI	Jorgen Matsi - Offensive freestyle wrestling in 60 minutes. Bring: small gloves optional	Armin Pajula - open guard late recovery.	Ksenija Grabova - closed guard. Bring: MMA gloves	
			For everyone					
11:00			Intermediate	Mairon Lepik - tilt. Breaking the turtle with wrestling.	Henri Hiemäe - switch orthodox to southpaw. Bring: MMA gear	Sten Maaslieb - deep halfguard.	Vallo Hannus - camp summary and sparring. Bring: leg pads, large gloves, small gloves	
			Advanced					
12:00					Open mat		Open mat	
13:00								
14:00					Jorgen Matsi - Managing anxiety on and off the mats		Jass Murutalu	
15:00					Liisi Vaht - gift wrap.	Jorgen Matsi - Switching stances in MMA: strategies and setups. ¹	Harto Vallimägi - knee line on guard hold and passing.	Jaak Rudov - leg takedowns.
16:00			Chris Paines - inner/outer guards and gray area leg locks. NOGI	Jaak Rudov - leg takedowns.	Mardo Männimägi - omoplata.	Ksenija Grabova - closed guard. Bring: MMA gloves		
17:00	Mardo Männimägi - Photography 101		Open mat					
18:00	Priit Mihkelson - attacks from side control.	Olev Kiirend - greco-roman wrestling.						
19:00	Chris Paines - defending the heel hook. NOGI	Henri Hiemäe - switch orthodox to southpaw. Bring: MMA gear			UFC 230	Open mat		
20:00	Open mat		Social event @O'Learys Kristiine Event Center					
21:00								

¹ Bring: Boxing equipment necessary, shinguards, kneepads recommended, small gloves optional



O'Learys SOCIAL EVENT

O'Learys is an event center in Kristiine keskus, just one train stop from our camp venue. The center offers a huge amount of different activities.

Specially for you we have ready:

- 3 bowling lanes
- a number of activity cards to try out various games
- snacks and refreshments

O'Learys also has a restaurant and there is just enough time between the end of trainings and beginning of our activities to grab a plate of delicious food.

Come join us at the **Bowling Alley** of O'Learys at **19:30 Saturday, the 21st of July** and choose your type of fun!

Read more: <https://olearys.ee/en-us/kristiine-event-center/>

FOOD

NEVER LEAVE THE GYM

There will be a **snack cafe** in our very gym. We will offer something sweet and something salty. Naturally, there will be tea and – drumroll - coffee brought to you by **Coffee People!**



Just remember to **bring some cash** with you!



PIZZAPRO

On the other side of the railroad right next to the gym, you will find a lovely pizza place specialized on healthy food for athletes. During the camp, with the password „**jiu-jitsu**“, you get **7% off** from their whole menu! Pick your lunch now: <http://www.pizzapro.ee/>

PANNKOOGIMAJA

Just outside our gym you will smell pancakes. That's because we're located right next to Pannkoogimaja (Pancake house). They are waiting for you and also have their menu online (sadly only in estonian): <http://pannkook.ee/>



SÖÖKLA

Söökla is a lunch diner in the backyard of our venue. They offer affordable homely meals in the 80's style. Find out more: <http://sookla.ee/en>

HOW TO GET EVERYWHERE

All the venues and closest essentials have been marked on this map: <https://bit.ly/2L8bCNP>

Feel free to add your own suggestions!

The camp itself will take place at **Tondi 17**. Social event is located at **Endla 45**.

There are trams and trains stopping in front of our gym door and buses just over the railroad.

You can buy tickets for Tallinn public transportation here: <https://tallinn.pilet.ee/buy>

TRAMS 3 AND 4

Tondi is the final stop for lines 3 and 4, connecting our gym to the City Center and beyond. Look at the schedules here: <https://transport.tallinn.ee/#tram/en>

BUSES 23 AND 28

23 will take you to the City Center in one direction and Nõmme and Mustamäe in the other. Full stop list, map and schedule: <https://transport.tallinn.ee/#bus/23/a-b/07102-1/en>

28 goes to Veerenni in one direction and Õismäe in the other. Full stop list, map and schedule: <https://transport.tallinn.ee/#bus/28/a-b/07103-1/en>

TRAINS

All the western direction trains also stop at Tondi station. These are trains starting from Balti jaam and going to Keila, Paldiski, Riisipere, Kloogaranna or Pääsküla.

When coming to the social event, hop on the train and ride one stop TOWARDS the city center!

More about the train stops: <http://elron.ee/en/stops/>

If you are not planning to use trams or buses, there are separate train tickets also for sale: <http://elron.ee/en/piletid/>

TAXI

As an e-state, we recommend Taxify, Taxigo and Uber apps.

If you do not trust those modern technologies, there are some environmentally friendly services we recommend calling:

Elektritakso 1918 <https://www.elektritakso.ee/>

Välk takso 1917 <http://www.valktakso.ee/en>

PARKING

There are parking places in front of the house and across the road. Over there on the field, park reasonably and think of others as well!

IMPORTANT CONTACTS

Camp organizer: Annika Kluge +372 53844764 klugeannika@gmail.com

3D Treening: <http://3dtreening.ee/>

Emergency centre (ambulance, fire department and police): 112

SEE YOU SOON!