

# AUTUMN CAMP 2019: MMA & BJJ

1.-3. NOVEMBER  
TONDI 17, 3D TREENING

## IMPORTANT INFORMATION

3D Treening is happy to welcome you to BJJ & MMA Autumn Camp 2019! 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](mailto:klugeannika@gmail.com).



## WHAT TO EXPECT

- 10 Brazilian jiu-jitsu and submission wrestling trainings
- 10 MMA trainings
- 2 ninjayoga sessions
- 2 lectures
- 14 hours of open mat time
- VERY interesting coaches and topics
- Skilled and friendly training partners
- A fun and exciting social event
- Good old Estonian sauna
- Snack cafe just 2 meters from the mat
- Värskas Originaal drinking water for all
- MA1 rashguards for sale
- Coffee People specialty coffee

# 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		SATURDAY		SUNDAY			
	BJJ	MMA	BJJ	MMA	BJJ	MMA		
9:00			NINJAYOGA	OPEN MAT	NINJAYOGA	OPEN MAT		
10:00			Priit Mihkelson mount (gi)	Alar Hutrov wall wrestling	Bjarni Baldursson sickle sweep (nogi)	Alar Hutrov wall wrestling		
11:00			Wim Deputter guard retention (gi)	Vallo Hannus counters	Jorgen Matsi cutting edge chokes (gi/nogi)	Kaupo Kokamägi wall wrestling		
12:00			Siret Saarsalu Nutrition principles for training and competitions		Jorgen Matsi Using mindfulness in combat sports and what it is even?			
13:00			OPEN MAT		OPEN MAT			
14:00			OPEN MAT		OPEN MAT			
15:00			Liisi Vaht reverse armbar (gi/nogi)	Edvin-Erik Kibus movement (intermediate)	Wim Deputter kimura trap (nogi)	Jaak Rudov combining punching and wrestling		
16:00			Bjarni Baldursson sit-up guard grip fighting (nogi)	Edvin-Erik Kibus attack setups (advanced)	Priit Mihkelson mount (gi)	Kaupo Kokamägi punching from clinch		
17:00			OPEN MAT		OPEN MAT		UFC 244	OPEN MAT
18:00			Priit Mihkelson mount (gi)	Olev Kiirend greco-roman wrestling				
19:00	Liisi Vaht controlling/attacking with the Giftwrap (gi/nogi)	Henri Hiimäe counter-attacks in standup fighting						
20:00	OPEN MAT		Social event @O'Learys Kristiine					
21:00								

Full resolution here:

[http://3dtreening.ee/wp-content/uploads/2019/10/Kava\\_sugis\\_2019.pdf](http://3dtreening.ee/wp-content/uploads/2019/10/Kava_sugis_2019.pdf)

For MMA classes, have all your MMA equipment (MMA gloves, shin guards, mouth guards etc) ready!

# O'Learys

## HANGOUT

O'Learys is a cool 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 for 2 hours
- 1 shuffleboard for 2 hours
- 1 ping-pong table for 2 hours
- snacks and refreshments
- a number of activity cards to try out various arcade games

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 **20:00 Saturday, the 2nd of November** and choose your type of fun!

## FOOD

### NEVER LEAVE THE GYM

There will be a **snack cafe** in our very gym. We will offer something sweet and something salty. **Mikkeller** alcoholfree beers will be present. Good coffee is brought to you by **Coffee People!**

Bring your own cup and get your daily caffeine dosage for a better price! We also have 3D Treening mugs for sale! Oh and there will be an option for unlimited coffee...

And please remember to **bring some cash** with you!

COFFEE PEOPLE 





## 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. 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 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 AND LINKS**

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

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

**Facebook event:** <https://www.facebook.com/events/267604367488207/>

**Emergency number (ambulance, fire department and police):** 112

**SEE YOU SOON!**