



ROME JANUARY 25/26 2025



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MAIN TARGETS



Kudo Squad Camp is a camp for JUNIOR ATHLETES.

TECHNICAL DEVELOPMENT

Through intensive training focus on improving basics and advanced techniques.

COMPETITION STRATEGY

Study and simulation of competition strategies and competitions cases.

CLASSES

The camp is reserved to
U11 / U13 / U16

INTERNATIONAL INTERCHANGE

Promote cultural and sporting exchange between participants from different European countries, thus enriching everyone's educational experience.

KUDO SQUAD CAMP / ROME - JANUARY 25/26TH



PURPOSE OF THE CAMP:

Spread the concepts of **teamwork, inclusion and friendship**,
through the study and practice of Kudo.

Each team will be represented by a guide animal/flag, symbol of their team.

There's will no countries, everyone will practice under the same motto:

spread kudo and friendship all over europe.

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THE SCHEDULE



SATURDAY 25th

09:30 Welcome and registration of participants

10:00/11:00 A Session: Warm up, footwork, building combinations* *(lead by Paolo Meale)*

11:00/11:45 B Session: Nage Waza for juniors*
(lead by Malcom Sanchez)

11:45/12:30 C Session: Kicking training*
(lead by Vilius Tarasevicius)

12:30/13:30 Lunch break

13:30/14:15 D Session: Katame waza for juniors**(lead by Alexander Zhuravlev)*

14:30 TEAM BUILDING: Revealing teams and assignment of rules for next day **SQUAD COMPETITION.**

15:30 End of the first day

**each session includes a 5 minute break will lead by international instructors.*

SUNDAY 26th

09:30 *Welcome of participants*

10:00/12:00 **SQUAD GAME part 1**

30' Break

12:30/13:30 **SQUAD GAME part 2**

13:30 Awarding ceremony

14:00 Interviews and photos

15:00 End of Camp

WHAT IS KUDO SQUAD GAMES?

In the SQUAD GAME every squad is composed by (5 / 6) members, mixed from different countries and different ages.

Each team will be represented by a guide animal/flag, symbol of their team, and which will represent them during the games.

Each group will be supervised/coordinated by an adult, who will stimulate interaction between the members.



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HOW IT WORKS?

The battles will be based on **PHYSICAL BATTLES** (ex: balance/resistance/speed...) and **TECHNICAL BATTLES** (ex: based on the execution of the various technical modalities of kudo).

At the end of the game, participants will receive a prize/recognition based on the finale score achieved.

MAIN GOALS of KUDO SQUAD GAMES:
Working on team building, strengthening cultural exchange and growing up technical skills.

HOW IT WORKS?

THE SQUAD COMPOSITION

Every squad will be composed by 6 components.

2 for each category division (U11/13/16)

Mixing components from all countries (mixing gender)

Every squad will be represented by an idiom or animal 🦊 🌸 🐅

(during the first day the participant will discover composition of squads and receive his flag).

EXAMPLE OF SQUAD

THE FOXES 🦊

Maria (ITA) U11

Marcos (SPA) U11

Alexei (MALTA) U13

Ernesta (LTU) U13

Francis (FRA) U16

Andrew (UK) U16

HOW TO STIMULATE INTERACTION?

Every squad will be supervised and led by an adult, for coordinating the modalities and working on the team management.

BATTLE MODALITIES

SUMO BATTLE

FAST SPARRING (10 seconds sets for each round where every competitor earns points touching first his opponent)

ALL KICKS (only kick sparring mode...)

...etc... TBD

BATTLE ROYALE all together will be facing in a final modality (GAMING MODALITY)



BASIC RULES

1. EVERY SQUAD WILL BE COMPOSE BY **MIXED AGE/GENDER/NATIONALITY KIDS**.
2. THERE WILL BE AN ADULT IN THE SQUAD AS TEAM SUPERVISOR/MENTOR.
3. THERE WILL **NOT ELIMINATION MODALITY**, EVERY SQUAD WILL COMPETE 'TILL THE END
4. THE AIM OF THE GAME IS TO REACH THE **MAXIMUM SCORE** FOR THEY'RE SQUAD.
5. DURING THE GAMES EVERY MEMBER OF THE SQUAD WILL COMPETE IN MULTIPLE COMPETITION
(THE AIM OF THE MENTOR IS TO MAKE SURE THAT RULE WILL BE FOLLOWED)
6. DURING THE GAME WILL BE THERE 2 CHALLENGE MODALITIES: **PHYSICAL MODE - FIGHTING STYLE MODE**
7. DURING THE CHALLENGES THERE WILL BE THE CHANGE TO REACH AN **ADVANTAGE** FOR THE NEXT GAME (IT WILL BE REPRESENTED BY A STAR ★)

BATTLE MODALITIES

During the games will be there the possibility to compete in **SINGLE MODE** or in **SQUAD MODE**. It depends by the battle mode.



TECHNICAL BATTLES

- **SUMO BATTLE** (1VS1 - MINUTE XX)
- **5 SEC FIGHT** (1VS1/MINUTE XX/ROUND 2) - the aim is touching first the opponent in every part of the body)
- **GROUND FIGHT** (2VS2/2MINUTE/ROUND 2) - the challenge is to compete one vs one but with the possibility to make a change with your teammate with a single touch.
- **ONLY PUNCHES** (1VS1 - MINUTE 2) striking at the body for kudo junior rules.
- **ONLY KICKS** (1VS1 - MINUTE 2) kicking strikes as for kudo junior rules.
- **KICKSVSPUNCHES** (1VS1 - MINUTE 2 - ROUND2) one use only kicks and the other use only punches.

PHYSICAL BATTLES

- **FAST KICKS** (TEAM VS TEAM - 30"SET) - every squad schierata in a line, and in alternate mode will kick on a pad the maximum number of the kick.
- **PUSH UP CHALLENGE** (TEAM VS TEAM - 10" SET)
- **BALANCE BATTLE** (TEAM VS TEAM - tbd)
- **THE FLOOR IS LAVA** (1V1 - tbd) - every team will compete in 1vs1 simultaneously and the aim is to make loose balance to the opponent with a single arm.
- **BATTLE FOR THE CASTLE-** (TEAM VS TEAM - tbd) - every squad defending his half territory in a clinch mode (rugby style).
- **ROPE BATTLE** (TEAM VS TEAM - tbd)
- **TURTLE CHALLENGE** (TEAM VS TEAM - tbd) - every squad bring the opponent into his half territory- the opponent is on the ground.

BATTLE MODALITIES

During the games will be there the possibility to compete in **SINGLE MODE** or in **SQUAD MODE**. It depends by the battle mode.

SINGLE BATTLE one vs one / 2 vs 2

SQUAD BATTLE Team vs Team

ADVANTAGE MODE ★ Winning a battle will gives advantage to squad for the next battle.

THE MODERATOR Adult will help to interact the kids and managing the battles.

HOW TO TAKE PART IN THE CAMP:

The Squad Camp is reserved to maximum 10 junior for each hosted country, is desirable to split the components in an equal number for every age category admitted: **U11/U13/U16**.

TIMING:

**WE KINDLY ASK YOU TO COMPLETE AN EARLY APPLICATION
UNTIL THE **10/10/2024****

Using the personal country form sent by email (we recommend to fill directly online).

Event fee is **40€** for each junior.

The payment will be complete until the **10/11/2024**
(details for payment follow on the next email, after application).

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GRAZIE!

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