



## **Estonia National Training Program**

*Managed by Laurent LARIVIERE – National Technical Director for Estonia*

*International Expert of the World Federation of Nihon Tai Jitsu*

### Saturday 13 April 2019

8.45 am – 9 am

● Welcome

9 am – 12 am

● Technical training for adults (Minimum age 15 years).

13 pm – 16 pm

● Technical training for adults (Minimum age 15 years).

### Sunday 14 April 2019

8h45 – 9h00

● Welcom

9 am – 13 pm

● Technical training for adults (Minimum age 15 years).