

# Summer University of

## Functional Fighting (MMA / BJJ) Summer training camp

### Tartu, ESTONIA 06.07-12.07.2009

Featuring:

Professors of the blogosphere:

Christian "Shogun" Graugart  
shogunhq.blogspot.com

and

Matt "Aesopian" Kirtley



www.aesopian.com



Ott Tõnissaar  
The best Estonian  
MMA fighter

"Datageek looking  
grappling machine"

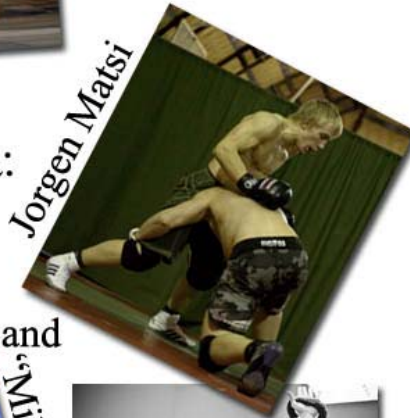


Martin Aedma  
the best (and only)  
Estonian BJJ brownbelt

The (only) veteran  
coaches of Estonia:



Preet Mihkelson



Jorgen Matsi

and



Kristjan Koik  
the best (and only)  
Estonian MMA-physio

Weekend package also available. For information and registration:

[camp@bjj.ee](mailto:camp@bjj.ee) / [www.bjj.ee](http://www.bjj.ee)

## **Invitation:**

We are happy to invite you to the biggest Mixed Martial Arts and Brazilian Jiu Jitsu learning event of the year – our summer camp. It is called this year the Summer University of Functional Fighting as it is held in Tartu – the main Estonian university town. A variety of topics will be covered and material will be tailored to all different levels from beginners to already serious competitors. 7 days; 7 instructors and a great crowd☺

**The camp dates are 06<sup>th</sup> of July till 12<sup>th</sup> of July 2009, Tartu, Estonia.** We are really flexible about your exact participating dates so if you want to come only for the weekend – that is fine, if only for the first half of the week – that is fine also. You will find pricing information on page 2.

Tartu is the town where the oldest and most prestigious university (founded in 1632) of Estonia is situated. It is quite a stereotypical „university town“ which is nice and quiet over the summer but not too quiet. Through the town flows the river Emajõgi (the Mother River) which is the biggest river in Estonia and holds a nice little beach about 500 m from the gym.

**The gym** is a big training facility with dressing rooms, showers, weightlifting equipment and big enough mat space (half judo tatame, half karate puzzle tatame) to make a comfortable camp for about 70 people. Yes, **SEVENTY** – so please start registering NOW as there is going to be lots of people wanting to be there and the maximum limit is... well... seventy.

## **Practical travel information:**

For international arrivers it makes most sense to travel through the capital – Tallinn. Tartu is 185 km from Tallinn and there's a good bus connection and ok train connection. The schedules are available online. Also you can contact Jorgen ([camp@bjj.ee](mailto:camp@bjj.ee)) for information.

For people from **Sweden** and **Finland** we advise to come either by ferry or by plane. If you have the possibility – most convenient is to come with your car by ferry – Tartu is a 2-hour easy drive from Tallinn.

For everyone **coming by plane** – the airport is just about 10 minutes walking distance away from the bus station from where buses go to Tartu every hour or two hours. There is also possibility of flying to the capital of Latvia – Riga – (a really nice town) and take a 3 hour bus to Tartu from there. There are sometimes excellent RyanAir price offers. If you need help finding cheap flights – please contact the organizers. Same goes for info on local transport. We can help prebook bus tickets etc.

The general price level of Estonia to give you a hint:

1 kg of cheese – 6 euros / 1 kg of chicken fillet – 5 euros / 1 bottle of beer (0,5 l) – 1 euro  
1 glass of beer in a pub/nightclub (0,5 l) – 2 euros

For any **additional information AND registration** contact the main organizers at main camp email [camp@bjj.ee](mailto:camp@bjj.ee)

Information for MMA/BJJ Estonian training camp 06.07.-12.07.2009

or directly:

**Jorgen Matsi** / e-mail: [jorgen@bjj.ee](mailto:jorgen@bjj.ee) / mobile: +372 55 631 192

Martin Aedma / e-mail: [martin@bjj.ee](mailto:martin@bjj.ee) / mobile: +372 53 312 556

Ott Tõnissaar / e-mail: [ott@bjj.ee](mailto:ott@bjj.ee) / mobile: +372 56 495 342

### **Pricing information:**

#### **Full seminar package:**

(including all training sessions from Monday to Sunday, dinner on Saturday evening)

**Price before 23<sup>rd</sup> of May:** 50 Euros (latest on-site) + 25 Euro non-refundable\* deposit (before 23<sup>rd</sup> of May) seals your place.

**Price after 23<sup>rd</sup> of May:** 75 Euros (latest on-site) + 25 Euro non-refundable\* deposit (before 23<sup>rd</sup> of May) seals your place. There might be a shortage of places.

#### **Weekend package**

(including all training sessions from Friday to Sunday, dinner on Saturday evening)

**Price before 23<sup>rd</sup> of May:** 35 Euros (latest on-site) + 25 Euro non-refundable\* deposit (before 23<sup>rd</sup> of May) seals your place.

**Price after 23<sup>rd</sup> of May:** 60 Euros (latest on-site) + 25 Euro non-refundable\* deposit (before 23<sup>rd</sup> of May) seals your place. There might be a shortage of places.

**There are special arrangements possible. Generally a price per day is 25 euros but that depends a little on the exact days etc.**

#### **Practical accommodation information:**

There is the possibility of **free** overnight stay in the gym for the whole duration of the camp.

If however one wants more convenience there is a wide variety of guesthouses and hostels in the gym area. Let the organizers know the level you want and they will help you with the booking. E.g. there is one very cheap hostel (about 15 euros per night) just next door to the gym that hosts the seminar! But be quick with reservations – spots are filling up.

There is **no** food included in the seminar price **except** for the dinner together Saturday evening. The gym is very close to the city center which holds multiple places for a variety of tastes. Also there are grocery stores and supermarkets rather nearby.

**See you in the camp! (see the next page for camp schedule)**

[www.bjj.ee](http://www.bjj.ee) / [camp@bjj.ee](mailto:camp@bjj.ee)

**Official camp schedule (updated 25.04.09)\*:**

**The sessions will be beneficial to all levels with some MMA and/or BJJ experience. During specific advanced gi-BJJ classes there are parallel MMA classes available.**

**Monday 6<sup>th</sup> of July:**

12.00-14.00 – BJJ (Christian Graugart)

20.00 - 22.00 – BJJ session (Matt Kirtley)

22.00 - ... - wonderful recovery time☺

**Tuesday 7<sup>th</sup> of July:**

11.00 - 13.00 – wrestling for nogi/MMA (Christian Graugart)

19.00 - 21.00 – advanced gi-BJJ session (Martin Aedma) / MMA (Ott Tõnissaar)

22.00 - ... spontaneously self-organized time in the town for everyone already present☺

**Wednesday 8<sup>th</sup> of July:**

11.00 – 13.00 – BJJ session (Matt Kirtley)

14.00 – 15.30 – Sport psychology seminar – goal setting and short-term planning for combat sports training (Jorgen Matsi)

15.30 - ... freedom to do whatever the day offers. BTW – there is a Moby concert that evening in Tallinn. There is time to go if anyone wants.

**Thursday 9<sup>th</sup> of July:**

12.00 – 13.30 – flexibility and muscle-care for BJJ / MMA (Kristjan Koik)

19.00 – 21.00 – gi BJJ (Matt Kirtley) / MMA (Ott Tõnissaar)

21.00 – ...free time

**Friday 10<sup>th</sup> of July:**

12.00 – 14.00 – MMA/nogi BJJ (Christian Graugart)

18.00 – 20.00 – BJJ (Priit Mihkelson)

20.00 – Friday evening free time☺

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**Saturday 11<sup>th</sup> of July**

12.00 – 13.30 – flexibility and muscle-care for BJJ / MMA (Kristjan Koik)

17.00 – 19.00 – gi BJJ (Martin Aedma) / MMA (Christian Graugart)

20.30 – dinner for all the participants

**Sunday 12<sup>th</sup> of July**

12.00 – 13.00 – Sport psychology seminar - anxiety management for BJJ / MMA (Jorgen Matsi)

13.00 – 15.00 – gi BJJ (Matt Kirtley) / MMA (Christian Graugart)

18.00 – 19.30 – gi BJJ (Matt Kirtley) / MMA (Christian Graugart)

**If you have any questions / want to register – send email to [camp@bjj.ee](mailto:camp@bjj.ee)  
The latest schedule is always on the site [www.bjj.ee](http://www.bjj.ee)**

**Regards,  
Jorgen**

**\* all of the schedule subject to change without special notice. However the organizers will do their best to stick to the schedule presented.**