

Sportaccord Combat Games 2010 Beijing

Training Plan

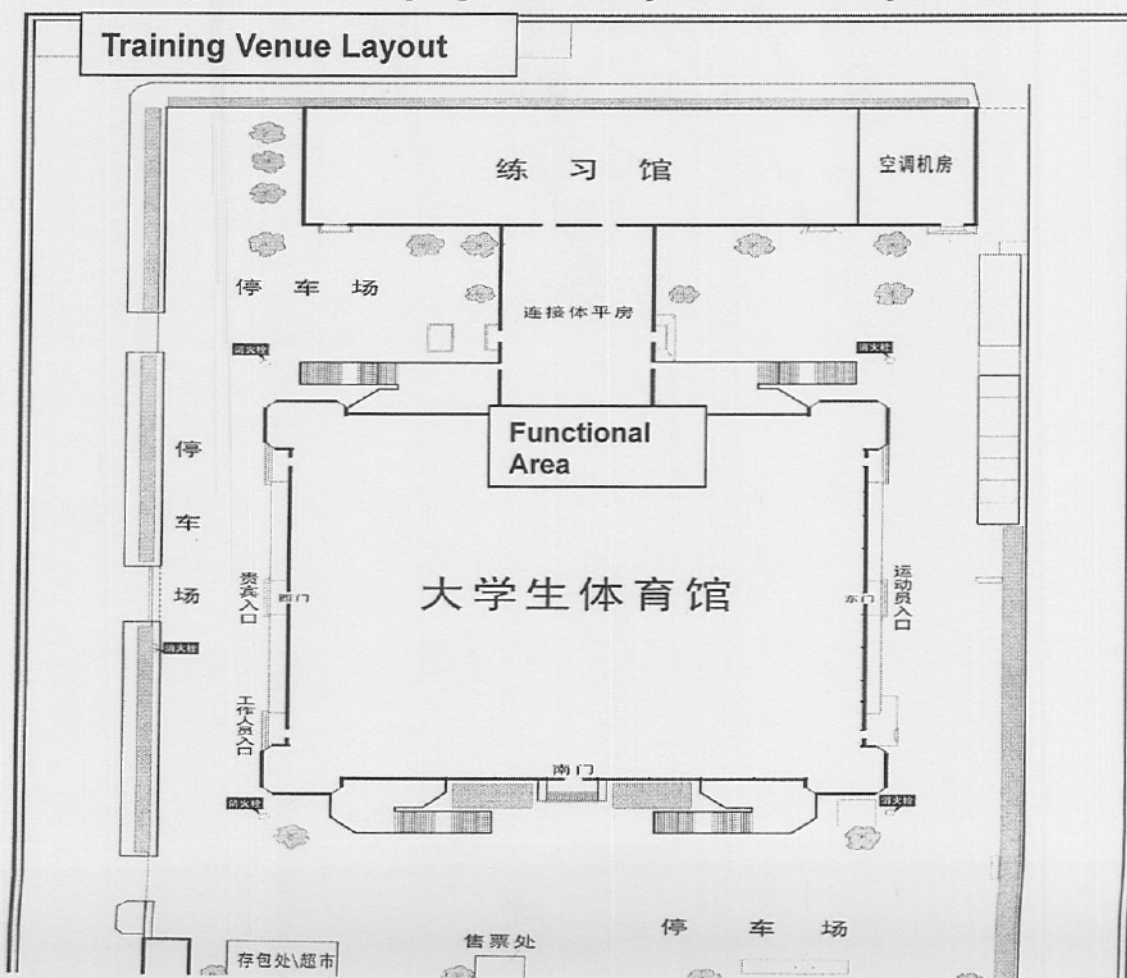
(Based on the competition schedule 2.04 edition)

A. Training Time: August 26, 2010- September 2, 2010

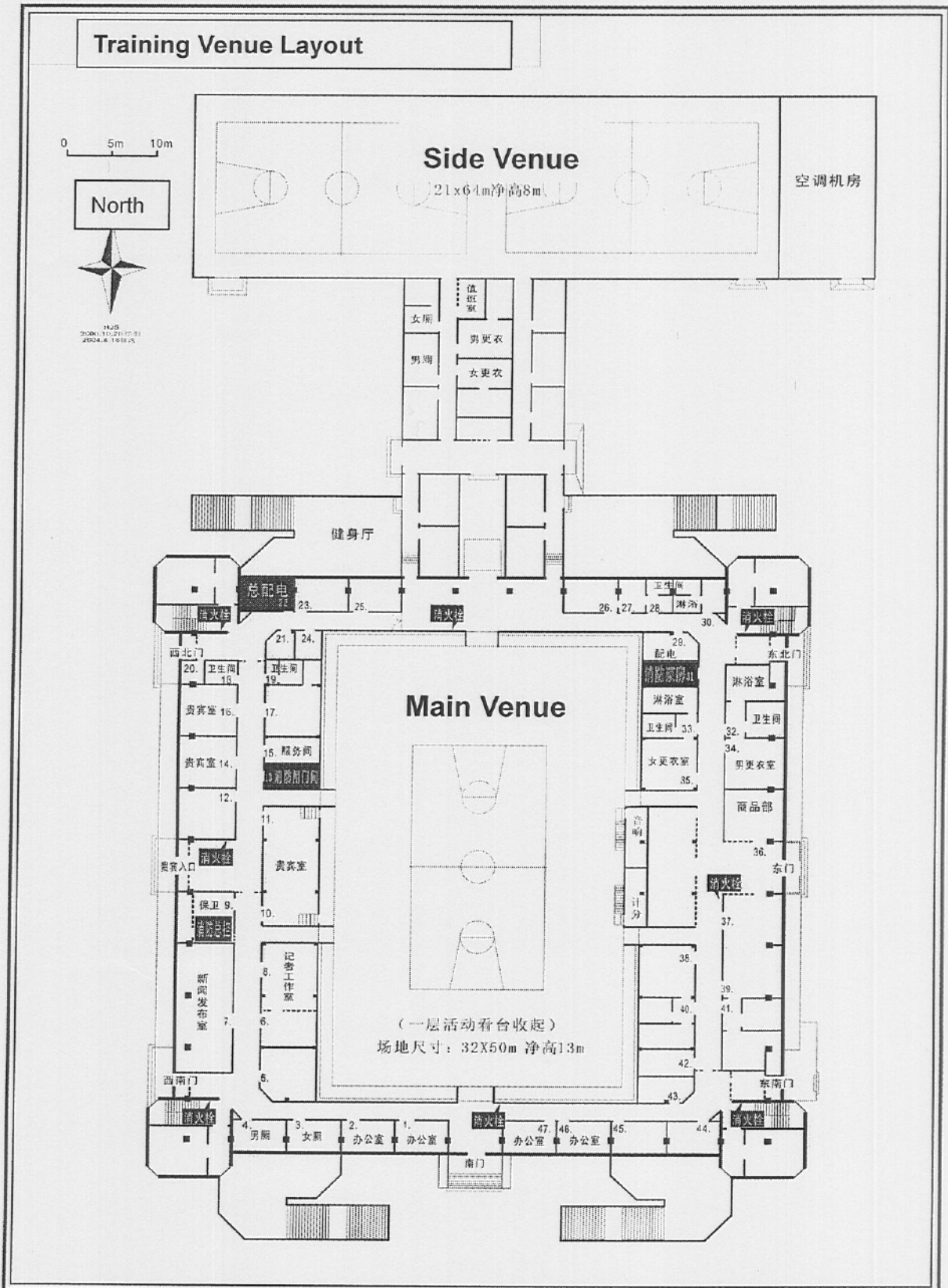
The training time will be based on the competition schedule of the sport, 2 days prior to the start of the competition. There are 6 training sessions available per court per day. Each session contains 1 and a half hour, and the time arrangement is as follows (The arrangement can be adjusted according to the actual situation):

Morning	Afternoon	Evening
9:00-10:30	13:30-15:00	19:00-20:30
10:30-12:00	15:00-16:30	
	16:30-18:00	

B. Training Venue: Beijing University Students' Gymnasium



Athletes can reach into the main venue through the east gate and through the functional area for getting into the side venue.



C. Training Venue Arrangement

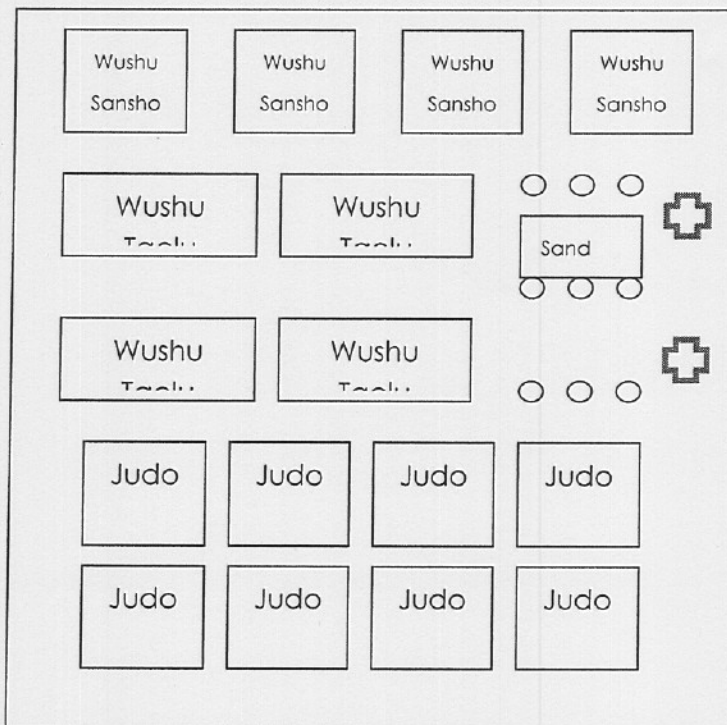
1. Main Venue: Wushu, Aikido, Judo, Ju-Jitsu, Karate, Kendo, Kickboxing Semi-contact, Sambo, Taekwondo and Wrestling.
2. Side Venue: Boxing, Kickboxing Fullcontact, Muay Thai, Sumo

D. The Venue

Main Venue: 1600 M² (Which means 19 Standard Judo Tatami can be located in the same time)

(1)August 25, 2010

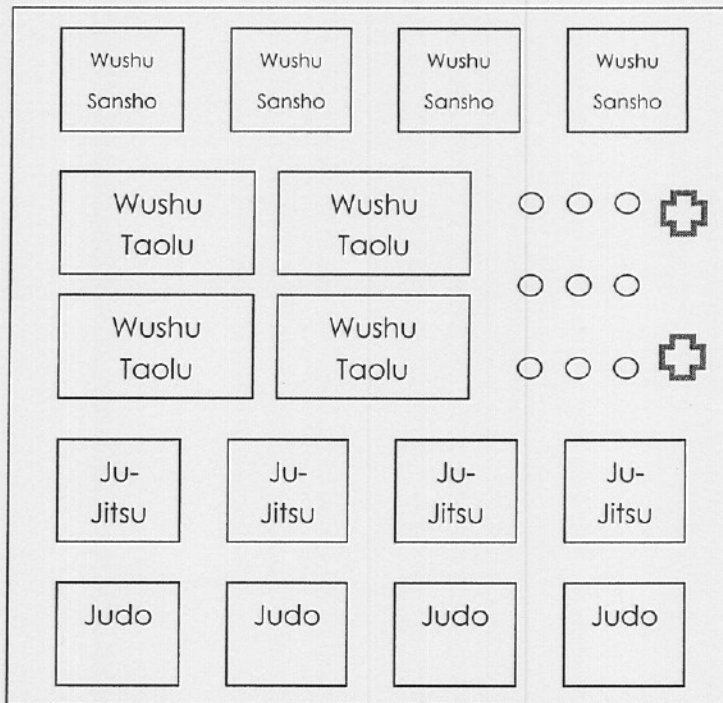
Wushu and Judo Training equipments will be setup (Wushu Sanshou 4 tatami, Wushu Taolu 4 Tatami, Judo 8 Tatami). The Layout for Wushu and Judo is as follow:



Sport	Discription
Wushu Sanshou	8×8m Tatami
Wushu Taolu	14×8m surrounded by 2m wide safety zone
Judo	200 Green Tatami, 12 red tatami, 152 blue, 64 yellow, 428 in total

(2) August 26, 2010

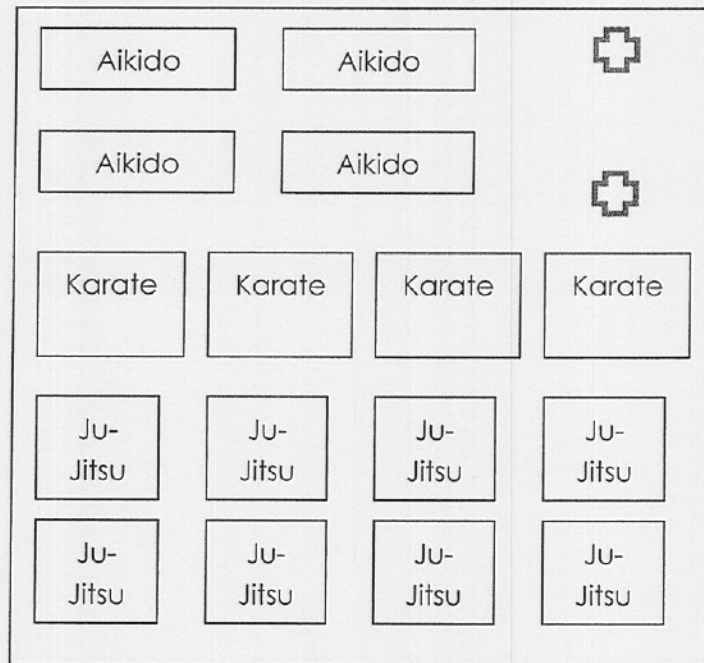
Judo equipment will be replaced by Ju-Jitsu equipments. The Layout for Ju-Jitsu is as follow:



Sport	Discription
Ju-Jitsu	200 Green Tatami, 264 blue, 128 yellow, 592 in total

(3) August 27, 2010

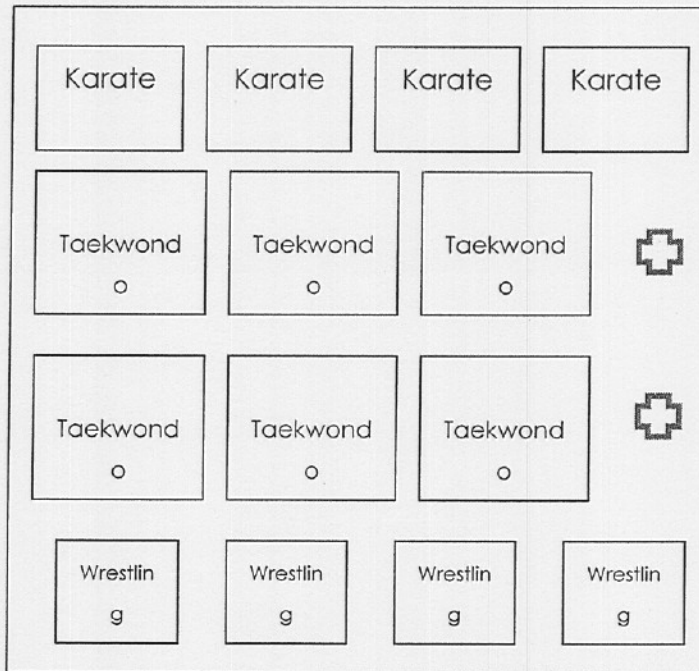
Wushu Sanshou, Taolu and Judo equipments will be replaced by Aikido, Karate and Ju-Jitsu equipments. The Layout is as follow:



Sport	Discription
Aikido	1×2m Tatami, 100 pieces
Karate	144 M ² , Approved by WKF

(4) August 29, 2010

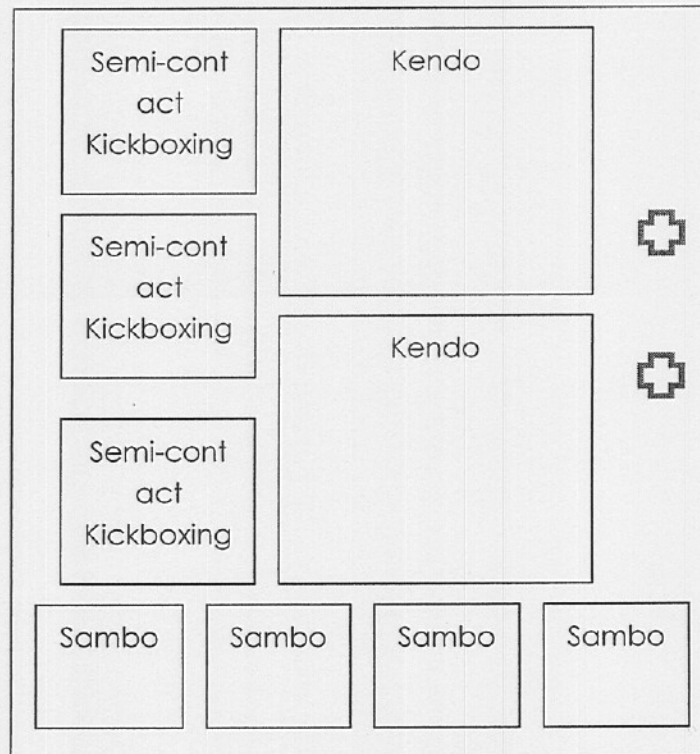
Aikido and Ju-Jitsu Equipment will be replaced by Wrestling and Taekwondo equipment. The layout is as follow:



Sport	Discription
Wrestling	12×12m Tatami
Taekwondo	16×16m Flexible Tatami

(5) August 31, 2010

Wrestling, Taekwondo and Karate equipments will be replaced by Kickboxing, Sambo and Kendo equipment. The Layout is as follow:



Sport	Discription
Semi-contact Kickboxing	1×1m Tatami, 8×8m fighting area and 10×10m in total. 82 Blue, 62 Red pieces
Sambo	2×1m Tatami, 72 pieces, 12×12m in total.
Kendo	20×20m wooden floor

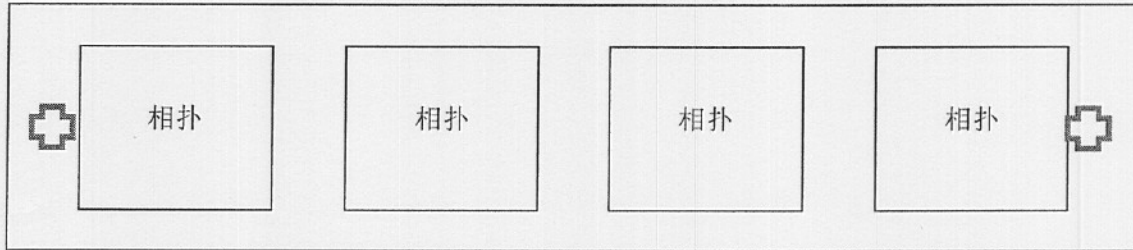
(6) September 2, 2010

Training Ended

Side Venue: 1344 M² (Which means 4 standard Taekwondo Tatami can be located in the same time)

(1) August 25, 2010

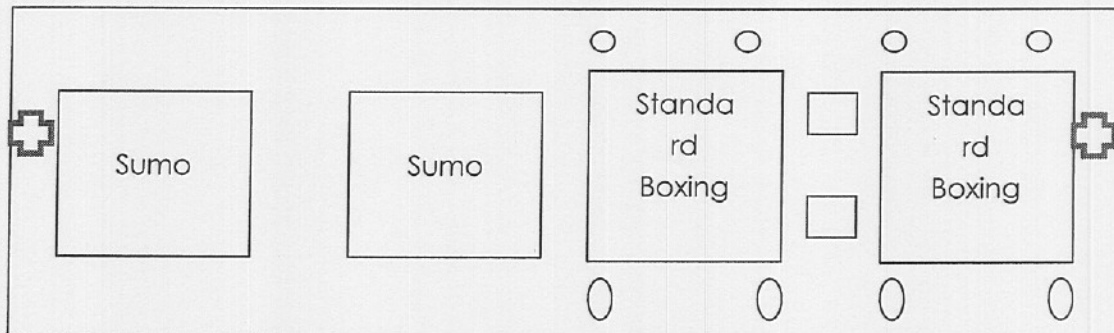
4 Sumo training courts. The Layout is as follow:



Sport	Discription
Sumo	Pending

(2) August 26, 2010

Sumo equipments will be replaced by 2 Muay Thai courts. The Layout is as follow:

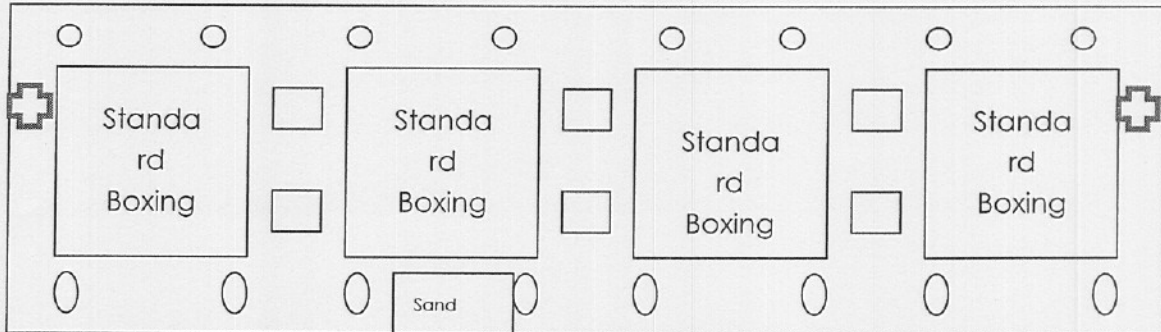


Sport	Discription
Muay Thai	Standard Boxing Ring. ○ Sand Bag, □ Weight Machine

(3) August 27, 2010

Sumo equipments will be replaced by Boxing and Full-contact Kickboxing equipments. The Layout is as follow:

(2 Boxing rings for Boxing and 2 Boxing Rings for Full-contact Kickboxing)



(4) September 2, 2010

Training Ended