

Camberley Judo Club



DiSE Programme 2021

**Permanent Dojo | Olympic Level Coaching
Strength & Conditioning Unit | Residential Facilities**

DiSE at Camberley Judo Club

We have been running the DiSE programme successfully since 2013. At Camberley we will cater the programme to your individual needs. Daytime, evening, residential stays and camp based training are all available. Your DiSE programme is built around you!

Programme Content

Randori

Train with the best-Olympians, European and Commonwealth medallists

Technical/Tactical

Sessions led by Team GB and Olympic medal winning coach Luke Preston

Strength and Conditioning

Bespoke Strength and Conditioning Programmes

Tutorials

Your learning will be fully supported with custom built timetables



Train with the Elite
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