

Camberley Judo Club



DiSE Programme 2023

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

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 & Commonwealth medallists

Technical/Tactical

Sessions led by Team GB and Team England coach Luke Preston

Strength & 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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