

Program Martial Arts winter camp Umeå 13-16 december 2013



Kyoshi Myers 7th dan is one of the prominent teachers at this camp

Day/ Dojo 1 or 2/Time/ Group/ Teacher /Content

Friday

A-18.00-20.00 1 Kyoshi Darren, Karate/Goshindo, bunkai

Saturday

A-9.00-10.00 1 Hanshi Herndon, Karate-do

B-9.00-10.00 2 Kyoshi Darren, Goshindo

A-10.10-11.10 1 Hanshi Kakavand, Karate-do, Jujitsu

A- 11.30-12.30 1a Kyoshi Darren, Kunibary laido

B- 11.30-12.30 1b Renshi Johan Kunibaryu Kobudo kata and kumite. Bo and Tonfa.

Renshi Backteman 6th dan

12.30-14.00 1+2 lunchtime

A-14.00-15.00 2 Shihan Wilhelm/Sensei Sina
(30 minutes each)

B- 14.00-15.30 1 Kyoshi Darren Kata/bunkai
Shoden 3+4

A-15.45-16.45 1+2 Hanshi Herndon karatehistory
Lecture dojo A.

A- 17.00-18.00 1b Kyoshi Darren laido

B-17.00-18.00 1a Renshi Johan Kobudo

Sunday

B-9.00-10.00 3 Hanshi James/Kyoshi Darren
special training 4 kyu-dan adults

B-9.00-10.00 4 Shihan Wilhelm Karate-Do
10 kyu-5 kyu adults

A-10.15-11.45 1 Renshi Johan
Kumite waza/Goshin-Do

B-10.15-11.15 2 Kyoshi Darren/Hanshi Herndon
Karate-Do

12.00-13.30 lunch

13.30-14.30 4 Hanshi Kakavand
Jujitsu

13.30-14.30 3 Kyoshi Darren
kata

14.30-15.15 1 Kyoshi Darren
Self defence

A-15.45-17.45 Testing 4 kyu-3 dan Shihan board

19.00 - Dinner and socializing adults

Monday

A-10.00-11.30 1 Kyoshi Darren/Renshi Johan
Kata/bunkai(daytime special advanced)

A-18.00-20.15 1 Hanshi,Kyoshi,Renshi,Shihan
(special training favourite issue from each instructor)

A-20.15 1 Camp ends,farewell ceremony

Ordförklaring/symbol explanations:

1=vuxna 14-100 år/adults

2=barn 7-13 år(children)

3=adults 4 kyu-dan

4=adults 10 kyu-5 kyu

1a=half adults group

1b=half adults group

A=main dojo with tatami

B=dojo with wooden floor