

Training schedule for The Viking Camp 18 - 20 May 2018

FRIDAY

Starting the camp together at 16:30 on the Kenpo Studio

LOCATION	Kenpo Studio small hall White - Yellow	Dance Studio big hall Orange - Green	Kenpo Studio big hall Brown - Black	Kids seminar hours	Dance Studio class 1	Dance Studio Class 2
17:00 - 18:15	Max B.	Marty Z.	"Huk" P.	17:00 - 17:45 17:45 - 18:30	Sascha B. 17:00-17:45	Agustin L. 17:45-18:30
	Combining techniques	Power & flow concept	Form techniques		Children white - purple	Children white - purple
18:45 - 20:00	"Huk" P.	Agustin L.	Marty Z.	18:30 - 19:15 19:15 - 20:00	Max B. 18:30 - 19:15	Sascha B.19:15 - 20:00
	Power principles	Locks and holds	Rearrangement concept		Children blue - brown	Children blue - brown

SATURDAY

LOCATION	Kenpo Studio small hall White - Yellow	Dance Studio big hall Orange - Green	Kenpo Studio Big hall Brown - Black	Kids seminar hours	Dance Studio class 1	Dance Studio class 2
10:00 - 11:15	Marty Z.	Sascha B.	Agustin L.	10:00 - 10:45 10:45 - 11:30	Max B. 10:00-10:45	Ingmar J. 10:45-11:30
	Power & flow concept	Spinning techniques	Kajukembo 1		Children white - purple	Children white - purple
11:45 - 13:00	Sascha B.	"Huk" P.	Max B.	11:30 - 12:15 12:15 - 13:00	Agustin L.11:30-12:15	Marty Z.12:15-13:00
	Thrusting salute family	Grafting and Change up's	Fam. groupings & position recogn.		Children blue - brown	Children blue - brown
13:00 - 14:30		LUNCH BREAK				
	Dance Studio small hall	Dance Studio big hall	Kenpo Studio big hall		Children white - purple	
14:30 - 15:45	Max.B Open Seminar	Ingmar J Open Seminar	Marty Z. Open Seminar	Open Seminars	Children blue - brown	
	Book-end techniques	Built in checks	Sweeps and buckle			
16:15 - 17:30	Max B. Open Seminar	"Huk" P. Open Seminar	Agustin L. Open Seminar	Open Seminars	Choose your seminar	
	Flank attacks	Long Form 2	Locks		Fillipino Seminar	
					Kajukembo Seminar	
20:00	Brotherhood-Dinner Restaurant Anno 1852, Bakfickan, intersection between St. Persgatan och Korsgatan					

SUNDAY

All training on Sunday will be outdoor in folkparken beside the mini golf

10:00 - 11:00	Open Seminars	Marty Z.	Agustin L.	Max B.
		Weapon disarms	Kajukembo 2	Working the circle
11:15 - 12:15	Open Seminars	Marty Z.	"Huk" P.	Sascha B
		Single weapon seminar	Thundering hammers family	Striking patterns
12:45 - 13:30	LUNCH			
14:00- 16:30	The Viking Games, Vikingaspel in Folkparken			

Meny Texas Longhorn, Friday night 150:- included a soda

Kenpo Självförsvars Studio: Tunnbindaregatan 8, 2tr.

Tuppen: Bråddgatan 31 (inne i byggnaden)

Dans studio: Tunnbindaregatan 8, 3tr.

Centric Hotel: Gamla Rådstugugatan 18-20

We recommend that you bring your own equipment:

- * **Sticks and knives,** (Weapon seminar)
- * **Training shoes,** (allowed in the Dance studio)
- * **Outdoor clouthes,** (for the folkparken)

- 1) Smokehouse Hamburger**
with steaksauce, bacon, onion, salad, mayonnaise, tomato and bread (you can order bread without gluten).
- 2) Chicken fillet hamburger**
with onion, salad, mayonnaise, tomato and bread (you can order bread without gluten).
- 3) Vegetarian Hamburger (Soyaburger)**
with onion, salad, mayonnaise, tomato and bread (you can order bread without gluten).



The intelligent man is one who has successfully fulfilled many accomplishments, and is yet willing to learn more Ed Parker