

Schedule The Viking Spirit Camp 8 - 10 May 2015

FRIDAY

4:30 pm the camp starts at the Kenpo studio

HALL		Kenpo Studio	First floor	Tuppen " The	Kids schedule	Kenpo Studio hall 1	First Floor level 1
17:00 - 18:15		Marty Z.	"Huk" P.	Ingmar J.	17:00 - 18:00	Christian L.	Christian J.
	RANK SEMINARS	White - Orange Techniques with Fluidity & Power.	Purple - Green M.E.A.T techniques	Brown - Black Analyzation of ranges		kicks and tricks	Kenpo Block 'n' Roll
18:45 - 20:00		"Huk" P.	Christian J.	Christian L.	18:20 - 19:20	Andrés B.	Marty Z.
	RANK SEMINARS	White - Orange Kenpo Techniques	Purple - Green Self offense strategies	Brown - Black, Drills with kenpo principles		Kenpo Change up's	Techniques: Reaction Time & Mobility

SATURDAY

HALL		Kenpo Studio	First floor	Tuppen " The rooster"	Kids schedule	Kenpo Studio hall 1	First Floor level 1
10:00 - 11:15		Christian J.	Ingmar J.	"Huk" P.	10:15 - 11:15	Christian L.	Marty Z.
	RANK SEMINARS	White - Orange Master key techniques	*Purple - Green Storm techniques	*Brown - Black Knife seminar		kicks and tricks	Techniques: Speed, Power, Efficiency
11:45 - 13:00		Christian L.	Andrés B.	Marty Z.	11:30 - 12:30	Christian J.	Ingmar J.
	RANK SEMINARS	White - Orange, Introduction to spontaneous training	Purple - Green Striking Patterns	Brown - Black Techn.: Rules/Principles + Reality = Change-ups.		Kenpo techniques and more	Lock flow
13:00 - 14:30	LUNCH BREAK						
14:30 - 15:45	THEME SEMINARS	Marty Z.	Ingmar J.	"Huk" P.			
	Your Choice	Silat - Ground Techniques-Takedowns	Spontaneous training	*1 stick Seminar			
16:15 - 17:30	THEME SEMINARS	Marty Z.	Ingmar J.	"Huk" P.			
	Your Choice	*Kenpo Weapons Tech vs FMA	Leaping Crane Family	A study of body mechanics and power principles			
20:00	Brotherhood-Dinner, Restaurant Hantverkar´n						

	Kids white - purple
	Kids blue - brown
	Kenpo Seminar
	Weapon Seminar
	Floor Seminar
	Fillipino Seminar
	others

SUNDAY				
All training on Sunday will be conducted outdoor beside the minigolf at the folkparken.				
10:00 - 11:00	Your Choice	Marty Z.		Ingmar J.
	THEME SEMINARS (No training Gi)	Techniques: Enviroment Awareness & Applications		*Returning Storm and related techniques
11:15 - 12:15	Your Choice	"Huk" P.		Marty Z.
	THEME SEMINARS (No training Gi)	Lock techniques		*Single Stick Fighting Techniques / Knife Techniques
12:45 - 13:30	LUNCH BREAK			
14:00- 16:30	The Viking Games, in Folkparken			
ca 16:30	Finishing the camp in Folkparken			

Kenpo Self-defense Studio: Tunnbindaregatan 8, 2:nd floor.

First Floor: Tunnbindaregatan 8, 1:st floor.

Tuppen: "The Rooster" Bråddgatan 31 (in the building, ground floor)

Centric Hotel: Gamla Rådstugugatan 18-20

We recommend you to bring your own training material,

* **Sticks and knives,** (Weapon seminars)

* **Protection,** (Sparring and similar)

* **Training Shoes** (Dont forget training shoes are only allowed here there are no mats)

* **Outdoor Clouthing,** (for the park on the sunday)

Menu Texas Longhorn, Friday night 150:-

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"

