



Training schedule for The Viking Camp 17 - 19 May 2019



FRIDAY

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

LOCATION	Dance Studio small hall White - Yellow	Dance Studio big hall Orange - Green	Kenpo Studio big hall Brown - Black	Kids seminar hours	Kenpo Studio small hall class 1	Kenpo Studio small hall Class 2
17:00 - 18:15	Marty Z.	Max B.	"Huk" P.	17:00 - 17:45 17:45 - 18:30	Paul I. 17:00-17:45	Ingmar J. 17:45-18:30
	Kenpo Weapon Awareness	Exploring Five Swords	Positional Recognition		Children white - purple	Children white - purple
18:45 - 20:00	Christian L.	"Huk" P.	Marty Z.	18:30 - 19:15 19:15 - 20:00	Max B. 18:30 - 19:15	Paul I. 19:15 - 20:00
	Spontaneity	Family Grouping	Kenpo Weapon Techniques VS FMA		Children blue - brown	Children blue - brown

SATURDAY

LOCATION	Dance Studio small hall White - Yellow	Dance Studio big hall Orange - Green	Kenpo Studio Big hall Brown - Black	Kids seminar hours	Kenpo Studio small hall class 1	Kenpo Studio small hall class 2
10:00 - 11:15	"Huk" P.	Marty Z.	Paul I.	10:00 - 10:45 10:45 - 11:30	Christian L. 10:00-10:45	Max B. 10:45-11:30
	Positional Recognition	Kenpo Weapon Techniques	Locks and chocks		Children white - purple	Children white - purple
11:45 - 13:00	Ingmar J.	Paul I.	Max B.	11:30 - 12:15 12:15 - 13:00	Christian L. 11:30-12:15	Marty Z. 12:15-13:00
	Grafting/Change up	Focus Gloves	Working the wrong side forward		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	Ingmar J Open Seminar	Max B. Open Seminar	Marty Z. Open Seminar		Children blue - brown	
	Equation Formula	Passing Zones by the rules	Knife flow and disarms		Kenpo Seminar	
16:15 - 17:30	Max B. Open Seminar	"Huk" P. Open Seminar	Paul I. Open Seminar		Choose your seminar	
	2 punch techniques	Contact manipulation	Clinch tie up drills		Fillipino 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.	Paul I.	Max B.
		Stick awareness & Usage	High Speed Knife	Staying with the Pattern
11:15 - 12:15	Open Seminars	Marty Z.	"Huk" P.	Paul I.
		Kenpo Principles in Techniques	Elbow Techniques	High Speed Knife
12:45 - 13:30	LUNCH			
14:00-16:30	The Viking Games, Vikingaspel in Folkparken			

Kenpo Självförsvars Studio: Tunnbindaregatan 8, 2tr.

Tuppen: Bråddgatan 31 (inside the building)

Dans studio: Tunnbindaregatan 8, 3tr.

Centric Hotel: Gamla Rådstugugatan 18-20

We recommend that you bring your own equipment:

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

* **Indoor training shoes,** (allowed in the Dance studio)

* **Outdoor clouthes,** (for the folkparken on sunday)

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

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