



Training schedule for The Viking Camp 28 - 30 August 2020



FRIDAY

Starting the camp together at 16:30 on the Dance Studio 3:rd floor

Adult seminars	Kenpo Studio small hall White - Yellow	Dance Studio big hall Orange - Green	Kenpo Studio big hall Brown - Black	Kids seminar hours	Dance Studio small hall class 1	Dance 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
	Position Recognition	Family Groupings	Rules and principles Two-man techniques 1		Children white - purple	Children white - purple
18:45 - 20:00	Claudio S.	"Huk" P.	Marty Z.	18:30 - 19:15 19:15 - 20:00	Max B. 18:30 - 19:15	Paul I. 19:15 - 20:00
	The Big E	Positional recognition for change ups	Position Recognition		Children blue - brown	Children blue - brown

SATURDAY

Adult Seminars	Kenpo Studio small hall White - Yellow	Dance Studio big hall Orange - Green	Kenpo Studio Big hall Brown - Black	Kids seminar hours	Dance Studio small hall class 1	Dance Studio small hall class 2
10:00 - 11:15	"Huk" P.	Marty Z.	Paul I.	10:00 - 10:45 10:45 - 11:30	Claudio S. 10:00-10:45	Max B. 10:45-11:30
	Rules and principles of motion	Position Recognition	Grappling lock flow		Children white - purple	Children white - purple
11:45 - 13:00	Ingmar J.	Paul I.	Max B.	11:30 - 12:15 12:15 - 13:00	Claudio S. 11:30-12:15	Marty Z. 12:15-13:00
	Triggered Salute	Tie up position	Ideal to Real Deal		Children blue - brown	Children blue - brown
13:00 - 14:30		LUNCH BREAK				
	Kenpo 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	
	One hand vs two hand	Problem techniques	Lock Flow and application		Kenpo Seminar	
16:15 - 17:30	Max B. Open Seminar	Paul I. Open Seminar	"Huk" P. Open Seminar		Choose your seminar	
	Exploring three points of view	Focus pads for beginners	Rules and principles Two-man techniques 2		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. Knife vs Knife / Empty Hand vs Knife	Paul I. Focus pads advanced	Max B. Crossing Talon family
11:15 - 12:15	Open Seminars	Marty Z. Single Stick: Sparring Awareness	"Huk" P. Gun techniques and variations	Paul I. Knife Counters
12:45 - 13:30	LUNCH			
14:00-16:30	The Viking Games, Vikingospel in Folkparken			

Kenpo Självförsvars Studio: Tunnbindaregatan 8, 2tr.

Dans studio: Tunnbindaregatan 8, 3tr.

Centric Hotel: Gamla Rådstugugatan 18-20

Tuppen: Bråddgatan 31 (inside the building)

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).



Holmgrens Bil

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