

Training schedule for The Viking Camp 3 - 5 June 2022



FRIDAY



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

LOCATION	Outdoor White - Yellow	Outdoor Orange - Green	Outdoor Brown - Black	Kids seminar hours	Kenpo Studio big hall class 1	Kenpo Studio big hall class 2
17:00 - 18:15	Claudio S.	"Huk" P.	Max B.	17:00 - 17:45 17:45 - 18:30	Paul I. 17:00-17:45	Marty Z. 17:45-18:30
	Big E	Positional recognition for change ups	Problem techniques		Children white - orange	Children white - orange
18:45 - 20:00	Marty Z.	Claudio S.	"Huk" P.	18:30 - 19:15 19:15 - 20:00	Max B. 18:30 - 19:15	Paul I. 19:15 - 20:00
	Stability Checkpoints: Structure & Footwork	Compound	Rules and principles Two-man techniques 1		Children purple - brown	Children purple - brown

SATURDAY

LOCATION	Outdoor White - Yellow	Outdoor Orange - Green	Outdoor Brown - Black	Kids seminar hours	Kenpo Studio big hall class 1	Kenpo Studio big 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	Pressure Testing; Responses & Change-ups	*Stick class		Children white - orange	Children white - orange
11:45 - 13:00	Max B.	Paul I.	Ingmar J.	11:30 - 12:15 12:15 - 13:00	Claudio S. 11:30-12:15	Marty Z. 12:15-13:00
	Ideal to Real Deal	Focus pad drills	What's the seminar theme?		Children purple - brown	Children purple - brown
13:00 - 14:30	LUNCH BREAK					
	Outdoor	Outdoor	Outdoor		Children white - orange	
14:30 - 15:45	Ingmar J Open Seminar	Max B. Open Seminar	Marty Z. Open Seminar			
	Same, but diferent	Family Groupings	*Weapon Techniques: Kenpo vs FMA comparisons		Children purple - brown	
16:15 - 17:30	Max B. Open Seminar	"Huk" P. Open Seminar	Paul I. Open Seminar		Kenpo Seminar	
	Exploring three points of view	Rules and principles Two man techniques 2	Focus pad drills with trapping		Choose your seminar	
					Fillipino Seminar	
20:00	Brotherhood-Dinner Restaurant Harry's. Beside the studio 1 min way					

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.
		Lock-Flow & Structure Disruption	*Knife defence drills	Crossing Talon family
11:15 - 12:15	Open Seminars	Marty Z.	"Huk" P.	Paul I.
		*Knife Awareness: Rules and Responses	*Gun techniques and variations	Silat foot leg trap drill
12:45 - 13:30	LUNCH			
14:00- 16:30	The Viking Games, in Folkparken			

Kenpo Självförsvars Studio: Tunnbindaregatan 8, 2tr.

Dans studio: Tunnbindaregatan 8, 3tr.

Centric Hotel: Gamla Rådstugugatan 18-20

We recommend that you bring your own equipment:

- * Sticks, knives or gun, (Weapon seminar)
- * Indoor training shoes, (allowed only in the Dance studio)
- * Outdoor clothes, (for the folkparken training and games)

Friday night Hamburgers at BABAS (old Texas Longhorn)
(all payment must be done with Creditcard) No cash!

You can order any burger you like. If you wish gluten free bread just inform them at the counter as you pay.
They have meat, chicken and halloumi burgers



VIKING CAMP 2022

The instructors are:

3-5 June



Paul Irish
Canada



Richard Planas
USA



Marty Zaninovich
USA



Ingmar Johansson
Sweden



Max Bychkov
USA



Claudio Soto
Chile

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