



Training schedule for The Viking Camp 2 - 4 June 2023



FRIDAY

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

LOCATION	Outdoor in the park White - Yellow	Outdoor in the park Orange - Green	Outdoor in the park Brown - Black	Kids seminar hours	Kenpo Studio big hall class 1	Kenpo Studio big hall Class 2
17:00 - 18:15	Andrés B.	Max B.	Sascha B.	17:00 - 17:45 17:45 - 18:30	Paul I. 17:00-17:45	Marty Z. 17:45-18:30
	The A, B, C of Kenpo	Working strong handed	Kenpo Hybrid		Children white - purple	Children white - purple
18:45 - 20:00	Marty Z.	Chris J.	Andrés B.	18:30 - 19:15 19:15 - 20:00	Max B. 18:30 - 19:15	Paul I. 19:15 - 20:00
	Kenpo Techniques / Rules & Principals	The gift techniques	Kenpo in Depth		Children blue - brown	Children blue - brown

SATURDAY

LOCATION	Outdoor in the park White - Yellow	Outdoor in the park Orange - Green	Outdoor in the park Brown - Black	Kids seminar hours	Kenpo Studio, big hall class 1	Kenpo Studio, big hall class 2
10:00 - 11:15	Kim D.	Marty Z.	Paul I.	10:00 - 10:45 10:45 - 11:30	Andrés B. 10:00-10:45	Max B. 10:45-11:30
	Bypass the front hand	Kenpo techniques / effective application	Lock flow with counters		Children white - purple	Children white - purple
11:45 - 13:00	Max B.	Paul I.	Ingmar J.	11:30 - 12:15 12:15 - 13:00	Andrés B. 11:30-12:15	Marty Z. 12:15-13:00
	Working the pattern	Lock flow with counters	Knife drills		Children blue - brown	Children blue - brown
13:00 - 14:30		LUNCH BREAK				
	Outdoor in the park	Outdoor in the park	Studio/In the park		Children white - purple	
14:30 - 15:45	Ingmar J Open Seminar	Max B. Open Seminar	Paul I. Open Seminar		Children blue - brown	
	Three Themes can you see them?	Family groupings	Tie-up sensitivity (Ground) at the Kenpo studio		Kenpo Seminar	
16:15 - 17:30	Max B. Open Seminar	Andrés B. Open Seminar	Marty Z. Open Seminar		Other seminar	
	Punch Combination techniques	Change up's	Kenpo techniques / Position Recognition+		Filipino Seminar	
20:00	Brotherhood-Dinner Restaurant Vy, in the tower of strykjärnet (The yellow iron building) 2 min walk from the studio					

SUNDAY

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

10:00 - 11:00	Open Seminars Outdoor in the park	Marty Z. Single Stick / Empty Hand - Flow & disarms	Paul I. Focus pad drills 1	Max B. Explore the art
11:15 - 12:15	Open Seminars Outdoor in the park	Marty Z. Knife vs Empty-Hand Principals	Andrés B. Category Completion	Paul I. Focus pad drills 2
12:45 - 13:30	LUNCH			
14:00- 16:30	The Viking Games, Vikingaspel in Folkparken			

Kenpo Självförvarsstudio: Tunnbindaregatan 8, 2tr.

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 **only** in the Dance studio)
- * **Outdoor clouthes**, (for the folkparken) No karate gi needed.

BABAS, Friday night 20:00

On friday night we will go and eat at the restaurant Babas.

You can check out their meny online and order and pay when we get there.



<https://www.babas.nu/17/3/meny/>

Alla föreläsningar på detta läger sker i samarbete med
SISU Idrottsutbildarna i Norrköping och arrangemanget
genomförs med stöd av Norrköpings kommun.



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