



Training schedule for The Viking Camp 31 may - 2 June 2024



FRIDAY

Starting the camp together at 16:30 on the Kenpo Studio 3:rd floor for photo

LOCATION	Outdoor Oxelbergsparken Open Seminar	Outdoor Oxelbergsparken Open Seminar	Outdoor Oxelbergsparken Open Seminar	Kids seminar hours	Kenpo Studio A-salen	Kenpo Studio B-salen
17:00 - 18:15	Svetlana T.	Chris J.	Marty Z.	17:00 - 17:50	Max Bychkov.	Juan-Pablo Pizarro.
	Blending arts	Kenpo for the streets	Triangulation-Fluidity & Accenting		Children white - purple	Children blue - brown
18:30 - 19:45	Kim D.	HUKP.	Marty Z.	18:00 - 18:50	Juan-Pablo Pizarro	Max Bychkov.
	The unwritten rule about self-defence	Orbital switching	Stance & Positional Disruption & Levers		Children white - purple	Children blue - brown

SATURDAY

LOCATION	Outdoor Oxelbergsparken Open Seminar	Outdoor Oxelbergsparken Open Seminar	Outdoor Oxelbergsparken Open Seminar	Kids seminar hours	Kenpo Studio A-salen	Kenpo Studio B-salen
10:00 - 11:15	Juan-Pablo P.	Max B.	Huk P.	10:00 - 10:50	Steven Antoniou	Marty Zaninovich.
	Dynamisk K1 Kickboxing	Exploring the forms	Yellow belt techniques		Children white - purple	Children blue - brown
11:30 - 12:45	Juan-Pablo P.	Max B.	Ingmar J.	11:00 - 11:50	Marty Zaninovich.	Steven Antoniou
	Muay Thai	Ideal to real deal	Interactive Sinawali (Bring 2 sticks)		Children white - purple	Children blue - brown
12:45 - 14:15		LUNCH BREAK				
	Outdoor in the park	Outdoor in the park	Kenpo Studio		JKD Seminar	
14:15 - 15:30	Juan-Pablo P.	Marty Z.	Steven A.		Kickboxing Seminar	
	Guard and levelchanging when sparring	Position Recognition & Others	Mad Donkey Sweeps		Kenpo Seminar	
15:45 - 17:00	Ingmar J	Max B.	Steven A.		Brazilian Jujitsu seminar	
	The key to grafting	Bookend techniques	Crazy Horse Submissions		Filipino Seminar	
					Silat Seminar	
19:00	Brotherhood-Dinner outside the studio pizza evening					

SUNDAY

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

10:00 - 11:00	Outdoor Oxelbergsparken Open Seminar	Marty Z.	Mattias B.	Max B.
		Stick-Knife-Empty Hand (Bring 1 stick/knife)	Locks into takedowns	Quick lunch vs formal dinner
11:15 - 12:15	Outdoor Oxelbergsparken Open Seminar	Marty Z.	Huk P.	Juan-Pablo P.
		Kenpo 101 / Structure & Flow	change up variations	Power kicking and punching
12:15 - 13:30	LUNCH			
14:00- 16:30	The Viking Games, Vikingospel in Folkparken			

Kenpo Självförsvarsstudio: Tegelängsgatan 10, level 3

Outdoor seminars in Oxelbergsparken (Across the street of the studio)

Viking Games in Folkparken 14:00 Sunday

We recommend that you bring your own equipment:

- * Sticks and knives, (Weapon seminar)
- * Indoor training shoes, (allowed **only** in the gymnastic hall)
- * Outdoor clouthes, (for the parks) No karate gi needed.



Quagga Technologies™

, Friday night 21:00

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

(English pub, up by the old school)

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

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