

STONY PLAIN KYOKUSHIN KARATE



2010 Canadian Kyokushin Fall Camp

Itinerary

Friday 24th	4:00pm to 6:30pm	Check-in for all Students
	6:30pm to 8:30pm	Training #1 <ul style="list-style-type: none"> • Kihon • Fighting Training - Bring Fighting gear • Fighting (All students & instructors to participate, no exceptions)
	9:00pm	Dinner
Saturday 25th	6:30am to 8:00am	Training #2 <ul style="list-style-type: none"> • Niahanchi 1,2,3 • Taikyoku Kumite Drill
	8:30am	Breakfast
	10:00am to 12:00pm	Training #3 <ul style="list-style-type: none"> • Ippon Kumite 1-8 - Formal • Ippon Kumite 1-4 - Kumite Kamae
	12:30pm	Lunch
	3:00pm to 5:00pm	Training #4 <ul style="list-style-type: none"> • Ido Geiko, • Goshin jitsu • Gyakute kumite, • Ippon Kumite
	6:00pm	Dinner
	7:00pm to 8:30pm	Tamasawari and instruction with Shihan <ul style="list-style-type: none"> • Boards supplied by SPKK
Sunday 26th	6:30am to 8:00am	Training #5 <ul style="list-style-type: none"> • Review Naihanchi 1,2,3 • Passai • Review Taikyoku Kumite Drill
	8:30am	Breakfast
	10:00am to 11:00 am	Training #6 <ul style="list-style-type: none"> • Weekend training review • Sayonara
	12:00pm	Camp Clean-up