


Sommercamp 2009 from 09.-15.08.2009

Time		Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
		Fighting	Duo	Fighting	Duo	Fighting	Duo	Fighting	Duo	Fighting	Duo	Fighting	Duo	
06:30	07:15					"good morning run"		"good morning run"				"good morning run"		
07:15	08:30			Breakfast		Breakfast		Breakfast		Breakfast		Breakfast		Breakfast
09:00	10:00			Speedtraining		Part 2 Techniques	Coordination Skills	Part 3 Challenge	Randori Challenge	Randori	Combinations	Part 1 Techniques	Speed Randori	Good bye
10:00	11:30			Randori Part 1	Randori	Randori Part 2	Throws					Randori	Attack Skills	
11:30	12:30			Lunch		Lunch		Lunch		Lunch		Lunch		
14:00	15:00			Open Tatami		Technik Part 1	Acrobatics	Cultural Events		MTB Tour or Open Tatami		Team Challenge		
15:00	16:00					Randori Part 1/2	Atemi-training							
16:00	17:30					Randori Part 2	Finishing Moves							
17:30	19:00			Dinner		Dinner		Dinner		Dinner		Dinner		
19:00	20:00			18:00 Uhr preparing Tatami								Dinner		Dinner
20:00	21:00	Randori Games	Attack Skills	Wellnes Sauna or Open Tatami		Movie or Open Tatami		Wellnes Sauna or Open Tatami		Party				
21:00	21:30							Part 3 & Part 3 Randori	Mirror practice					
21:30	22:00													



Lifting Practice is possible but must be orderd!