

YOSHUKAI KARATE INTERNATIONAL SUMMER CAMP 2009

Children's training with B. Moore, L. Farrell, S. Harrington, J. Posada to be announced

| TIME | CLASSES AVAILABLE | RANKS | INSTRUCTOR |
|-------------------------|--|-------------------------|----------------------------|
| FRIDAY | | | |
| 10:00 - 11:30 AM | Gym open for supervised training | All Ranks | R. Copeland, M. Mendelson |
| 12:00 - 12:30 PM | LUNCH AVAILABLE (Not included in fee) | | |
| 1:15 - 3:45 PM | Gym open for supervised training | All Ranks | R. Copeland, M. Mendelson |
| 4:00 - 5:00 | Staff Meeting | 4th Degrees and above | M. McClernan |
| 5:00 - 5:30 PM | DINNER | | |
| 6:15 - 6:30 PM | Official bow in, welcoming remarks | All Ranks | M. McClernan |
| 6:30 - 7:25 PM | Warm-ups and General Training | All Ranks | B. Bush |
| 6:30 PM | Testing - Kata | All students testing | Testing Board |
| 7:30 - 8:15 PM | Black Belt Kata | Black Belts | B. Bush |
| | Brown Belt Kata | Brown Belts | R. Copeland |
| | Green and Yellow Belt Kata | Green and Yellow Belts | P. Fletcher, G. Van Doren |
| | White Belts | White Belts | J. Posada |
| 8:15 PM On | Socializing | All Ranks | |
| SATURDAY | | | |
| 7:00 - 8:00 AM | Testing - Kumite | All students testing | Testing Board |
| 8:00 - 8:30 am | BREAKFAST | | |
| 9:15 - 9:55 AM | Warm-ups and General Training | All Ranks | T. Moore |
| | Kata | 4th Degrees and above | M. McClernan |
| 10:00 - 10:40 AM | Tai-Ho-Jitsu 1 - 10 | White, Green and Yellow | E. Machen, J. Alford |
| | Seinchin Kata and Bunkai | Brown Belt and Up | P. Fletcher, G. Van Doren |
| 10:45 - 11:30 AM | Nunchaku Kata | White Belt and Up | J. Matthews |
| | Naha Bo | Brown Belt and Up | M. Mendelson |
| | Long Bo Kata | Brown Belt and Up | T. Moore |
| | Sai Kata | Black Belts | B. Bush and Staff |
| | Tonfa Kata | Black Belts | M. McClernan, C. McClernan |
| | Tai Ho Jitsu 11 - 16 | All Ranks | J. Posada |
| 12:00 - 12:30 PM | LUNCH | | |

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| TIME | CLASSES AVAILABLE | RANKS | INSTRUCTOR |
|-------------------------|--|--|---|
| SATURDAY | | | |
| 1:15 - 2:00 PM | Warm-up and Kata with Bunkai | All Ranks | R. Copeland |
| | Kata, Bo Tai Sai | 4th Degrees and above | M.McClernan, B. Bush, T. Moore |
| 2:05 - 2:50 PM | Awareness Training and Kumite Strategy Class | All Ranks All Ranks | B. Bush G. White and Staff Myer, Cromwell, Alford, Fletcher |
| 2:55 - 3:40 PM | Kumite Drills | All Ranks | G. White and Staff Myer, Cromwell, Alford, Fletcher |
| 3:45 - 4:30 PM | Kumite or Kata | All Ranks All Ranks | G. White and Staff Myer, Cromwell, Alford, Fletcher Staff |
| 5:00 - 5:30 PM | DINNER | | |
| 6:15 - 7:00 PM | Tai Ho Jitsu Review Bo Tai Bo Kata with Bunkai | All Ranks Brown Belt and Up Brown Belts and up | E. Machen, J. Alford, J. Posada M.Mendelson, D. Mendelson R. Copeland |
| 7:05 PM | Camp Photo | All Ranks | |
| 7:10 - 8:15 PM | Dojo Demonstrations | | |
| 8:15 PM | Camp Store | | |
| 8:15 PM ON | Socializing | | |
| SUNDAY | | | |
| 8:00 - 8:30 PM | BREAKFAST | | |
| 9:15 - 10:00 AM | Warm-ups and General Training Kata and Bo Tai Sai | All Ranks 4th Dans and above | M. McClernan B. Bush, T. Moore |
| 10:05 - 10:50 AM | Tai-Ho-Jitsus 16 - 20 Green and Yellow Belt Kata White Belts | All Ranks Green and Yellow Belts White Belts | J. Matthews and Staff P. Fletcher, G. Van Doren J. Posada |
| 10:55 - 11:45 AM | Review and Formal Bow Out | All Ranks | M. McClernan, B. Bush, T. Moore |
| 12:00 - 12:30 PM | LUNCH | | |
| | Check Out | | |
| 1:00 PM | Board of Directors Meeting | | |