

Summer Camp Zadar 2023 - Daily schedule

Thursday, 24 of August	Friday, 25 of August	Saturday, 26 of August	Sunday, 27 of August	Monday, 28 of August
<ul style="list-style-type: none"> • 11:00 ÷ 12:00 arrival • 13:00 lunch • 17:30 ÷ 17:45 Instructors meeting • 18:00 ÷ 19:30 training (sport's halls) • 20:00 dinner • 20:30 ÷ 20:45 Instructors meeting 	<ul style="list-style-type: none"> • 07:00 ÷ 07:45 training (City beach) • 08:00 breakfast • 10:00 ÷ 11:30 training (City Park) • 13:00 lunch • 16:00 ÷ 17:30 training (sport's halls) • 20:00 dinner • 20:30 ÷ 20:45 Instructors meeting 	<ul style="list-style-type: none"> • 07:00 ÷ 07:45 training (City beach) • 08:00 breakfast • 10:00 ÷ 11:30 training (City Park) • 13:00 lunch • 16:00 ÷ 17:30 training (sport's halls) • 20:00 dinner • 20:30 ÷ 20:45 Instructors meeting 	<ul style="list-style-type: none"> • 07:00 ÷ 07:45 training (Old town) • 08:00 breakfast • 10:00 ÷ 11:30 training (City park) • 13:00 lunch • 16:00 ÷ 17:30 training (sport's halls) • 20:00 dinner & sayonara party 	<ul style="list-style-type: none"> • 07:00 ÷ 07:45 training (City beach) • 08:00 breakfast • 08:30 ÷ 08:45 Instructors meeting • 12:00 departure

*Sport halls are 10 min. walk from the hostel to the north, City Park is 5 min. walk to the south, City beach Kolovare is 10 min. walk to the south and Bus station is 10 min. walk to the west.



Global Plan & Program of Trainings

JOGGING, KIHON & STRETCHING training

- **Time:** 07:00 – 7:45 (07:30 for the group I.)
- **Place:** City beaches and the Old town
- **Total number of trainings:** 4

Group I. Kids	Group II. Cadets, juniors & adults
THEMES: <ul style="list-style-type: none"> • walking, running and movement exercises • kihon • stretching 	THEMES: <ul style="list-style-type: none"> • jogging • kihon • stretching • meditation

IDO GEIKO, KATA & YAKUSOKU KUMITE training

- **Time:** 10:00 – 11:30 (11:15 for the group I.)
- **Place:** City park
- **Total number of trainings:** 3

Group I. Up to 7 th Kyu	Group II. 6 th to 4 th Kyu	Group III. 3 rd Kyu and higher
THEMES: <ul style="list-style-type: none"> • Ido Geiko • Kata (bunkai) <ol style="list-style-type: none"> 1. Taikyoku Ichi 2. Taikyoku San 3. Pinan Ichi 4. Pinan Ni 5. Pinan San 6. Sokugi Taikyoku Ichi 7. Sokugi Taikyoku Ni 8. Sokugi Taikyoku San • Yakusoku Kumite 	THEMES: <ul style="list-style-type: none"> • Ido Geiko • Kata (bunkai) <ol style="list-style-type: none"> 1. Pinan Yon 2. Pinan Go 3. Yantsu 4. Tsuki No 5. Saiha 6. Gekisai Dai 7. Sanchin No 8. Tensho 	THEMES: <ul style="list-style-type: none"> • Ido Geiko • Kata (bunkai) <ol style="list-style-type: none"> 1. Gekisai Sho 2. Seienchin 3. Kanku 4. Seipai 5. Garyu 6. Sushi Ho 7. Sanchin – Tensho 8. En Tensho
	THEME: <ul style="list-style-type: none"> • Yakusoku Kumite 	

KUMITE & SELF - DEFENSE training

- **Time:** 16:00 – 17:30 (17:15 for the group I.) / 18:00 – 19:30 (19:15 for the group I.) on Thursday, Aug. 25th
- **Place:** sport's halls
- **Total number of trainings:** 4

Group I. Kids	Group II. Cadets, juniors & adults
<p>THEMES:</p> <ul style="list-style-type: none"> • Global preparation of motor skills • Technical & tactical preparation for the kumite competition (kid's and younger cadet's tournaments rules – chest protector!) • Ground work, weapon & self - defense <p>Equipment: sticks, jumping ropes, training balls, punching pads ...</p> <p>Protectors: body protector, helmet, gloves and shin pads (mandatory equipment in all training sessions)</p>	<p>THEMES:</p> <ul style="list-style-type: none"> • Specific preparation of motor skills • Technical & tactical preparation for the kumite competition (older cadet's, junior's and adult's tournaments rules!) • Ground work, weapon & Self - defense <p>Equipment: dumbbells, medicine balls, punching pads, punching bags ...</p> <p>Protectors: chest protector (girls and woman), helmet (cadets & juniors), gloves and shin pads (mandatory equipment in all training sessions)</p>

DURATION & FREQUENCY of the TRAINING SESSIONS

Training	Total number of trainings	Training places	Groups	Training time	Duration of sessions	Themes	Frequency in trainings
JOGGING, KIHON & STRETCHING	4	City beaches and the Old town	Group I. Kids	07:00 – 07:30	15'	Walking, running and movement exercises	4
					10'	Kihon	4
					5'	Stretching	4
			Group II. Cadets, juniors & adults	07:00 – 07:45	20'	Jogging	4
					15'	Kihon	4
					5'	Stretching	4
					5'	Meditation	4

Training	Total number of trainings	Training places	Groups	Training time	Duration of sessions	Themes	Frequency in trainings	
IDO GEIKO, KATA & YAKUSOKU KUMITE	3	City Park	Group I. Up to 7 th Kyu	10:00 – 11:15	2x30'	Ido Geiko	3	
						Kata	Taikyoku Ichi	2
							Taikyoku San	2
							Pinan Ichi	2
							Pinan Ni	2
							Pinan San	2
							Sokugi Taikyoku Ichi	2
							Sokugi Taikyoku Ni	2
							Sokugi Taikyoku San	2
			15'	Yakusoku Kumite	3			
			Group II. 6 th to 4 th Kyu	10:00 – 11:30	2x30'	Ido Geiko	3	
						Kata	Pinan Yon	2
							Pinan Go	2
							Yantsu	2
							Tsuki No	2
							Saiha	2
							Gekisai Dai	2
							Sanchin No	2
							Tensho	2
			30'	Yakusoku Kumite	3			
			Group III. 3 rd Kyu and higher	10:00 – 11:30	2x30'	Ido Geiko	3	
Kata	Gekisai Sho	2						
	Seienchin	2						
	Kanku	2						
	Seipai	2						
	Garyu	2						
	Sushi Ho	2						
	Sanchin – Tensho	2						
	En Tensho	2						
30'	Yakusoku Kumite	3						
KUMITE & SELFDEFENCE	4	Sport's halls	Group I. Kids	16:00 – 17:15	2x30'	Global preparation of motor skills and technical & technical preparation for the kumite competition	4	
				(18:00 – 19:15 on Aug. 25)	15'	Ground work, weapon & self - defense	4	
			Group II. Cadets, juniors & adults	16:00 – 17:30	2x30'	Specific preparation of motor skills and technical & technical preparation for the kumite competition	4	
				(18:00 – 19:15 on Aug. 25)	30'	Ground work, weapon & self - defense	4	

Daily Plan & Program of Trainings

Training KUMITE & SELF – DEFENSE (example of one training)

Group I. Kids	Group II. Cadets, juniors & adults
Session I. (30')	Session I. (30')
<p>Theme: Global preparation of motor skills and technical & tactical preparation for the kumite competition (kid's and younger cadet's tournaments rules – chest protector!)</p> <p>Equipment:</p> <p>Instructor:</p>	<p>Theme: Specific preparation of motor skills and technical & tactical preparation for the kumite competition (older cadet's, junior's and adult's tournaments rules!)</p> <p>Equipment:</p> <p>Instructor:</p>
Session II. (30')	Session II. (30')
<p>Theme: Global preparation of motor skills and technical & tactical preparation for the kumite competition (kid's and younger cadet's tournaments rules – chest protector!)</p> <p>Equipment:</p> <p>Instructor:</p>	<p>Theme: Specific preparation of motor skills and technical & tactical preparation for the kumite competition (older cadet's, junior's and adult's tournaments rules!)</p> <p>Equipment:</p> <p>Instructor:</p>
Session III. (15')	Session III. (30')
<p>Theme: Ground work, Weapon & Self - defense</p> <p>Equipment:</p> <p>Instructor:</p>	<p>Theme: Ground work, Weapon & Self - defense</p> <p>Equipment:</p> <p>Instructor:</p>

Training JOGGING, KIHON & STRETCHING (example of one training)

<p style="text-align: center;">Group I. Kids</p>	<p style="text-align: center;">Group II. Cadets, juniors & adults</p>
<p style="text-align: center;">Session I. (15')</p> <p>Theme: Walking, running and movement exercises</p> <p>Instructor:</p>	<p style="text-align: center;">Session I. (20')</p> <p>Theme: Jogging</p> <p>Instructor:</p>
<p style="text-align: center;">Session II. (10')</p> <p>Theme: Kihon</p> <p>Instructor:</p>	<p style="text-align: center;">Session II. (15')</p> <p>Theme: Kihon</p> <p>Instructor:</p>
<p style="text-align: center;">Session III. (5')</p> <p>Theme: Stretching</p> <p>Instructor:</p>	<p style="text-align: center;">Session III. (5')</p> <p>Theme: Stretching</p> <p>Instructor:</p>
	<p style="text-align: center;">Session IV. (5')</p> <p>Theme: Meditation</p> <p>Instructor:</p>

Training IDO GEIKO, KATA & YAKUSOKU KUMITE (example of one training)

<p align="center">Group I. Up to 7th Kyu</p>	<p align="center">Group II. 6th to 3rd Kyu</p>	<p align="center">Group III. 2nd Kyu and higher</p>
<p align="center">Session I. (30')</p> <p>Theme: Ido geiko & Kata (bunkai)</p> <p>KATA:</p> <ul style="list-style-type: none"> • Taikyoku Ichi • Pinan Ichi <p>Instructor:</p>	<p align="center">Session I. (30')</p> <p>Theme: Ido geiko & Kata (bunkai)</p> <p>KATA:</p> <ul style="list-style-type: none"> • Pinan Yon • Yantsu <p>Instructor:</p>	<p align="center">Session I. (30')</p> <p>Theme: Ido geiko & Kata (bunkai)</p> <p>KATA:</p> <ul style="list-style-type: none"> • Gekisai Sho • Seienchin <p>Instructor:</p>
<p align="center">Session II. (30')</p> <p>Theme: Ido geiko & Kata (bunkai)</p> <p>KATA:</p> <ul style="list-style-type: none"> • Pinan Ni • Sokugi Taikyoku Ichi <p>Instructor:</p>	<p align="center">Session II. (30')</p> <p>Theme: Ido geiko & Kata (bunkai)</p> <p>KATA:</p> <ul style="list-style-type: none"> • Tsuki No • Sanchin No <p>Instructor:</p>	<p align="center">Session II. (30')</p> <p>Theme: Ido geiko & Kata (bunkai)</p> <p>KATA:</p> <ul style="list-style-type: none"> • Kanku • Sanchin - Tensho <p>Instructor:</p>
<p align="center">Session III. (15')</p> <p>Theme: Yakusoku kumite</p> <p>Instructor:</p>	<p align="center">Session III. (30')</p> <p>Theme: Yakusoku kumite</p> <p>Instructor:</p>	

Engagement of the instructors in TOTAL (example)

KUMITE & SELF - DEFENSE

Training No.	Day	Training session	Group I. Kids	Group II. Cadets, juniors & adults
1	Thursday, Aug. 24	Session I. (30')	Instructor	
		Session II. (30')		
		Session III. (15'/30')		
4	Friday, Aug. 25	Session I. (30')		
		Session II. (30')		
		Session III. (15'/30')		
7	Saturday, Aug. 26	Session I. (30')		
		Session II. (30')		
		Session III. (15'/30')		
10	Sunday, Aug. 27	Session I. (30')		
		Session II. (30')		
		Session III. (15'/30')		

IDO GEIKO, KATA & YAKUSOKU KUMITE

Training No.	Day	Training session	Group I. Up to 7 th Kyu	Group II. 6 th to 3 rd Kyu	Group III. 2 nd Kyu and higher
3.	Friday, Aug. 25	Session I. (30')	Instructor		
		Session II. (30')			
		Session III. (15'/30')			
6.	Saturday, Aug. 26	Session I. (30')			
		Session II. (30')			
		Session III. (15'/30')			
9.	Sunday, Aug. 27	Session I. (30')			
		Session II. (30')			
		Session III. (15'/30')			

JOGGING, KIHON & STRETCHING

Training No.	Day	Training session	Group I. Kids	Group II. Cadets, juniors & adults
2	Friday, Aug. 25	Session I. (15'/20')	Instructor	
		Session II. (10'/15')		
		Session III. (5')		
		Session IV. (5')		
5	Saturday, Aug. 26	Session I. (15'/20')		
		Session II. (10'/15')		
		Session III. (5')		
		Session IV. (5')		
8	Sunday, Aug. 27	Session I. (20')		
		Session II. (15')		
		Session III. (5')		
		Session IV. (5')		
11	Monday, Aug. 28	Session I. (20')		
		Session II. (15')		
		Session III. (5')		
		Session IV. (5')		