

BKK SUMMER CAMP SENIOR TIMETABLE 2023



Summer Camp Instructors

Shihan David Pickthall (7th Dan) | Shihan Janine Davies (6th Dan) | Shihan Chris Seal (5th Dan)
Shihan Wai Cheung (5th Dan) | Sensei Kenny Jarvis (4th Dan) | Senpai Leon Lund Regan (1st Dan)

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
GRADING 10.30AM TO 5.30PM SPORTS HALL	TRAINING 6.30AM - 7.30AM PLAYING FIELDS Adults Shihan David Grading points and technical questions Adults Sensei Kenny/Shihan Chris - circuit Juniors Shihan Wai and Senpai Leon - circuit	TRAINING 6.30AM - 7.30AM PLAYING FIELDS Adults Shihan Janine General training and technical questions Adults Shihan Chris/Sensei Kenny - circuit Juniors Senpai Leon and Shihan Wai - circuit	NO TRAINING
	BREAKFAST 8AM	BREAKFAST 8AM	BREAKFAST 8AM
TRAINING 11.00am - 12.40pm PLAYING FIELDS ALL Shihan Janine warm up (20 MINS) Shihan Janine Kihon (20 MINS) Shihan Wai - positioning, core, technical linking(30 mins) Shihan Chris (30 mins)	TRAINING 11.00am - 12.30pm PLAYING FIELDS All - Shihan David warm up (20 MINS) Juniors Shihan Wai and Senpai Leon Kumite footwork for punching and kicking Adults choose between two groups Group 1 Shihan David/ Shihan Janine Kihon Group 2 Shihan Chris / Sensei Kenny - Knockdown All Sparring 20 mins	TRAINING 11.00am - 12.30pm PLAYING FIELDS All Sensei Kenny warm up (20 MINS) Juniors Shihan David, Shihan Wai and Senpai Leon Adults choose between two groups Group 1 Shihan Janine Renraku / Chris Kihon Group 2 Sensei Kenny - Knockdown	Sayōnara - Goodbye! さようなら
LUNCH 1PM	LUNCH 1PM	LUNCH 1PM	
TRAINING 3.30pm - 5.30pm PLAYING FIELDS Shihan Wai warm up all (20 MINS) Juniors Shihan Wai and Shihan Chris Kihon and technical sparring Adults - split two groups Shihan Janine Kata (40 mins) Sensei Kenny Bunkai (40 mins) All Sparring 20 mins	TRAINING 3.30pm - 5.30pm PLAYING FIELDS All - Shihan Chris warm up 20 mins Juniors Shihan Wai and Senpai Leon Blocking and Checking drills and Bunkai Shihan David Kata 1st Kyu and Below Shihan Janine Kata Shodan and above Shihan Chris /Sensei Kenny KD fighter training group All 20 mins sparring	TRAINING 2.30pm - 5.30pm PLAYING FIELDS Warm Up ALL Padwork and sparring grading fights. 4.45pm sports hall kata & results	
DINNER	DINNER 6PM	DINNER	
EC Meeting 7-8pm Swimming Pool 7.30PM TO 8.30PM	Karate Self Defence and the Law talk with Shihan Janine not in dogi 7-8pm Swimming Pool 7.30PM TO 8.30PM	SAYONARA PARTY 8PM - 11PM IN COOMBE LODGE BEEFEATER 104 COOMBE ROAD CR0 5RB	

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