



University of WA Karate Club Training Camp

Saturday Schedule

TIME	ACTIVITIES
6:30 AM	Wake up
7:00 AM	Breakfast
7:30 AM	
MORNING TRAINING	
8:00 AM	Kihon
8:30 AM	
9:00 AM	Kata & Bunkai
9:30 AM	
10:00 AM	Break falling
10:30 AM	Tom: Meditation
11:00 AM	Beach Training
11:30 AM	
Lunch & Freetime	
12:00 PM	Lunch & Freetime
12:30 PM	
1:00 PM	
1:30 PM	
AFTERNOON TRAINING	
2:00 PM	Tom: Core Training & Conditioning
2:30 PM	Tom: Close Quarter Combat (Colours) John: Ippon & Sanbon Kumite (Whites)
3:00 PM	
3:30 PM	Kumite: Drills
4:00 PM	Kumite: Point Bouts
4:30 PM	Kumite: Group
5:00 PM	
5:30 PM	Games & Fun Drills + Warm Down

TIME	ACTIVITIES
6:00 PM	Freetime
6:30 PM	
7:00 PM	
7:30 PM	
FEAST & PARTY	
8:00 PM	FEAST & PARTY
8:30 PM	
9:00 PM	
9:30 PM	
10:00 PM	
10:30 PM	
11:00 PM	
11:30 PM	
12:00 AM	