

KARATE CAMP 2011

CAMP ITINERARY: 26th & 27th November 2011

SATURDAY :

9.00 am sharp	Arrive
9.30-10.30 am	Introductions/ Karate Fundamentals Training
11.00am	Soft work /sensitivity training
12.30	Lunch
2.00-3.30pm	Karate Footwork Training
	Afternoon tea
4.00-5.30pm	Karate Sparring Training
6.00pm	Camp fire Dinner

SUNDAY :

7.00am	Arise
7.30-8.30am	Karate Fundamentals Training
	Breakfast
9.30am-12noon	Karate Kata Function Training
12 noon	Barbecue Lunch
1.30-3.00pm	Karate Kata/ Function Training
3.00pm	Farewells and formalities
4.00pm	Clean & pack

Please bring along: Toiletries, towels (for showers & training) pillow, sleeping bag or sheet and doona, outdoor training shoes and personal drinking water bottle.

Please ensure : You have your own protective equipment and are punctual to all classes.

Strictly no alcohol to be brought to the training camp.

How to get there: Wu Lin Martial and Healing Arts Centre
Pass Melbourne airport follow signs towards Lancefield.

Before you reach Sunbury there is the Lancefield turnoff on your right, stay on that road towards Tooborac, pass thru Clarkfield, Romsey, then Lancefield, continue on 4.5 kms, Sherwood Court is on your left.

If you have specific dietary or health restrictions, please notify us one week before your arrival.



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