



NORGES SHOTOKANFORBUND

# SUMMER CAMP FREDRIKSTAD 2010

## Thursday 1<sup>st</sup> - Sunday 4<sup>th</sup> of July

## SCHEDULE

GROUP	THURSDAY			FRIDAY			SATURDAY				SUNDAY	
Instructor class (extra) 2.dan >			16:00-17:00 <b>U</b>			16:00-17:00 <b>U</b>						
Warming up	09:45			09:45			10:15		14:00		10:45	
All students	10:00-11:00	11:00-12:00	17:00-18:30	10:00-11:00	11:00-12:00	17:00-18:30	10:30-11:30	11.30-12:30	14:15-15:15	15:15-16:15	11:00-12:15	12:30-13:30
9-7 kyu	L	K	T	A	L	K	T	A	L	K	T	A
6-4 kyu	K	T	A	L	K	T	A	L	K	T	A	L
Brown belts	T	A	L	K	T	A <b>U</b>	L	K <b>U</b>	T	A	L <b>U</b>	K
Black belts	A <b>U</b>	L	K <b>U</b>	T <b>U</b>	A	L	K	T	A	L <b>U</b>	K	T
Children		N		N				N			N	

Instructors	Code
Sensei Ubl	U
Sensei Trimble	T
Sensei Amos	A
Sensei Kompier	K
Sensei Langley	L
Sensei Nilssen	N



Group	Ubl	Amos	Trimble	Kompier	Langley	Nilssen	Total
9-7 kyu		3	3	3	3		12
6-4 kyu		3	3	3	3		12
Brown belts	3	2	3	2	2		12
Black Belts	4	2	2	2	2		12
Instructors class 2.dan >	2						2
Children						4	4
<b>Total</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>10</b>	<b>10</b>	<b>4</b>	<b>54</b>

Each training starts with warm up all together for about 15 minutes  
Each training should have at least one break for drinking water.