

WELCOME TO THE

NKO SUMMERCAMP 2022



WITH **SENSEI ANNIKA PETERSON**
& **SENSEI CRISTIAN BOLDUJ**



SCHEDULE

Thursday 30 June

From 14:00 Arrival, check-in and registration

17:00 **WELCOME TRAINING** with sensei Cristian & sensei Annika

20:00 Dinner

Friday 01 July

07:30 Breakfast

09:00 **TRAINING in groups** (sensei Annika, sensei Cristian & sensei Erik)

10:30 Short break: Bring water and dry change (weather dependent)

11:00 **TRAINING in groups** (sensei Annika, sensei Cristian & senpai Marleen)

13:00 Lunch

17:00 **KATA TRAINING in groups** (sensei Annika, sensei Cristian, sensei Steffen & senpai Bård)
FIGHT TRAINING for competitors (senpai Marleen)

19:00 Dinner

20:00 Seminar

20:00 *Inkludering* v. Amir

20:20 *Trygg på trening* v. Svein Olaf

20:35 *Informasjon fra forbundsnivå* v. Svein Olaf

20:40 *Kyokushin etikette på nett* v. Steffen og Marleen

20:55 *Landslaget* v. Amir, Steffen og Marleen

Saturday 02 July

- 05:00 **MORNING TRAINING with meditation** (sensei Annika & sensei Ingrid)
- 09:00 Breakfast
- 11:00 **TRAINING KATA / KIHON in groups** (sensei Annika, sensei Cristian & senpai Amir)
- 13:00 Lunch
- 17:00 **PHOTO SESSION before training**
- 17:10 **TRAINING KUMITE / FIGHT-RELATED**
- 19:00 Dinner and social activities

Sunday 03 July

- 07:30 Breakfast
- 09:00 **TRAINING** (sensei Annika & sensei Cristian)
- 10:30 Short break: Bring water and dry change (weather dependent)
- 11:00 **FRIENDLY SPARRING**
- 13:00 Lunch and check-out