

**2008 SUMMER KARATE CAMP - TIME EVENT AGENDA**

|                                   | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  |
|-----------------------------------|--|--|--|--|---|
| Time & Date                       | 28-Jul   | 29-Jul   | 30-Jul   | 31-Jul   | 1-Aug   |
| 7:30 - 8 AM<br>Drop off & Wake Up | MORNING ACTIVITIES<br>CARTOONS & COLORING  | MORNING ACTIVITIES<br>CARTOONS & COLORING  | MORNING ACTIVITIES<br>CARTOONS & COLORING  | 7:30 - 8 AM<br>Gather up for<br><b>ADVENTURE ISLANDS</b> | MORNING ACTIVITIES<br>CARTOONS & COLORING   |
| 8 - 8:30 AM                       | Clean and get Uniform on!  | Clean and get Uniform on!  | Clean and get Uniform on!  | 8 - 8:30 AM<br><b>LEAVE</b><br>for<br>Adventure Islands  | Clean and get Uniform on!   |
| <b>THEME</b>                      | <b>SPARRING CONCEPTS RULES &amp; BASIC TECHNIQUES</b>  | <b>ADVANCED SPARRING TECH. &amp; COMBINATIONS</b>  | <b>INTELLIGENT SPARRING</b>  |  | <b>THREE FORMS OF TKD SPARRING</b>  |
| 8:30 - 9 AM                       | 8:30 - 9 AM<br>1st <b>SPARRING</b> Class<br>BASIC:<br>Warm up / Stretch / Agility<br>(5 min. break)  | 8:30 - 9 AM<br>1st <b>SPARRING</b> Class<br>ADVANCE:<br>Warm up / Stretch / Agility<br>(5 min. break)    | 8:30 - 9 AM<br>1st <b>SPARRING</b> Class<br>READING OPPONENT:<br>Warm up / Stretch / Agility<br>(5 min. break) | 8:30 - 9 AM<br>Travel Time                               | 8:30 - 9 AM<br>1st <b>SPARRING</b> Class<br>TESTING STYLE:<br>Warm up / Stretch / Agility<br>(5 min. break) |
| 9 - 9:30 AM                       | 9 - 9:30 AM<br>2nd <b>SPARRING</b> Class<br>CONCEPTS:<br>Rules & Basics Techniques<br>(5 min. break) | 9 - 9:30 AM<br>2nd <b>SPARRING</b> Class<br>ADVANCE:<br>Blocking / Parrying / Striking / Kicking Combo's | 9 - 9:30 AM<br>2nd <b>SPARRING</b> Class<br>SET UPS:<br>Faints & Deceptions<br>(5 min. break)                  | 9 - 9:30 AM<br><b>ARRIVE</b><br><b>Adventure Islands</b> | 9 - 9:30 AM<br>2nd <b>SPARRING</b> Class<br>CLASSROOM STYLE<br>(5 min. break)                               |
| 9:30 - 10 AM                      | 9:30 - 10 AM<br>3rd <b>SPARRING</b> Class<br>PRACTICE<br>(5 min. break)                              | 9:30 - 10 AM<br>3rd <b>SPARRING</b> Class<br>PRACTICE<br>(5 min. break)                                  | 9:30 - 10 AM<br>3rd <b>SPARRING</b> Class<br>PRACTICE<br>(5 min. break)  | 9:30 - 10 AM<br>Adventure Islands                        | 9:30 - 10 AM<br>3rd <b>SPARRING</b> Class<br>COMPETITION STYLE<br>(5 min. break)                            |
| 10 - 10:30 AM                     | 10 - 10:30 AM<br>Clean up / Bow out<br>Get Uniform off!  | 10 - 10:30 AM<br>Clean up / Bow out<br>Get Uniform off!  | 10 - 10:30 AM<br>Clean up / Bow out<br>Get Uniform off!  | 10 - 10:30 AM<br>Adventure Islands                       | 10 - 10:30 AM<br>Clean up / Bow out<br>Get Uniform off!   |
| 10:30 - 11 AM                     | 10:30 - 11 AM<br>Free Time / Group Games   | 10:30 - 11 AM<br>Free Time / Group Games   | 10:30 - 11 AM<br>Free Time / Group Games   | 10:30 - 11 AM<br>Adventure Islands                       | 10:30 - 11 AM<br>Free Time / Group Games  |
| 11 - 11:30 AM                     | 11 - 11:30 AM<br>Movie Time<br>Lunch   | 11 - 11:30 AM<br>Movie Time<br>Lunch   | 11 - 11:30 AM<br>Movie Time<br>Lunch   | 11 - 11:30 AM<br>Adventure Islands                       | 11 - 11:30 AM<br>Movie Time<br><i>Free Pizza Lunch</i>  |
| 11:30 - 12 Noon                   | 11:30 - 12 Noon<br>Lunch & Movie   | 11:30 - 12 Noon<br>Lunch & Movie   | 11:30 - 12 Noon<br>Lunch & Movie   | 11:30 - 12 Noon<br>Adventure Islands                     | 11:30 - 12 Noon<br>Lunch & Movie  |
| 12 - 12:30 PM                     | 12 - 12:30 PM<br>Clean up  | 12 - 12:30 PM<br>Clean up  | 12 - 12:30 PM<br>Clean up  | 12 - 12:30 PM<br>Adventure Islands                       | 12 - 12:30 PM<br>Clean up   |
| 12:30 - 1 PM                      | 12:30 - 1 PM<br>Leave for North<br><b>Nokomis Beach</b>  | 12:30 - 1 PM<br>Leave for<br><b>AMF Bowling</b>  | 12:30 - 1 PM<br>Leave for<br><b>Oscar Scherer</b>  | 12:30 - 1 PM<br>Adventure Islands                        | 12:30 - 1 PM<br>Leave for<br><b>AMC Movie Theatre</b>   |
| 1 - 1:30 PM                       | 1 - 1:30 PM<br>Beach Activities  | 1 - 1:30 PM<br>Bowling   | 1 - 1:30 PM<br>Lake Swimming   | 1 - 1:30 PM<br>Adventure Islands                         | 1 - 1:30 PM<br>Movie Theatre  |
| 1:30 - 2 PM                       | 1:30 - 2 PM<br>Beach Activities  | 1:30 - 2 PM<br>Bowling   | 1:30 - 2 PM<br>Lake Swimming   | 1:30 - 2 PM<br>Leave for<br><b>McDonalds</b>             | 1:30 - 2 PM<br>Movie Theatre  |
| 2 - 2:30 PM                       | 2 - 2:30 PM<br>Beach Activities  | 2 - 2:30 PM<br>Bowling   | 2 - 2:30 PM<br>Lake Swimming   | 2 - 2:30 PM<br>Late Lunch<br><b>McDonalds</b>            | 2 - 2:30 PM<br>Movie Theatre  |
| 2:30 - 3 PM                       | 2:30 - 3 PM<br>Leave for<br><b>Bentleys</b>  | 2:30 - 3 PM<br>Leave for<br><b>Dairy Queen</b>   | 2:30 - 3 PM<br>Leave for<br><b>Checkers</b>  | 2:30 - 3 PM<br>Leave for<br><b>Osprey ATA</b>            | 2:30 - 3 PM<br>Movie Theatre  |
| 3 - 3:30 PM                       | 3 - 3:30 PM<br>Bentleys Ice Cream<br>Albee Road  | 3 - 3:30 PM<br>Dairy Queen<br>Clark Road   | 3 - 3:30 PM<br>Checkers<br>US41  | 3 - 3:30 PM<br>Travel Time                               | 3 - 3:30 PM<br>Back to<br><b>Osprey ATA</b>   |
| 3:30 - 4 PM                       | 3:30 - 4 PM<br>Back to<br><b>Osprey ATA</b>  | 3:30 - 4 PM<br>Back to<br><b>Osprey ATA</b>  | 3:30 - 4 PM<br>Back to<br><b>Osprey ATA</b>  | 3:30 - 4 PM<br>Back to<br><b>Osprey ATA</b>              | 3:30 - 4 PM<br>Free Time / Group Games  |
| 4 - 4:30 PM                       | 4 - 4:30 PM<br>Games & Clean up  | 4 - 4:30 PM<br>Games & Clean up  | 4 - 4:30 PM<br>Games & Clean up  | 4 - 4:30 PM<br>Games & Clean up                          | 4 - 4:30 PM<br>Clean up   |
| 4:30 - 5 PM                       | 4:30 - 5 PM<br>Read Book & Quite Time<br>Parent Pick Up  | 4:30 - 5 PM<br>Read Book & Quite Time<br>Parent Pick Up  | 4:30 - 5 PM<br>Read Book & Quite Time<br>Parent Pick Up  | 4:30 - 5 PM<br>Read Book & Quite Time<br>Parent Pick Up  | 4:30 - 5 PM<br>Read Book & Quite Time<br>Parent Pick Up   |
| <b>Week Eight</b>                 | <b>5 DAY SPARRING CAMP &amp; ADVENTURE ISLANDS</b>   |  |  |  |   |