

## KYOKUSHIN KARATE Gold Coast Inc.

## 2024 WINTER CAMP

## Friday 12<sup>th</sup> July 15:30 - 17:00 Check in/room allocation **Training session 1 Shihan Judd Outdoor Area** 17:30 - 18:30 19:00 **Dining Hall** Dinner Saturday 13th July 05:45 Roll Call **O/S Dining Hall** Training session 2 Shihan Judd 06:00 - 07:00 **Beach/ Headlands** 07:30 - 08:30 Breakfast Dining Hall 09:00 - 10:30 Training session 3 Shihan Judd Indoor Court 5 **Dining Hall** 10:30 - 10:45 Morning Tea Training session 4 Shihan Judd Indoor Court 5 11:00 - 12:15 12:30 - 13:30 Lunch Dining Hall 13:30 - 14:45 The Shihan Judd Reid story Meeting Room 2 14:45 - 15:00 Afternoon Tea Dining Hall if required) Training Session 5 Shihan Judd Indoor Court 5 15:15 - 17:15 18:00 Dinner Dining Hall Book signing Shihan Judd Reid Dining Hall Sunday 14th July

| 05:45         | Roll Call                                | O/S Dining Hall  |
|---------------|------------------------------------------|------------------|
| 06:00 - 07:00 | Morning session 6 Shihan Judd            | Beach/ Headlands |
| 07:30 - 08:15 | Breakfast                                | Dining Hall      |
| 08:45 - 10:30 | Training session 7 MISOGI                | Off-site         |
|               | Take Morning Tea with us!!! Take towel a | and dry clothes! |
| 11:15 - 12:45 | Training session 8 Sparring Shihan J     | udd Oval/Court 5 |
| 13:00 - 14:00 | Lunch                                    | Dining Hall      |
| 14:00         | Checkout                                 |                  |