

Students' Schedule

56th Kyokushin Summer Camp

July 12 – 15, 2024

N.S.C. Papendal, The Netherlands



Friday July 12, 2024

14.00	Opening and Training (MULTIHAL CDE)
15.00	Making groups (MULTI HAL CDE)
15.30 – 17.00	General training (MULTI HAL CDE)
18.00	Dinner
20.00 – 22.00	Training kihon in groups (25 fights)
23.00	Night training

Saturday July 13, 2024

07.00	Running and stretching
08.00	Breakfast
10.00 – 12.00	Training kata in groups (25 fights)
10.00 - 16.00	Centrale Jeugd Dag (only Dutch youth <14)
10.30 – 11.30	Grading up to 2 nd kyu
12.00	Lunch
12.30 – 16.00	Grading 1 st Kyu and up (MULTI HAL AB)
14.00 – 16.00	Training kumite tactics (25 fights)
16.00	Preparation Kyokushin performance
19.00	BBQ and Kyokushin performance



Sunday July 14, 2024

08.00	Breakfast
10.00 – 12.00	Taking Pictures General training (25 fights)
12.00	Lunch
14.30 – 16.30	Kumite training (25 fights)
17.30	Dinner
19.00 – 20.30	Technical Training in groups
21.00 – 23.00	EC FOOTBALL FINAL
23.00	Special training



Monday July 15, 2024

08.00	Breakfast (leave room before 10.00 AM)
09.30	Making Pictures
09.30	Training-warmup in groups
10.00 – 12.00	Exam Kumite (SPORTSHALL WEST)

Groups

Group 1:	3 rd dan and up and instructors
Group 2:	1 st and 2 nd dan
Group 3:	2 nd and 1 st kyu
Group 4:	all degrees up to 3 rd kyu

Bring something to drink to each workout and always take your protection with you.

