

# 12<sup>th</sup> EKO Matsushima Summer Camp – Zadar 2021 (Croatia)

## Daily schedule

Thursday, 29 of July	Friday, 30 of July	Saturday, 31 of July	Sunday, 1 of August	Monday, 2 of August
<ul style="list-style-type: none"> <li>• 10:00 ÷ 12:00 arrival</li> <li>• 13:00 lunch</li> <li>• free time (rest, beach, ..)</li> <li>• 17:00 ÷ 17:30 <b>EKO board, Branch chiefs &amp; Instructors meeting</b></li> <li>• 18:00 ÷ 19:30 <b>training</b> (sport halls)</li> <li>• 20:00 dinner</li> <li>• 20:30 ÷ 21:15 <b>seminar</b></li> </ul>	<ul style="list-style-type: none"> <li>• 07:00 ÷ 07:45 <b>training</b> (on the beach)</li> <li>• 08:00 breakfast</li> <li>• 10:00 ÷ 11:30 <b>training</b> (City Park)</li> <li>• free time (rest, beach, ..)</li> <li>• 13:00 lunch</li> <li>• 15:30 ÷ 17:00 <b>training</b> (sport halls)</li> <li>• free time (rest, beach, ..)</li> <li>• 20:00 dinner</li> <li>• 20:30 ÷ 21:15 <b>seminar</b></li> </ul>	<ul style="list-style-type: none"> <li>• 07:00 ÷ 07:45 <b>training</b> (on the beach)</li> <li>• 08:00 breakfast</li> <li>• 10:00 ÷ 11:30 <b>training</b> (City Park)</li> <li>• free time (rest, beach, ...)</li> <li>• 13:00 lunch</li> <li>• 15:30 ÷ 17:00 <b>training</b> (sport halls)</li> <li>• free time (rest, beach, ...)</li> <li>• 20:00 dinner</li> <li>• 20:30 ÷ 21:15 <b>seminar</b></li> </ul>	<ul style="list-style-type: none"> <li>• 07:00 ÷ 07:45 <b>training</b> (on the beach)</li> <li>• 08:00 breakfast</li> <li>• 10:00 ÷ 11:30 <b>training</b> (City park)</li> <li>• free time (rest, beach, ..)</li> <li>• 13:00 lunch</li> <li>• 15:30 ÷ 20:30 <b>exam</b> (sport hall)</li> <li>• 21:00 sayonara party</li> </ul>	<ul style="list-style-type: none"> <li>• 07:00 ÷ 07:45 <b>training</b> (on the beach)</li> <li>• 08:00 breakfast</li> <li>• 09:00 ÷ 10:00 <b>EKO board &amp; Branch chiefs meeting</b></li> <li>• 12:00 departure</li> </ul>

### \* Notice:

- City beach Kolovare is 10 min. walk from the hostel to the south;
- Sport halls are 5 min. walk from the hostel to the north;
- City Park is 5. min. walk from the hostel to the south.

## Global Plan & Program of Trainings

### JOGGING, KIHON & STRETCHING training

- **Time:** 07:00 – 7:45 (07:30 for the group I.)
- **Place:** on the beach
- **Total number of trainings:** 4

Group I. Kids	Group II. Cadets, juniors & adults
<b>THEMES:</b> <ul style="list-style-type: none"> <li>• jogging</li> <li>• kihon</li> <li>• stretching</li> </ul>	<b>THEMES:</b> <ul style="list-style-type: none"> <li>• jogging</li> <li>• kihon</li> <li>• stretching</li> <li>• meditation</li> </ul>

## IDO GEIKO, KATA & YAKUSOKU KUMITE training

- **Time:** 10:00 – 11:30
- **Place:** City park
- **Total number of trainings:** 3

<b>Group I.</b> Up to 7 <sup>th</sup> Kyu	<b>Group II.</b> 6 <sup>th</sup> to 3 <sup>rd</sup> Kyu	<b>Group III.</b> 2 <sup>nd</sup> Kyu and higher
<b>THEMES:</b> <ul style="list-style-type: none"> <li>• Ido Geiko</li> <li>• Kata (standardization &amp; bunkai)               <ol style="list-style-type: none"> <li>1. Pinan Ni, San, Yon &amp; Go</li> <li>2. Sokugi Taikyoku Ichi, Ni, San &amp; Yon</li> <li>3. Sanchin No</li> </ol> </li> <li>• Yakusoku Kumite</li> </ul>	<b>THEMES:</b> <ul style="list-style-type: none"> <li>• Ido Geiko</li> <li>• Kata (standardization &amp; bunkai)               <ol style="list-style-type: none"> <li>1. Yantsu</li> <li>2. Tsuki No</li> <li>3. Saiha</li> <li>4. Gekisai Dai</li> <li>5. Gekisai Sho</li> <li>6. Tensho</li> </ol> </li> <li>• Yakusoku Kumite</li> </ul>	<b>THEMES:</b> <ul style="list-style-type: none"> <li>• Ido Geiko</li> <li>• Kata (standardization &amp; bunkai)               <ol style="list-style-type: none"> <li>1. Seienchin</li> <li>2. Kanku Dai</li> <li>3. Seipai</li> <li>4. Garyu</li> <li>5. Sushi Ho</li> <li>6. Sanchin – Tensho</li> <li>7. En Tensho</li> </ol> </li> <li>• Yakusoku Kumite</li> </ul>

## KUMITE & SELF - DEFENSE training

- **Time:** 16:00 – 17:30 (17:15 for the group I.) / 18:00 – 19:30 (19:15 for the group I.) on Thursday, July 29<sup>th</sup>
- **Place:** sport halls
- **Total number of trainings:** 3

<b>Group I.</b> Kids	<b>Group II.</b> Cadets & juniors	<b>Group III.</b> Adults
<b>THEMES:</b> <ul style="list-style-type: none"> <li>• Global preparation of motor skills</li> <li>• Technical preparation for the kumite competition</li> <li>• Tactical preparation for the kumite competition</li> <li>• Self - defense</li> </ul> <p><b>Equipment:</b> sticks, jumping ropes, training balls, punching pads, etc.  <b>Protectors:</b> chest protector, helmet, gloves &amp; shin pads</p>	<b>THEMES:</b> <ul style="list-style-type: none"> <li>• Global preparation of motor skills</li> <li>• Specific preparation of motor skills in pre-competition period</li> <li>• Technical preparation for the kumite competition</li> <li>• Tactical preparation for the kumite competition</li> <li>• Self - defense</li> </ul> <p><b>Equipment:</b> dumbbells, medicine balls, punching pads, etc.  <b>Protectors:</b> helmet, gloves &amp; shin pads</p>	<b>THEMES:</b> <ul style="list-style-type: none"> <li>• Specific preparation of motor skills in pre-competition period</li> <li>• Technical preparation for the kumite competition</li> <li>• Tactical preparation for the kumite competition</li> <li>• Self - defense</li> </ul> <p><b>Equipment:</b> barbells, medicine balls, punching bags, focusers, etc.  <b>Protectors:</b> gloves &amp; shin pads</p>

Elements	Total number of trainings	Training places	Groups	Training time	Duration of sessions	Themes	Frequency in trainings	
<b>JOGGING, KIHON &amp; STRETCHING</b>	4	On the beach	<b>Group I.</b> Kids	07:00 – 07:30	10'	Jogging	4	
					10'	Kihon	4	
					10'	Stretching	4	
			<b>Group II.</b> Cadets, juniors, & adults	07:00 – 07:45	15'	Jogging	4	
					15'	Kihon	4	
					10'	Stretching	4	
					5'	Meditation	4	
<b>IDO GEIKO, KATA &amp; YAKUSOKU KUMITE</b>	3	City Park	<b>Group I.</b> Up to 7 <sup>th</sup> Kyu	10:00 – 11:30	20'	Ido Geiko	3	
					60'	Kata	Pinan Ni	1
							Pinan San	1
							Pinan Yon	1
							Pinan Go	1
							Sokugi Taikyoku Ichi	1
							Sokugi Taikyoku Ni	1
							Sokugi Taikyoku San	1
							Sokugi Taikyoku Yon	1
			Sanchin No	1				
			10'	Yakusoku Kumite	3			
			<b>Group II.</b> 6 <sup>th</sup> to 3 <sup>rd</sup> Kyu	10:00 – 11:30	20'	Ido Geiko	3	
					40'	Kata	Yantsu	1
							Tsuki No	1
							Saiha	1
							Gekisai Dai	1
							Gekisai Sho	1
Tensho	1							
30'	Yakusoku Kumite	3						
<b>Group III.</b> 2 <sup>nd</sup> Kyu and higher	10:00 – 11:30	20'	Ido Geiko	3				
		40'	Kata	Seienchin	1			
				Kanku Dai	1			
				Seipai	1			
				Garyu	1			
				Sushi Ho	1			
				Sanchin – Tensho	1			
				En Tensho	1			
30'	Yakusoku Kumite	3						

Elements	Total number of trainings	Training places	Groups	Training time	Duration of sessions	Themes	Frequency in trainings
<b>KUMITE &amp; SELFDEFENCE</b>	3	Sport halls	<b>Group I.</b> Kids	16:00 – 17:15 (18:00 – 19:15 on July 29)	20'	Global preparation of motor skills	3
					20'	Technical preparation for the kumite competition	3
					20'	Tactical preparation for the kumite competition	3
					15'	Self - defense	3
			<b>Group II.</b> Cadets & juniors	16:00 – 17:30 (18:00 – 19:30 on July 29)	20'	Global preparation of motor skills	1
					20'	Specific preparation of motor skills in pre-competition period	2
					20'	Technical preparation for the kumite competition	3
					30'	Tactical preparation for the kumite competition	3
			<b>Group III.</b> Adults	16:00 – 17:30 (18:00 – 19:30 on July 29)	20'	Self - defense	3
					20'	Specific preparation of motor skills in pre-competition period	3
					30'	Technical preparation for the kumite competition	3
					20'	Tactical preparation for the kumite competition	3

## Daily Plan & Program of Trainings

**Training No. 1** – Thursday, July 29, 18:00 – 19:30 (19:15 for the group I.)

### KUMITE & SELF - DEFENSE

<b>Group I.</b> Kids	<b>Group II.</b> Cadets & juniors	<b>Group III.</b> Adults
Session I. (20')	Session I. (20')	Session I. (20')
<b>Theme:</b> Global preparation of motor skills	<b>Theme:</b> Global preparation of motor skills	<b>Theme:</b> Specific preparation of motor skills in pre-competition period
<b>Equipment:</b>	<b>Equipment:</b>	<b>Equipment:</b>
<b>Instructor:</b> Shihan / Sensei ...	<b>Instructor:</b> Shihan / Sensei ...	<b>Instructor:</b> Shihan / Sensei ...
Session II. (20')	Session II. (20')	Session II. (20')
<b>Theme:</b> Technical preparation for the kumite competition	<b>Theme:</b> Technical preparation for the kumite in pre-competition period	<b>Theme:</b> Technical preparation for the kumite in pre-competition period
<b>Equipment:</b>	<b>Equipment:</b>	<b>Equipment:</b>
<b>Instructor:</b> Shihan / Sensei ...	<b>Instructor:</b> Shihan / Sensei ...	<b>Instructor:</b> Shihan / Sensei ...
Session III. (20')	Session III. (30')	Session III. (30')
<b>Themes:</b> Tactical preparation for the kumite competition	<b>Themes:</b> Tactical preparation for the kumite in pre-competition period	<b>Themes:</b> Tactical preparation for the kumite in pre-competition period
<b>Equipment:</b>	<b>Equipment:</b>	<b>Equipment:</b>
<b>Instructor:</b> Shihan / Sensei ...	<b>Instructor:</b> Shihan / Sensei ...	<b>Instructor:</b> Shihan / Sensei ...
Session IV. (15')	Session IV. (20')	Session IV. (20')
<b>Themes:</b> Self - defense	<b>Themes:</b> Self - defense	<b>Themes:</b> Self - defense
<b>Equipment:</b>	<b>Equipment:</b>	<b>Equipment:</b>
<b>Instructor:</b> Shihan / Sensei ...	<b>Instructor:</b> Shihan / Sensei ...	<b>Instructor:</b> Shihan / Sensei ...

## **JOGGING, KIHON & STRETCHING**

<b>Group I.</b> Kids	<b>Group II.</b> Cadets, juniors & adults
Session I. (10')	Session I. (15')
<b>Theme:</b> Jogging	<b>Theme:</b> Jogging
<b>Equipment:</b>	<b>Equipment:</b>
<b>Instructor:</b> Shihan / Sensei ...	<b>Instructor:</b> Shihan / Sensei ...
Session II. (10')	Session II. (15')
<b>Theme:</b> Kihon	<b>Theme:</b> Kihon
<b>Equipment:</b>	<b>Equipment:</b>
<b>Instructor:</b> Shihan / Sensei ...	<b>Instructor:</b> Shihan / Sensei ...
Session III. (10')	Session III. (10')
<b>Theme:</b> Stretching	<b>Theme:</b> Stretching
<b>Equipment:</b>	<b>Equipment:</b>
<b>Instructor:</b> Shihan / Sensei ...	<b>Instructor:</b> Shihan / Sensei ...
	Session IV. (5')
	<b>Theme:</b> Meditation
	<b>Equipment:</b>
	<b>Instructor:</b> Shihan / Sensei ...

**IDO GEIKO, KATA & YAKUSOKU KUMITE**

<p><b>Group I.</b> Up to 7<sup>th</sup> Kyu</p>	<p><b>Group II.</b> 6<sup>th</sup> to 3<sup>rd</sup> Kyu</p>	<p><b>Group III.</b> 2<sup>nd</sup> Kyu and higher</p>
<p>Session I. (20')</p> <p><b>IDO GEIKO:</b></p> <ul style="list-style-type: none"> <li>•</li> </ul> <p><b>Instructor:</b> Shihan / Sensei ...</p>	<p>Session I. (20')</p> <p><b>IDO GEIKO:</b></p> <ul style="list-style-type: none"> <li>•</li> </ul> <p><b>Instructor:</b> Shihan / Sensei ...</p>	<p>Session I. (20')</p> <p><b>IDO GEIKO:</b></p> <ul style="list-style-type: none"> <li>•</li> </ul> <p><b>Instructor:</b> Shihan / Sensei ...</p>
<p>Session II. (60')</p> <p><b>KATA (standardization &amp; bunkai):</b></p> <ul style="list-style-type: none"> <li>• Pinan ni</li> <li>• Pinan san</li> <li>• Sokugi Taikyoku Ichi</li> </ul> <p><b>Instructor:</b> Shihan / Sensei ...</p>	<p>Session II. (40')</p> <p><b>KATA (standardization &amp; bunkai):</b></p> <ul style="list-style-type: none"> <li>• Yantsu</li> <li>• Tsuki No</li> </ul> <p><b>Instructor:</b> Shihan / Sensei ...</p>	<p>Session II. (40')</p> <p><b>KATA (standardization &amp; bunkai):</b></p> <ul style="list-style-type: none"> <li>• Seienchin</li> <li>• Kanku Dai</li> </ul> <p><b>Instructor:</b> Shihan / Sensei ...</p>
<p>Session III. (10')</p> <p><b>YAKUSOKU KUMITE:</b></p> <ul style="list-style-type: none"> <li>•</li> </ul> <p><b>Instructor:</b> Shihan / Sensei ...</p>	<p>Session III. (30')</p> <p><b>YAKUSOKU KUMITE:</b></p> <ul style="list-style-type: none"> <li>•</li> </ul> <p><b>Instructor:</b> Shihan / Sensei ...</p>	<p>Session III. (30')</p> <p><b>YAKUSOKU KUMITE:</b></p> <ul style="list-style-type: none"> <li>•</li> </ul> <p><b>Instructor:</b> Shihan / Sensei ...</p>

**KUMITE & SELF - DEFENSE**

<p align="center"><b>Group I.</b> Kids</p>	<p align="center"><b>Group II.</b> Cadets &amp; Juniors</p>	<p align="center"><b>Group III.</b> Adults</p>
<p align="center">Session I. (20')</p> <p><b>Theme:</b> Global preparation of motor skills</p> <p><b>Equipment:</b></p> <p><b>Instructor:</b> Shihan / Sensei ...</p>	<p align="center">Session I. (20')</p> <p><b>Theme:</b> Specific preparation of motor skills in pre-competition period</p> <p><b>Equipment:</b></p> <p><b>Instructor:</b> Shihan / Sensei ...</p>	<p align="center">Session I. (20')</p> <p><b>Theme:</b> Specific preparation of motor skills in pre-competition period</p> <p><b>Equipment:</b></p> <p><b>Instructor:</b> Shihan / Sensei ...</p>
<p align="center">Session II. (20')</p> <p><b>Theme:</b> Technical preparation for the kumite competition</p> <p><b>Equipment:</b></p> <p><b>Instructor:</b> Shihan / Sensei ...</p>	<p align="center">Session II. (20')</p> <p><b>Theme:</b> Technical preparation for the kumite in pre-competition period</p> <p><b>Equipment:</b></p> <p><b>Instructor:</b> Shihan / Sensei ...</p>	<p align="center">Session II. (20')</p> <p><b>Theme:</b> Technical preparation for the kumite in pre-competition period</p> <p><b>Equipment:</b></p> <p><b>Instructor:</b> Shihan / Sensei ...</p>
<p align="center">Session III. (20')</p> <p><b>Themes:</b> Tactical preparation for the kumite competition</p> <p><b>Equipment:</b></p> <p><b>Instructor:</b> Shihan / Sensei ...</p>	<p align="center">Session III. (30')</p> <p><b>Themes:</b> Tactical preparation for the kumite in pre-competition period</p> <p><b>Equipment:</b></p> <p><b>Instructor:</b> Shihan / Sensei ...</p>	<p align="center">Session III. (30')</p> <p><b>Themes:</b> Tactical preparation for the kumite in pre-competition period</p> <p><b>Equipment:</b></p> <p><b>Instructor:</b> Shihan / Sensei ...</p>
<p align="center">Session IV. (15')</p> <p><b>Themes:</b> Self - defense</p> <p><b>Equipment:</b></p> <p><b>Instructor:</b> Shihan / Sensei ...</p>	<p align="center">Session IV. (20')</p> <p><b>Themes:</b> Self - defense</p> <p><b>Equipment:</b></p> <p><b>Instructor:</b> Shihan / Sensei ...</p>	<p align="center">Session IV. (20')</p> <p><b>Themes:</b> Self - defense</p> <p><b>Equipment:</b></p> <p><b>Instructor:</b> Shihan / Sensei ...</p>



**JOGGING, KIHON & STRETCHING**

<p align="center"><b>Group I.</b> Kids</p>	<p align="center"><b>Group II.</b> Cadets, juniors &amp; adults</p>
<p align="center">Session I. (10')</p> <p><b>Theme:</b> Jogging</p> <p><b>Equipment:</b></p> <p><b>Instructor:</b> Shihan / Sensei ...</p>	<p align="center">Session I. (15')</p> <p><b>Theme:</b> Jogging</p> <p><b>Equipment:</b></p> <p><b>Instructor:</b> Shihan / Sensei ...</p>
<p align="center">Session II. (10')</p> <p><b>Theme:</b> Kihon</p> <p><b>Equipment:</b></p> <p><b>Instructor:</b> Shihan / Sensei ...</p>	<p align="center">Session II. (15')</p> <p><b>Theme:</b> Kihon</p> <p><b>Equipment:</b></p> <p><b>Instructor:</b> Shihan / Sensei ...</p>
<p align="center">Session III. (10')</p> <p><b>Theme:</b> Stretching</p> <p><b>Equipment:</b></p> <p><b>Instructor:</b> Shihan / Sensei ...</p>	<p align="center">Session III. (10')</p> <p><b>Theme:</b> Stretching</p> <p><b>Equipment:</b></p> <p><b>Instructor:</b> Shihan / Sensei ...</p>
	<p align="center">Session IV. (5')</p> <p><b>Theme:</b> Meditation</p> <p><b>Equipment:</b></p> <p><b>Instructor:</b> Shihan / Sensei ...</p>

**IDO GEIKO, KATA & YAKUSOKU KUMITE**

<p><b>Group I.</b> Up to 7<sup>th</sup> Kyu</p>	<p><b>Group II.</b> 6<sup>th</sup> to 3<sup>rd</sup> Kyu</p>	<p><b>Group III.</b> 2<sup>nd</sup> Kyu and higher</p>
<p>Session I. (20')</p> <p><b>IDO GEIKO:</b></p> <ul style="list-style-type: none"> <li>•</li> </ul> <p><b>Instructor:</b> Shihan / Sensei ...</p>	<p>Session I. (20')</p> <p><b>IDO GEIKO:</b></p> <ul style="list-style-type: none"> <li>•</li> </ul> <p><b>Instructor:</b> Shihan / Sensei ...</p>	<p>Session I. (20')</p> <p><b>IDO GEIKO:</b></p> <ul style="list-style-type: none"> <li>•</li> </ul> <p><b>Instructor:</b> Shihan / Sensei ...</p>
<p>Session I. (60')</p> <p><b>KATA (standardization &amp; bunkai):</b></p> <ul style="list-style-type: none"> <li>• Pinan Yon</li> <li>• Pinan Go</li> <li>• Sokugi Taikyoku Ni</li> </ul> <p><b>Instructor:</b> Shihan / Sensei ...</p>	<p>Session I. (40')</p> <p><b>KATA (standardization &amp; bunkai):</b></p> <ul style="list-style-type: none"> <li>• Saiha</li> <li>• Gekisai Dai</li> </ul> <p><b>Instructor:</b> Shihan / Sensei ...</p>	<p>Session I. (40')</p> <p><b>KATA (standardization &amp; bunkai):</b></p> <ul style="list-style-type: none"> <li>• Seipai</li> <li>• Garyu</li> </ul> <p><b>Instructor:</b> Shihan / Sensei ...</p>
<p>Session I. (10')</p> <p><b>YAKUSOKU KUMITE:</b></p> <ul style="list-style-type: none"> <li>•</li> </ul> <p><b>Instructor:</b> Shihan / Sensei ...</p>	<p>Session I. (30')</p> <p><b>YAKUSOKU KUMITE:</b></p> <ul style="list-style-type: none"> <li>•</li> </ul> <p><b>Instructor:</b> Shihan / Sensei ...</p>	<p>Session I. (30')</p> <p><b>YAKUSOKU KUMITE:</b></p> <ul style="list-style-type: none"> <li>•</li> </ul> <p><b>Instructor:</b> Shihan / Sensei ...</p>

**KUMITE & SELF - DEFENSE**

<p align="center"><b>Group I.</b> Kids</p>	<p align="center"><b>Group II.</b> Cadets &amp; Juniors</p>	<p align="center"><b>Group III.</b> Adults</p>
<p align="center">Session I. (20')</p> <p><b>Theme:</b> Global preparation of motor skills</p> <p><b>Equipment:</b></p> <p><b>Instructor:</b> Shihan / Sensei ...</p>	<p align="center">Session I. (20')</p> <p><b>Theme:</b> Specific preparation of motor skills in pre-competition period</p> <p><b>Equipment:</b></p> <p><b>Instructor:</b> Shihan / Sensei ...</p>	<p align="center">Session I. (20')</p> <p><b>Theme:</b> Specific preparation of motor skills in pre-competition period</p> <p><b>Equipment:</b></p> <p><b>Instructor:</b> Shihan / Sensei ...</p>
<p align="center">Session II. (20')</p> <p><b>Theme:</b> Technical preparation for the kumite competition</p> <p><b>Equipment:</b></p> <p><b>Instructor:</b> Shihan / Sensei ...</p>	<p align="center">Session II. (20')</p> <p><b>Theme:</b> Technical preparation for the kumite in pre-competition period</p> <p><b>Equipment:</b></p> <p><b>Instructor:</b> Shihan / Sensei ...</p>	<p align="center">Session II. (20')</p> <p><b>Theme:</b> Technical preparation for the kumite in pre-competition period</p> <p><b>Equipment:</b></p> <p><b>Instructor:</b> Shihan / Sensei ...</p>
<p align="center">Session III. (20')</p> <p><b>Themes:</b> Tactical preparation for the kumite competition</p> <p><b>Equipment:</b></p> <p><b>Instructor:</b> Shihan / Sensei ...</p>	<p align="center">Session III. (30')</p> <p><b>Themes:</b> Tactical preparation for the kumite in pre-competition period</p> <p><b>Equipment:</b></p> <p><b>Instructor:</b> Shihan / Sensei ...</p>	<p align="center">Session III. (30')</p> <p><b>Themes:</b> Tactical preparation for the kumite in pre-competition period</p> <p><b>Equipment:</b></p> <p><b>Instructor:</b> Shihan / Sensei ...</p>
<p align="center">Session IV. (15')</p> <p><b>Themes:</b> Self - defense</p> <p><b>Equipment:</b></p> <p><b>Instructor:</b> Shihan / Sensei ...</p>	<p align="center">Session IV. (20')</p> <p><b>Themes:</b> Self - defense</p> <p><b>Equipment:</b></p> <p><b>Instructor:</b> Shihan / Sensei ...</p>	<p align="center">Session IV. (20')</p> <p><b>Themes:</b> Self - defense</p> <p><b>Equipment:</b></p> <p><b>Instructor:</b> Shihan / Sensei ...</p>

**JOGGING, KIHON & STRETCHING**

<p align="center"><b>Group I.</b> Kids</p>	<p align="center"><b>Group II.</b> Cadets, juniors &amp; adults</p>
<p align="center">Session I. (10')</p> <p><b>Theme:</b> Jogging</p> <p><b>Equipment:</b></p> <p><b>Instructor:</b> Shihan / Sensei ...</p>	<p align="center">Session I. (15')</p> <p><b>Theme:</b> Jogging</p> <p><b>Equipment:</b></p> <p><b>Instructor:</b> Shihan / Sensei ...</p>
<p align="center">Session II. (10')</p> <p><b>Theme:</b> Kihon</p> <p><b>Equipment:</b></p> <p><b>Instructor:</b> Shihan / Sensei ...</p>	<p align="center">Session II. (15')</p> <p><b>Theme:</b> Kihon</p> <p><b>Equipment:</b></p> <p><b>Instructor:</b> Shihan / Sensei ...</p>
<p align="center">Session III. (10')</p> <p><b>Theme:</b> Stretching</p> <p><b>Equipment:</b></p> <p><b>Instructor:</b> Shihan / Sensei ...</p>	<p align="center">Session III. (10')</p> <p><b>Theme:</b> Stretching</p> <p><b>Equipment:</b></p> <p><b>Instructor:</b> Shihan / Sensei ...</p>
	<p align="center">Session IV. (5')</p> <p><b>Theme:</b> Meditation</p> <p><b>Equipment:</b></p> <p><b>Instructor:</b> Shihan / Sensei ...</p>

**IDO GEIKO, KATA & YAKUSOKU KUMITE**

<p><b>Group I.</b> Up to 7<sup>th</sup> Kyu</p>	<p><b>Group II.</b> 6<sup>th</sup> to 3<sup>rd</sup> Kyu</p>	<p><b>Group III.</b> 2<sup>nd</sup> Kyu and higher</p>
<p>Session I. (20')</p> <p><b>IDO GEIKO:</b></p> <ul style="list-style-type: none"> <li>•</li> </ul> <p><b>Instructor:</b> Shihan / Sensei ...</p>	<p>Session I. (20')</p> <p><b>IDO GEIKO:</b></p> <ul style="list-style-type: none"> <li>•</li> </ul> <p><b>Instructor:</b> Shihan / Sensei ...</p>	<p>Session I. (20')</p> <p><b>IDO GEIKO:</b></p> <ul style="list-style-type: none"> <li>•</li> </ul> <p><b>Instructor:</b> Shihan / Sensei ...</p>
<p>Session II. (60')</p> <p><b>KATA (standardization &amp; bunkai):</b></p> <ul style="list-style-type: none"> <li>• Sokugi Taikyoku San</li> <li>• Sokugi Taikyoku Yon</li> <li>• Sanchin No</li> </ul> <p><b>Instructor:</b> Shihan / Sensei ...</p>	<p>Session II. (40')</p> <p><b>KATA (standardization &amp; bunkai):</b></p> <ul style="list-style-type: none"> <li>• Gekisai Sho</li> <li>• Tensho</li> </ul> <p><b>Instructor:</b> Shihan / Sensei ...</p>	<p>Session II. (40')</p> <p><b>KATA (standardization &amp; bunkai):</b></p> <ul style="list-style-type: none"> <li>• Sushi Ho</li> <li>• Sanchin – Tensho</li> <li>• En Tensho</li> </ul> <p><b>Instructor:</b> Shihan / Sensei ...</p>
<p>Session III. (10')</p> <p><b>YAKUSOKU KUMITE:</b></p> <ul style="list-style-type: none"> <li>•</li> </ul> <p><b>Instructor:</b> Shihan / Sensei ...</p>	<p>Session III. (30')</p> <p><b>YAKUSOKU KUMITE:</b></p> <ul style="list-style-type: none"> <li>•</li> </ul> <p><b>Instructor:</b> Shihan / Sensei ...</p>	<p>Session III. (30')</p> <p><b>YAKUSOKU KUMITE:</b></p> <ul style="list-style-type: none"> <li>•</li> </ul> <p><b>Instructor:</b> Shihan / Sensei ...</p>

**JOGGING, KIHON & STRETCHING**  
Join training and photography

<b>Group:</b> Kids, cadets, juniors & adults	
Session I. (10')	
<b>Theme:</b> Jogging	
<b>Equipment:</b>	
<b>Instructor:</b>	
Session II. (20')	
<b>Theme:</b> Kihon	
<b>Equipment:</b>	
<b>Instructors:</b>	
Session III. (10')	
<b>Theme:</b> Stretching	
<b>Equipment:</b>	
<b>Instructor:</b>	
Session IV. (5')	
<b>Theme:</b> Meditation	
<b>Equipment:</b>	
<b>Instructor:</b>	