

ESSENTIAL EQUIPMENT

In addition to your personal effects all attendees are to have the following items:

Focus pads, bag gloves, 2 Kali Sticks, training knife, Mouth Guard, joggers, comfortable clothing, eye protection, towel

Still cameras are permitted during seminar but no video is allowed by participants

ITINERARY

Friday 27th August

6-8pm Arrival and allocation of rooms
8pm Official Welcome and supper

Saturday 28th August

7am Breakfast
8-9am Early Morning Warm up
9-10.30am Session 1 - Close Range Concepts and Grappling
10.30-11am Morning Tea
11-11.30pm Beep Test
11.30 - 1pm Session 2 - Muay Thai with Brad Casey
1-2pm Lunch
2-3.30pm Session 3 - Filipino Weapons Espada y daga
3.30-4.30pm Afternoon Tea
4-5.30pm Session 4 - Kickboxing with John Suttle
5.30-6.30pm Free Time
6.30-7.30pm Dinner
7.30-10.30pm Martial Arts History and discussion, movies, games

Sunday 29th August

7am Breakfast
8-9am Warm up and pad drills
9-10.30am Session 5 - Capoeira - beyond the basics
10.30-11am Morning Tea
11-12.30pm Session 6 - JKD trapping entries and finishes
12.30-1pm Lunch
1-2.30pm Session 7 - Traditional Kung Fu with John Suttle
2.30-3pm Afternoon Tea
3-4.30pm Session 8 - Pentjak Silat
4.30-5pm Presentations and Farewell