



Wednesday, August 5th

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| 9:00-10:30am: | Instructors' Seminar |
| 10:30-11:15am: | Dojo Heads' Seminar |
| 11:15-12:30pm: | LUNCH (for Early Arrivals) |
| 12:30pm: | Departure to the Dojo |
| 1:30-4:30pm: | Yudansha Testing |
| 4:45pm: | Departure to BSU |
| 5:00-6:00pm: | DINNER |
| 6:30-9:00pm: | Opening General Session: Kihon/Core Self Defense Variations (Combo Sensei) |

Thursday, August 6th

6:00-6:45am: Meditation (Coniaris Sensei) [Optional Event]

7:00-8:30am: BREAKFAST

8:45-9:55am: Weapon of Choice:

Iai for current practitioners only (Coniaris Sensei);

Tonfa (Combo Sensei);

Knife/Nitan Bo (Lawrence Sensei);

Jo (Riendl Sensei);

Bo (Stetz Sensei)

10:00-10:55am: Whose Shoulders Are They: (Combo Sensei)

11:00-11:55pm: Nage (Guest Instructor Sensei Pete Campbell)

Choice Option: Improving your Motion and Goshinjutsu (Coniaris Sensei)

12:00-1:30pm: Lunch

1:00-1:50pm: Talk: Dr. Julian Perez - sports medicine fellow - dojo injuries diagnosis and treatment

2:00-2:55pm: Breakout Session:

Core Self Defense - Yudansha (Coniaris, Peterson, T. Abell, Stetz Sensei);

Core Self Defense - Mudansha (Combo Sensei)

3:00-3:55pm: Breakout Session: Kata - Drill, Refine, Do (Various Sensei)

4:00-4:55pm: Breakout Session: Nage - Yudansha (Campbell Sensei)

Mindset of Gun/Knife Applications - Mudansha (Coniaris Sensei)

5:00-6:00pm: DINNER

7:00-7:55pm: Breakout Session:

Drinking from the Firehose –Yudansha (Dealing with a high volume of techniques) (Curry Sensei)

Taiatari – Mudansha (Bair Sensei)

8:00-8:55pm: Flow Drill/Rays 7 Drill (Coniaris, Peterson, T. Abell, Stetz Sensei)

9:00-9:30pm: Open training [Optional]

9:30pm-?: Cabin 8

Friday, August 7th

6:00-6:45am: Hike (Peterson Sensei) [Optional Event]

7:00-8:10am: BREAKFAST

8:15-9:25am: Weapon of Choice:

Iai for current practitioners only (Coniaris Sensei);

Tonfa (Combo Sensei);

Knife/Nitan Bo (Lawrence Sensei);

Jo (Riendl Sensei);

Bo (Stetz Sensei)

9:30-10:55am: Ground (Guest Instructor: Sensei Mitch Coats)

11:00-11:55am: Nage (Guest Instructor: Sensei Pete Campbell)

12:00-2:00pm: LUNCH

1:00-1:50pm: Talk: Dr. Stephen Coniaris - Self-defense: seeing the big picture

2:00-2:55pm: Breakout Session:

Core Self Defense for Yudansha (Coniaris, Peterson, T. Abell, Stetz Sensei);

Core Self Defense for Mudansha (Combo Sensei)

3:00-3:55pm: Breakout Session: Kata - Drill, Refine, Do (Various Sensei)

4:00-4:55pm: Breakout Session: Nage - Yudansha (Campbell Sensei);

Goshinjutsu - Mudansha (Coniaris Sensei)

5:00-6:00pm: DINNER

7:00-7:55pm: Flow Drill/Ray7 (part 2) (Coniaris, Peterson, T. Abell, Stetz Sensei)

Optional: "So you want to teach" (techniques on how to teach) (Combo Sensei)

8:00-8:55pm: Circuit training (Coniaris Sensei)

9:00-9:30pm: Open Training [Optional]

9:30-? Cabin 8

Saturday, August 8th

6:00-6:45am: Run (Curry Sensei) [Optional Event]

7:00-8:30am: BREAKFAST

8:45-9:55am: Weapon of Choice:

Iai for current practitioners only (Coniaris Sensei);

Tonfa (Combo Sensei);

Knife/Nitan Bo (Lawrence Sensei);

Jo (Riendl Sensei);

Bo (Stetz Sensei)

10:00-10:55am: Kids class (Combo/Lawrence/Curry)
Goshinjutsu (Coniaris/Bair/Peterson)

11:00-11:55am: Nage (Campbell Sensei);

Choice Option: Improving your Motion and Goshinjutsu (Coniaris Sensei)

Noon-1:00pm: LUNCH

2:00-2:55pm: Choice Option: Nage (Campbell Sensei);
Atemi/Kata (Coniaris/Curry Sensei);
Core Self Defense (Bair Sensei)

3:00-3:29.9pm: Review/Demo Practice

4:15pm: Bowing Out & Closing Thoughts

6:45-8:45pm: Banquet

9:30pm: Cabin 8

