

31st ANNUAL WINTER MARTIAL ARTS SPIRIT CAMP

Friday Schedule of Classes

TIME	CLASS	INSTRUCTOR
8:00 PM	 <p>31st Annual Winter Martial Arts Spirit Camp Kill Devil Hills, NC</p>	Myers
8:30 PM		Hobson
8:45 PM		Gurganus
9:00 PM		Price
9:15 PM		Break
9:30 PM		Click
9:45 PM		Kureth
10:00 PM		Oviatt
10:15 PM		Pilch
10:30 PM to 11:00 PM		Spirit Training & Competition

- Elevators may be used only during check-in and check-out. Climbing the stairs is part of your training.
- Everyone should be in the Dojo at least 15 minutes prior to each scheduled workout.
- Report any injury, no matter how small, to Hanshi Myers.

31st ANNUAL WINTER MARTIAL ARTS SPIRIT CAMP

Saturday Schedule of Classes

TIME	CLASS	INSTRUCTOR
9:00 AM to 10:15 AM	Knife/Empty Hand Flow Drill	Gurganus
	Take out the Legs with Sweeps	Click
	Guess the Kata / Self-Defense in Kata	Oviatt
10:15 AM to 11:30 AM	Escapes from Grabs & Holds into Locks & Strikes	Price
	Kata Hakuryu	Kureth
	Nakazato no Eku	Hobson
11:30 PM to 12:45 PM	Take 'em Down, Lock 'em Up	Pilch
	Kubotan / TactBo Hardcore Self-Defense	Myers
	Winning Kumite Strategies	Gurganus
	Pick up a Not-So-Big Stick	Oviatt
12:45 to 2:00	Lunch	Sandwiches Provided for Campers
2:00 PM to 3:15 PM	Naifanchin / Pinan Bunkai	Hobson
	Using Basic Blocks for Entering, Blocking, Locking, Strik	Price
	Pachu Kata	Gurganus
	Bo / Action Flex Kumite	Kureth
3:15 PM to 4:30 PM	Training Can Be Fun!	Oviatt
	The Best Throws of Judo	Click
	Continuous Striking Methods & Patterns:Combative Flow	Price
	Fight from the Ground Up	Pilch
4:30 PM to 5:30 PM	Jockey's Ridge	
5:30 PM to 8:00 PM	DINNER	
8:00 PM to 9:15 PM	Sword	Myers
	Combat Jiu Jitsu	Pilch
9:15 PM to 12:00 PM	Warrior Society Activities	Pool

31st ANNUAL WINTER MARTIAL ARTS SPIRIT CAMP

Sunday Schedule of Classes

TIME	CLASS	INSTRUCTOR
9:00 AM	Goshin Do: The best from Karate, Judo, JuJutsu & Aikido	Click
to	Knife/Empty Hand Flow Drill #2	Gurganus
	The Brass Knuckles of Okinawa	Kureth
9:55 AM	Gun Disarms	Myers
10:00 AM	Kaeshi Ippon Kumite	Hobson
to	Using Basic Blocks for Entering, Blocking, Locking, Strik	Price
	Pick up a Big Stick: Escrima	Oviatt
10:55 AM	Combat Jiu Jitsu II	Pilch
11:00 AM	EARTH, FIRE, WIND and	Everyone
to 11:30 AM	WATER	
12:30 PM	AWARDS LUNCHEON	



Kill Devil Hills, NC