

Karate New Zealand Camp Programme 17-18 July 2017



Confirmed coaches:

Kumite: Braedyn Birss, Leonard Kong, Binh Nguyen, Gregor McLachlan, Ray Yee, Craig Nordstrand

Kata: Duane Monk, Johnny Ling, Rebecca Merrifield, Joseph McGregor, Gregg Burgess, Adrian Tong, Craig Nordstrand

Day 1: Monday

9.00 – 9.10 Opening

Opening address by KNZ President Dennis May followed by National Anthem

9.10 – 10.00 Session 1:

Kumite Advanced:	<i>Braedyn Birss – ‘Rapid Decision Making & Identification’</i>
Kumite Development:	<i>Binh Nguyen – ‘Offensive Strategies: Setting up Attacks’</i>
Kata Advanced:	<i>Johnny Ling, Duane Monk – ‘Technical Kata Analysis’</i>
Kata Development:	<i>Rebecca Merrifield – Bassai Dai</i>

10.15 – 11.15 Session 2:

Kumite Advanced:	<i>Binh Nguyen – ‘Offensive Strategies: Setting up Attacks’</i>
Kumite Development:	<i>Braedyn Birss – ‘Rapid Decision Making & Identification’</i>
Kata Advanced:	<i>Johnny Ling, Duane Monk – ‘Technical Kata Analysis’</i>
Kata Development:	<i>Joseph McGregor – Seipai</i>

11.30 – 12.30 Sessions 3:

Theory Session for Junior and Senior Athletes: *‘Understanding the New Selection Policies and the Senior Athlete Management Pool Requirements’*

Presentation and group exercises facilitated by Andy Roosen and Joseph McGregor

Other younger participants: *Greg Burgess – ‘Karate Fitness Drills and Games’*

12.30 – 13.30 LUNCH

13.30 – 14.30 Session 4:

Theory Session: *‘KNZ Fitness Testing Demonstration’*

Workshop facilitated by Andy Roosen and Joseph McGregor;

Future fitness test facilitators will be invited to continue workshop facilitated by Andy after group demonstration. (Duane, Leonard, Joseph, Binh, Adrian, Sean Richardson, Greg, Rebecca)

14.45 – 15.45 Session 5:

Kumite Advanced:
Kumite Development:

Craig Nordstrand – ‘Distance, Positioning & Absorbing 1’
Gregor McLachlan – ‘Staying in the Fight: Toughness in the Ring’

Kata Advanced:
Kata Development:

Johnny Ling, Duane Monk – ‘Technical Kata Analysis’
Adrian Tong – Sanseiru

16.00 – 17.00 Session 6:

Kumite Advanced:

Kumite Development:
Kata Advanced:
Kata Development:

Gregor McLachlan – ‘Staying in the Fight: Toughness in the Ring’
Craig Nordstrand – ‘Distance, Positioning & Absorbing 1’
Johnny Ling, Duane Monk – ‘Technical Kata Analysis’
Rebecca Merrifield – Bassai Dai – continued

End of Day 1

Day 2: Tuesday

8.30 – 9.30 Session 1:

Kumite Advanced:
Kumite Development:
Kata Advanced:
Kata Development:

Leonard Kong – Senshu Tactics
Craig Nordstrand – ‘Distance, Positioning & Absorbing 2’
Duane Monk – Reinforcing Day 1 observations
Joseph McGregor – Seipai

9.45 – 10.45 Session 2:

Kumite Advanced:
Kumite Development:
Kata Advanced:
Kata Development:

Craig Nordstrand – ‘Distance, Positioning & Absorbing 2’
Leonard Kong – Senshu Tactics
Duane Monk – Reinforcing Day 1 observations
Greg Burgess – Paiku

11.00 – 12.00 Sessions 3:

Joint session:

Andy Roosen – ‘Introduction to Plyometrics’

12.00 – 13.00 LUNCH

13.00 – 14.00 Session 4:

Joint session

Gregor McLachlan – ‘Staying in the Fight: Toughness in the Ring’

14.15 – 15.15 Session 5:

Kumite Advanced:

Leonard Kong – ‘Consolidating all Kumite Sessions’

Kumite Development:

Ray Yee – ‘Understanding Timing and Rhythm 2’

Kata Advanced:

Craig Nordstrand, Duane Monk – Analysing Day 1

Kata Development:

Adrian Tong – Seiunchin

15.30 – 16.30 Session 6:

Kumite Advanced:

Ray Yee – ‘Understanding Timing and Rhythm 2’

Kumite Development:

Leonard Kong – ‘Consolidating all Kumite Sessions’

Kata Advanced:

Duane Monk – Reinforcing Day 1 observations

Kata Development:

Greg Burgess – Paiku continued

End of Day 2