

## Karate New Zealand Camp Programme 27-28 January 2018



Confirmed coaches:

Kumite: Braedyn Birss, Chris Bennett, Leonard Kong, Binh Nguyen, Craig Nordstrand,  
Duane Monk

Kata: Duane Monk, Rebecca Merrifield, Craig Nordstrand

Technical: Simon Merrick, Johnny Ling, Andy Roosen

### **Theme of 2018 camps: 'Scoring and optimizing scoring potential'**

Some of the sessions will run in close collaboration with referees and judges to emphasize specifically what officials are looking for in competition performance.

All content of the sessions will reflect the new KNZ Athlete Curriculum which will be developed further based on this year's camps; sessions may be videoed for this reason.

**Drug Free Sport NZ will make a presentation during this camp during lunch break on Day 1; ALL JUNIORS AND SENIORS MUST BRING IN A LUNCH AND REMAIN AT THE VENUE FOR THIS PRESENTATION.**

## **Day 1: Saturday**

**8.00 – 8.30      Registration**

**8.30 – 9.00      Putting down mats**

**9.00 – 9.10      Opening**

Opening address by KNZ Official followed by National Anthem

**9.10 – 10.00      Session 1:**

Kumite Advanced:                      *Braedyn Birss “Decision Making”*

Kumite Development:                  *Craig Nordstrand “Positioning for counter kicks and punches”*

Kata:                                        *Duane Monk & Rebecca Dobson “Traditional Basics leading to Athletic training for kata competition”*

**10.15 – 11.15      Session 2:**

Kumite Advanced:                      *Craig Nordstrand “Positioning for counter kicks and punches”*

Kumite Development:                  *Braedyn Birss “Decision Making”*

Kata:                                        *Duane Monk & Rebecca Dobson “Traditional Basics leading to Athletic training for kata competition”*

**11.30 – 12.30      Sessions 3:**

*Presentation by Andy Roosen ‘2018 Competitions, Selections, Policy Amendments, and 2020 Preparation’*

**12.30 – 13.30      LUNCH**

**Seniors and Juniors to attend – DFSNZ Aidan Kaho ‘Antidoping’**

**13.30 – 14.30      Session 4:**

*Presentation by Andy Roosen ‘Planning the 2018 competition Year’*

**14.45 – 15.45      Session 5:**

Kumite Advanced:                      *Binh Nguyen “Timing, Distance and Composure”*

Kumite Development:                  *Craig Nordstrand “Positioning for counter kicks and punches”*

Kata Advanced:                         *Duane Monk & Rebecca Dobson “Senior Kata”*

**6.00 – 17.00      Session 6:**

Kumite Advanced:                      *Craig Nordstrand “Positioning for counter kicks and punches”*

Kumite Development:                  *Binh Nguyen “Timing, Distance and Composure”*

Kata Advanced:                         *Duane Monk & Rebecca Dobson “Senior Kata”*

**End of Day 1**

## **Day 2: Sunday**

### **8.30 – 9.30 Session 1:**

Kumite Advanced: *Breadyn Birss “Technique Driven Scenarios – kizami zuki and ura mawashi geri”*

Kumite Development: *Christopher Bennett “Active Defence Fighting”*

Kata: *Duane Monk & Rebecca Dobson “Traditional Basics leading to Athletic training for kata competition”*

### **9.45 – 10.45 Session 2:**

Kumite Advanced: *Christopher Bennett “Active Defence Fighting”*

Kumite Development: *Breadyn Birss “Technique Driven Scenarios”*

Kata: *Duane Monk & Rebecca Dobson “Traditional Basics leading to Athletic training for kata competition”*

### **11.00 – 12.00 Sessions 3:**

Joint session Kumite: *Simon Merrick “Analyzing scoring criteria with a focus on timing and distance”*

Joint session Kata: *Johnny Ling “Kata Presentation for competition”*

### **12.00 – 13.00 LUNCH**

### **13.00 – 14.00 Session 4:**

*Presentation by Penny Cheketri and Brendon Running ‘Mental Preparedness’*

### **14.15 – 15.15 Session 5:**

Kumite Advanced: *Leonard Kong “Technique Consolidation – kizami zuki and ura mawashi geri”*

Kumite Development: *Duane Monk in conjunction with Referees and judges “Consolidation of Scoring Criteria”*

Kata Advanced: *Rebecca Dobson in conjunction with Referees “Senior Kata”*

### **15.30 – 16.30 Session 6:**

Kumite Advanced: *Duane Monk in conjunction with Referees and judges “Consolidation of Scoring Criteria”*

Kumite Development: *Leonard Kong “Technique Consolidation – kizami zuki and ura mawashi geri”*

Kata Advanced: *Rebecca Dobson in conjunction with Referees “Senior Kata”*

### **16.30 – 17.00 Cleaning and removal of mats**

**End of Day 2**