

## Karate New Zealand Camp Programme 23-24 April 2018



### **Confirmed Championships/Performance Group coaches:**

Kumite: Braedyn Birss, Chris Bennett, Binh Nguyen, Duane Monk, Andy Roosen

Kata: Duane Monk

### **Confirmed Cup/Developing Group coaches:**

Kumite: Gregg Burgess, Jessie Wang, Dean Wiseman, Rebecca Merrifield, Chante Betham

Kata: Rebecca Merrifield, Chris McGregor

### **Confirmed Veteran coaches:**

Kumite/Kata: Penny Cheketri, Emily Hall

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

To accommodate the upcoming Oceania Championships and Cup, this camp will be High Performance in nature. The coaches assigned to the Championship Team will take charge of the selected team and Premier/Performance athletes. The coaches assigned to the Cup team will look after the athletes selected to the Cup Team and other developing and intermediate athletes. The coaching council are very excited to cater specifically to the veteran athletes for the first time.

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.

## **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:	<i>Braedyn Birss 'Offensive/Defensive Scenarios'</i>
Kumite Development:	<i>Greg Burgess 'Offensive/Defensive Throwing'</i>
Kata Advanced:	<i>Duane Monk 'Technical and WKF Kata Training'</i>
Kata Development:	Rebecca Merrifield <i>'Paiku basics'</i>
Veterans:	Penny Cheketri – kumite

**10.15 – 11.15      Session 2:**

Kumite Advanced:	<i>Christopher Bennett – 'Awareness and Countering'</i>
Kumite Development:	<i>Jessie Wang – upper body training for kumite</i>
Kata Advanced:	<i>Duane Monk 'Technical and WKF Kata Training'</i>
Kata Development:	Rebecca Merrifield – Competition Kata for Cup
Veterans:	Penny Cheketri - kumite

**11.30 – 12.30      Sessions 3:**

*Presentation by Andy Roosen*

**12.30 – 13.30      LUNCH**

**13.30 – 14.30      Session 4:**

Kumite Advanced:	Binh Nguyen - <i>tbc</i>
Kumite Development:	Rebecca Merrifield – <i>'Setting up the Counter Attack'</i>
Kata Advanced:	<i>Duane Monk 'Technical and WKF Kata Training'</i>
Kata Development:	Chris McGregor – <i>'Core and Muscle connection for kata'</i>
Veterans:	Penny Cheketri - kata

**14.45 – 15.45      Session 5:**

Kumite Advanced:	<i>Craig Nordstrand – 'Timing and Distance'</i>
Kumite Development:	<i>Chante Betham – 'Engaged Defence'</i>
Kata Advanced:	<i>Duane Monk 'Technical and WKF Kata Training'</i>
Kata Development:	Chris McGregor - <i>'Dynamic Tension for Kata'</i>
Veterans:	Penny Cheketri - kata

**6.00 – 17.00      Session 6:**

Fitness:	Andy Roosen
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**End of Day 1**

## **Day 2: Sunday**

### **8.30 – 9.30 Session 1:**

Day 1 Consolidation Sessions

### **9.45 – 10.45 Session 2:**

Kumite Advanced:	<i>all coaches – performance scenarios</i>
Kumite Development:	<i>Greg Burgess – ‘Defensive Fighting Strategies’</i>
Kata Advanced:	<i>Duane Monk ‘Technical and WKF Kata Training’</i>
Kata Development:	Rebecca Merrifield/Chris McGregor
Veterans:	Emily Hall - kumite

### **11.00 – 12.00 Sessions 3:**

Kumite Advanced:	<i>all coaches – performance scenarios</i>
Kumite Development:	<i>Chante Betham - ‘On Attack’</i>
Kata Advanced:	<i>Duane Monk ‘Technical and WKF Kata Training’</i>
Kata Development:	Rebecca Merrifield/Chris McGregor
Veterans:	Emily Hall - kumite

### **12.00 – 13.00 LUNCH**

### **13.00 – 14.00 Session 4:**

Kumite Advanced:	<i>all coaches – performance scenarios</i>
Kumite Development:	<i>Dean Wiseman – ‘Counter Scoring and Positioning’</i>
Kata Advanced:	<i>Duane Monk ‘Technical and WKF Kata Training’</i>
Kata Development:	Rebecca Merrifield/Chris McGregor
Veterans:	Emily Hall - kata

### **14.15 – 15.15 Session 5:**

Kumite Advanced:	<i>all coaches – performance scenarios</i>
Kumite Development:	<i>Jessie Wang – ‘Lower Body training for Kumite’</i>
Kata Advanced:	<i>Duane Monk ‘Technical and WKF Kata Training’</i>
Kata Development:	Rebecca Merrifield/Chris McGregor
Veterans:	Emily Hall - kata

### **15.30 – 16.30 Session 6:**

Camp Consolidation Sessions

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

**End of Day 2**