

## Summer Camp 2022 (Week 2)

<b>Day 1 Monday</b>		<b>Day 2 Tuesday</b>	
8:30-9:00	Arrival	8:30-9:00	Arrival
	Briefing Student Creed, Rules and agendas,		Briefing Student Creed, Rules and agendas,
	Discipline Training, Marching Drills, Line up		Discipline Training, Marching Drills, Line up
9:00-10:00	Explain and write the Student Creed	9:00-10:00	GRIT Character Training
10:00-10:15	Break/Snack	10:00-10:15	Break/Snack
10:15-11:00	Intro Kungfu Basic Forms	10:15-11:00	Kungfu Basic Forms
11:00-12:00	Intro Wushu Combination	11:00-12:00	Kung fu Form pairing/drills
12:00-1:00	Lunch	12:00-1:00	Lunch
1:00-2:00	Kungfu Discipline Drills Training	1:00-2:00	Intro Wushu Combination
2:00-3:00	Fun Drills in Physical Endurance	2:00-3:00	Kungfu Discipline Drills Training
3:00-4:00	Recap Teaching & Review	3:00-4:00	Recap Teaching & Review
<b>Day 3 Wednesday</b>		<b>Day 4 Thursday</b>	
8:30-9:00	Arrival	8:30-9:00	Arrival
	Briefing Student Creed, Rules and agendas, Line up and stand		Briefing Student Creed, Rules and agendas, Line up and stand
9:00-10:00	Intro to stretching kicks	9:00-10:00	Discipline training, Marching Drills, Running Drills
10:00-10:15	Break/Snack	10:00-10:15	Break/Snack
10:15-11:00	Running Drills, Stretching Kicks, simple Jumping Kicks	10:15-11:00	Pair stretches, kickboxing stretches, stretch kicks
11:00-12:00	Kungfu reaction play	11:00-12:00	Jumps, jumping kicks
12:00-1:00	Lunch	12:00-1:00	Lunch
1:00-2:00	GRIT Character Training	1:00-2:00	Forms in pairings, defense and escaping drills
2:00-3:00	Jab-cross drills in circles and self-defense maneuvers	2:00-3:00	Wushu combinations and defense drills
3:00-4:00	Recap Teaching & Review	3:00-4:00	Recap Teaching & Review
<b>Day 5 Friday</b>			
8:30-9:00	Arrival		
	Briefing Student Creed, Rules and agendas, Line up and stand		
9:00-10:00	Discipline training, Marching Drills, Running Drills		
10:00-10:15	Break/Snack		
10:15-12:00	Review & Presenti Kung fu basic forms and Wushu combination		
12:00-1:00	Lunch		
1:00-2:00	Review Student Creed Present Jab-cross, jab-cross kick drills with defense light touching sparring individual testing		
2:00-3:00	GRIT Character Training		
3:00-4:00	Recap Teaching & Review		