

2024 Advanced Training Retreat Agenda – Leaders Forged!

Friday, November 1, 2024 (Attire: Karate Casual-Martial Arts shirt, karate pants and belt)

3:00 – 5:00pm	Main Check in & Cabin Decorating
5:00 - 6:00pm	Orientation meeting in Doug Carpenter Hall (training side)
6:00 – 6:45pm	Dinner in Doug Carpenter Dining Hall
6:45 – 6:55pm	Finish setting up bunk & get needed equipment
7:00 - 7:50pm	Advanced/Cho: Sparring Fundamentals - SBN Potter E/Sam/Sah: Advanced Sparring - (Hall Hall) SBN Matt Chandler
8:00 - 8:50pm	Advanced/Cho/E: Team Sparring - SBN Matt Chandler Sam Dan and above only class - (Hall Hall) SBN Potter

<u>Grades 4th - 8th</u>	<u>Grades 9th - 12th</u>	<u>Adults</u>
9:00 - 10:00pm: Clean-up, Showers & Socializing in cabins (Lights out at 10:00pm)	9:00 - 10:30pm: Clean-up, Showers & Socializing in cabins (Lights out at 10:30pm)	9:00 - 11:00pm: Networking & Socializing (Lights out at 11:00pm)

Saturday, November 2, 2024 (Attire: Full Primary Uniform Only)

7:30am	Wake Up
8:00 - 8:45am	Breakfast in Doug Carpenter Dining Hall
8:45 - 9:00am	Group Picture
9:00 - 9:15am	Warm Up - Maryellen Black
9:15 - 9:50am	Back to Basics - SSBN Potter
10:00 - 10:50pm	CONCURRENT SESSIONS: (Select one session) 1. Traditional Japanese Tonfa- SBN Mark Chandler 2. Kama Tricking - Josh Chandler 3. Breaking- Sarah Robertson
11:00 - 11:50pm	CONCURRENT SESSIONS: (Select one session) 1. Traditional Japanese Tonfa- SBN Mark Chandler 2. Kama Tricking - Josh Chandler 3. Breaking- Sarah Robertson
12:00 - 12:45pm	Lunch in Doug Carpenter Dining Hall

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12:45 - 12:55pm	Change into camp shirt & activity appropriate bottoms for afternoon activities
1:00 - 3:25pm	Group Activities: Hiking, Gaga Ball, Basketball, Ultimate Frisbee, Flag Football
3:30 – 3:55pm	Clean up & Gather items needed for afternoon training & activities (Attire: Karate Casual-Martial Arts shirt, karate pants and belt)
4:00 - 4:55pm	CONCURRENT SESSIONS: (Select one session) <ol style="list-style-type: none"> 1. Kick and Tricks - Matthew Carter 2. Sword Comatives - Hassi Kurilla 3. Ladies’ Self Defense - Maryellen Black & Ashley Bunn 4. Ground Fighting - SBN Matt Chandler
5:00 - 5:55pm	CONCURRENT SESSIONS: (Select one session) <ol style="list-style-type: none"> 1. Kick and Tricks - Matthew Carter 2. Sword Comatives - Hassi Kurilla 3. Ladies’ Self Defense - Maryellen Black & Ashley Bunn 4. Ground Fighting - SBN Matt Chandler
6:00 - 6:45pm	Dinner in Doug Carpenter Dining Hall
6:45 - 6:55pm	Change into appropriate attire for evening activities
7:00 - 7:50pm	Cabin Creative Forms Competition in Doug Carpenter Hall (training side)

<u>Grades 4th - 5th</u>	<u>Grades 6th - 8th</u>	<u>Grades 9th - 12th</u>	<u>Adults</u>
<i>in James Lane Cabin #1</i>	<i>in Doug Carpenter Hall</i>	<i>in Hall Hall</i>	<i>In Hall Hall</i>
8:00 - 10:00pm: Glow Party & Games in Cabin #1	8:00 - 10:00pm: Street Style Self-Defense & Mad Hatter Event w/ Ms Black & Ms Robertson	8:00 - 9:30pm: Urban Combatives w/ SBN Mark Chandler (<i>Wear street clothes</i>)	8:00 - 9:30pm: Urban Combatives w/ SBN Mark Chandler (<i>Wear street clothes</i>)
10:00 - 10:30pm: Clean-up, Showers & Socializing in Cabins	10:00 - 10:30pm: Clean-up, Showers & Socializing in Cabins	9:30 - 11:00pm: Games & Viking Mystery with SBN Matt Chandler & Mr Kurilla	9:30 - 11:30pm: Bon Fire & Networking at DCH Fire Pit
		11:00 - 11:30pm: Clean-up, Showers & Socializing in Cabins	
<i>(Lights out at 10:30pm)</i>	<i>(Lights out at 10:30pm)</i>	<i>(Lights out at 11:30pm)</i>	<i>(Lights out at 11:30pm)</i>

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Sunday, November 5, 2023 (Attire: Karate Casual-Martial Arts shirt, karate pants and belt)

7:30am	Wake Up
8:00 - 8:45am	Breakfast in Doug Carpenter Dining Hall
9:00 - 10:00am	2024 Spring Candidacy Class - SSBN Potter (Hall Hall) Everyone else: Foundations - SBN Potter (Doug Carpenter Hall training side)
10:00 - 10:50am	CONCURRENT SESSIONS: (Select one session) <ol style="list-style-type: none">1. Nunchuks- Matthew Carter2. Mitt Drills- SBN Potter3. Escrima Drills- Andrea Mattson & Maryellen Black4. Archery (Ages 9 - 11 years old only)
11:00-11:50am	CONCURRENT SESSIONS: (Select one session) <ol style="list-style-type: none">1. Nunchuks- Matthew Carter2. Mitt Drills- SBN Potter3. Escrima Drills- Andrea Mattson & Maryellen Black4. Archery (Ages 14 - 16 years old only)
12:00 - 12:45pm	Lunch (Doug Carpenter Hall)
12:45 - 1:30pm	CONCURRENT SESSIONS: (Select one session) <ol style="list-style-type: none">1. Staff Tricking- Josh Chandler2. Fight Choreography- Hassi Kurilla3. Kali Knife Flows- SSBN Potter4. Archery (Ages 12 - 13 years old only)
1:45 - 2:30pm	CONCURRENT SESSIONS: (Select one session) <ol style="list-style-type: none">1. Staff Tricking- Josh Chandler2. Fight Choreography- Hassi Kurilla3. Kali Knife Flows- SSBN Potter4. Archery (Ages 17+ years old only)
2:30 - 3:00pm	Closing Ceremony
3:00pm	Pack and Load - Camp Ends.....Tang Soo!!!