

# 2025 Advanced Training Retreat Agenda – Leaders Forged!

**Friday, November 14, 2025** (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 – (Doug Carpenter Hall) SBN Potter E/Sam/Sah: Advanced Sparring - (Hall Hall) SBN Matt Chandler
8:00 - 8:50pm	Advanced/Cho/E: Team Sparring - (Doug Carpenter Hall) SBN Matt Chandler Sam Dan and above only class - (Hall Hall) SSBN Potter

<u>Ages 12 Yrs and Under</u>	<u>Ages 13 - 17 Yrs Old</u>	<u>18+ Years Old</u>
9:00 - 10:00pm: Final cabin decorating, work on team form, Clean-up, Showers & Socializing in cabins  (Lights out at 10:00pm)	9:00 - 10:30pm: Final cabin decorating, work on team form, Clean-up, Showers & Socializing in cabins  (Lights out at 10:30pm)	9:00 - 11:00pm: Final cabin decorating, work on team form, Clean-up, Networking & Socializing  (Lights out at 11:00pm)

**\*\*\* Judging Cabin Decorations will be at 9:30pm by the Masters.**

**Saturday, November 15, 2025** (Attire: Full Secondary Uniform Only)

7:30am	Wake Up
8:00 - 8:45am	Breakfast in Doug Carpenter Dining Hall
8:45 - 8:50am	Group Picture
8:50 - 9:00am	Warm Up - (Doug Carpenter Hall) Extreme Warm-Up with Ms Adams & Ms Gersh
9:00 - 9:50am	Xtreme Kicking Basics – (Doug Carpenter Hall) SSBN Potter
10:00 - 10:30am	<b>CONCURRENT SESSIONS:</b> (Select one session – locations TBD)  1. Beginner Creative Basics  2. Intermediate/Advance Creative Basics
10:30 - 11:50am	<b>CONCURRENT SESSIONS:</b> (Select one session – locations TBD)  1. Beginner Creative Form (Level 1 Fusion/ 1.5 yr or less or no Fusion experience)  2. Intermediate Creative Forms (Level 2 Fusion or more)

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12:00 - 12:45pm	Lunch in Doug Carpenter Dining Hall
12:45 - 12:55pm	Change into camp shirt & activity appropriate bottoms for afternoon activities
1:00 - 3:25pm	Group Activities: Hiking, Canoeing, Gaga Ball, Basketball, Ultimate Frisbee, Flag Football
3:30 - 3:55pm	Clean up, Practice Group Form & Gather items needed for afternoon training & activities (Attire: Karate Casual-Martial Arts shirt, karate pants and belt)
4:00 - 4:55pm	<b>CONCURRENT SESSIONS:</b> (Select one session – locations TBD) <ol style="list-style-type: none"> <li>1. Kickboxing and Mitt Drills - Mr. William Kyner</li> <li>2. Breaking - Ms. Sarah Roberston</li> <li>3. Staff Tricks - Mr. Josh Chandler</li> <li>4. Fight Choreography- Mr. Hassi Kurilla</li> </ol>
5:00 - 5:55pm	<b>CONCURRENT SESSIONS:</b> (Select one session – locations TBD) <ol style="list-style-type: none"> <li>1. Kickboxing and Mitt Drills - Mr. William Kyner</li> <li>2. Breaking - Ms. Sarah Roberston</li> <li>3. Staff Tricks - Mr. Josh Chandler</li> <li>4. Fight Choreography- Mr. Hassi Kurilla</li> </ol>
6:00 - 6:45pm	Dinner in Doug Carpenter Dining Hall
6:45 - 6:55pm	Change into CAMP T-SHIRT, appropriate bottoms & practice form
7:00 - 8:50pm	Team Competitions in Doug Carpenter Hall <ul style="list-style-type: none"> <li>• Cabin Team Form</li> <li>• Various Team Challenges</li> <li>• Various Team Races</li> </ul>

<b><u>Ages 12 Yrs and Under</u></b>	<b><u>Ages 13 - 17 Yrs Old</u></b>	<b><u>18+ Years Old</u></b>
<i>In Doug Carpenter Hall</i>	<i>Field Across From Hall Hall</i>	<i>Behind DCH or In Lodge</i>
9:00 - 10:00pm: Murder Mystery  10:00 - 10:30pm: Clean-up, Showers & Socializing in Cabins  <i>(Lights out at 10:30pm)</i>	9:00 - 10:00pm: Color War  10:00 - 10:30pm: Bon Fire at DCH Fire Pit  10:30 - 11:00pm: Clean-up, Showers & Socializing in Cabins  <i>(Lights out at 11:00pm)</i>	9:00 - 11:30pm: Bon Fire at DCH Fire Pit & Networking in Lodge          <i>(Lights out at 12:00pm)</i>

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**Sunday, November 16, 2025** (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	2025 Spring Candidacy Class - SBN Potter (Hall Hall) Everyone else: Foundations - SSBN Potter (Doug Carpenter Hall)
10:00 - 10:50am	<b>CONCURRENT SESSIONS:</b> (Select one session – locations TBD)  1. BJJ - Master Matt Chandler 2. Kali Knife Drills - Ms. Julie Lovell 3. Nunchakus Tricking - Mr. Matthew Carter 4. Tonfa - Master Mark Chandler
11:00-11:50am	<b>CONCURRENT SESSIONS:</b> (Select one session – locations TBD)  1. BJJ - Master Matt Chandler 2. Kali Knife Drills - Ms Julie Lovell 3. Nunchakus Tricking - Mr. Matthew Carter 4. Tonfa - Master Mark Chandler
12:00 - 12:45pm	Lunch (Doug Carpenter Hall)
12:45 - 1:30pm	<b>CONCURRENT SESSIONS:</b> (Select one session – locations TBD)  1. Kama Tricking - Mr. Josh Chandler 2. Progressive Self Defense - Mrs. Andrea Mattson and Ms. Ashley Bunn 3. Escrima - Ms. Maryellen Black 4. Tactical Fighting (Teen/Adult Only) - Master Mark Chandler <i><b>** Full sparring gear (MMA gloves if you have them), face shield, mouth guard &amp; groin protection (if applicable) required!!</b></i>
1:45 - 2:30pm	<b>CONCURRENT SESSIONS:</b> (Select one session – locations TBD)  1. Kama Tricking - Mr. Josh Chandler 2. Progressive Self Defense - Mrs. Andrea Mattson and Ms. Ashley Bunn 3. Escrima - Ms. Maryellen Black 4. Tactical Fighting (Teen/Adult Only) - Master Mark Chandler <i><b>** Full sparring gear (MMA gloves if you have them), face shield, mouth guard &amp; groin protection (if applicable) required!!</b></i>
2:30 - 3:00pm	Closing Ceremony (Doug Carpenter Hall)
3:00pm	Pack and Load - Camp Ends.....Tang Soo!!!