

## SCHEDULE IKO POLAND SUMMER CAMP 2017

Lublin 17th – 20th August 2017

### \* 17th August (Thursday)

10.00 - 12.00 - IKO Judge Seminar

13.00 - 14.30 & 21.30 – 22.00 - registration to Dan and kyu test

15.15 - 17.30 - training (all grades) Shihan Gorai & Sensei Taniel

17:45 - 18:15 - IKO Judge practice session Shihan Gorai

18.00 - supper

20.30 - 21.30 - training with polish instructors

### \* 18th August (Friday)

8.00 - breakfast

09.20 - 10.00 - memorial photo

10.10 - 12.00 - training with Sensei Taniel (all grades)

10.10 - 12.00 - training with Shihan Gorai (only BC)

12.30 - dinner

16.00 - 17.50 - training (all grades train together)

18.00 - supper

18:00 - 18:30 - IKO Judge Seminar

18.30 - 19.00 - Shihan Gorai meeting with Polish BC & DO

19.15 - meeting Polish BC & DO (IKO Poland)

20.30 - 22.00 - training Sensei Taniel

### \* 19th August (Saturday)

06.30 - 07.45 - training with Sensei Taniel (all grades)

8.00 - breakfast

10.00 - 11.45 - training (all grades train together)

10.00 - 11.45 - training (only BC)

11.45 - 12.15 - IKO Judge Seminar

12.30 - dinner

15.00 - Dan test - Shihan Gorai (Akademos Sports Hall, Symfoniczna 1 st)

16.00 - 18.00 - training with Sensei Taniel (all grades)

19.30 - bus departure for Sayonara

20.00 - Sayonara Party (Mensa Academica) Avenues Racławickie 14

### \* 20th August (Sunday)

8.00 - breakfast

10.00 - 11.30 - Kumite training (all grades)

11.45 - 12.45 - Closing of the Camp (photo session)