

## 2014 West Coast Training Camp

<b>FRIDAY</b>	<b>Age Group and Rank</b>	<b>Class</b>	<b>Instructor</b>	
<b>6 - 6:10pm</b>	Adults and Kids All Ranks	Opening Remarks and Warm-up	Grandmaster Quynh Ngo and others	
<b>6:10 - 7:55pm</b>	Children - All Ranks	Warrior Training	Master Ricki Kay	(50min) (50min)
<b>6:10 - 7:55pm</b>	Adults - Green Belt and Above	Sparring and Strategies	Grandmaster Quynh Ngo/Sensei Donald Williams	
	Adults All Ranks	40+ Years of Old School to Modern Training Exercises	Master John Kay	(1hr 45min)
	Adults All Ranks	Broom Self Defense *Bring a Broom*	Master Mike Ponzio	(1hr 45min)
<b>SATURDAY</b>	<b>Age Group and Rank</b>	<b>Class</b>	<b>Instructor</b>	
<b>9 - 9:10am</b>	Adults and Kids All Ranks	Bow in and Opening Remarks	Grandmaster Quynh Ngo and others	(15min)
<b>9:10 - 10:35am</b>	Adults All Ranks	Aikido & Judo Principles in Cuong Nhu	Sensei Donald Williams	(1hr 25min) mats
<b>9:10 - 10:40am</b>	Adults Brown Belt and Above	3 D applications for Black Belt Test and Above	Grandmaster Quynh Ngo	(1hr 30min)
	Adults All Ranks	Tai Chi/Chin Na Applications	Master John Kay	(1hr 30min)
<b>9:10 - 10:35am</b>	Children - White/Yellow Belt	Warrior Quest	Master Ricki Kay	(1hr 25min)
	Children - Purple/Blue Belt	Tonfa Techniques and Kata	Master Mike Ponzio	(1hr 25min)
<b>10:45 - 12:10pm</b>	Adults - Green Belt and Above	Tonfa Techniques	Master Mike Ponzio	(1hr 25min)
	Adults All Ranks	Secrets of Effortless Power for Hard Style and Soft	Master Didi Goodman	(1hr 25min)
	Adults - Green Belt and Above	Bokken (sword practice)	Sensei Donald Williams	(1hr 25min)
	Adults All Ranks	40+ Years of Old School to Modern Training Exercises	Master John Kay	(1hr 25min)
<b>10:40 - 11:50am</b>	Children - White/Yellow Belt	Advanced Training with Grandmaster Quynh	Grandmaster Quynh Ngo	(1hr 10min)
<b>10:40 - 11:55am</b>	Children - Purple/Blue Belt	Grappling	Master Ricki Kay	(1hr 15min) mats
<b>12:00 - 12:40pm</b>	<b>LUNCH - KIDS</b>			
<b>12:10 - 12:40pm</b>	<b>LUNCH - ADULTS</b>			
<b>12:45 - 2:30pm</b>	Adults All Ranks	Kotegaeshi vs Empty Hand, Knife and Gun	Master John Burns	(1hr 45min)
	Adults All Ranks	Tai Chi/Chi Kung Exercises + Push Hands	Master John Kay	(1hr 45min)
	Adults - Green Belt and Above	Tonfa Kata 1	Master Mike Ponzio	(1hr 45min)
	Adults Brown Belt and Above	Black Belt and Dan Test Preparation	Grandmaster Quynh Ngo	(1hr 45min)
<b>12:45 - 2:25pm</b>	Children - White/Yellow Belt	Matwork and Grappling	Master Ricki Kay	(1hr 40min) mats
<b>12:45 - 2:20pm</b>	Children - Purple/Blue Belt	Monkey vs Snake Kata	Sensei Donald Williams	(1hr 35min)
<b>2:40 - 2:55pm</b>	<b>COOKIE BREAK</b>			
<b>2:55 - 4:35pm</b>	Adults - Green Belt and Above	Bo vs Tonfa	Master Mike Ponzio	(1hr 40min)
	Adults Brown Belt and Above	Nhu 2 Kata and 3D Applications	Master Allyson Appen	(1hr 40min)
	Adults All Ranks	Comparative Knife Self-Defense (Contrasting Methods)	Master John Kay	(1hr 40min)
	Adults - Green Belt and Above	Defense Against Angled Attacks	Master Ricki Kay	(1hr 40min) mats
<b>2:55 - 4:25pm</b>	Children - White/Yellow Belt	Animal Style Fighting Techniques	Sensei Donald Williams	(1hr 30min)
	Children - Purple/Blue Belt	Knife Defense	Grandmaster Quynh Ngo	(1hr 30min)
<b>4:35-4:50pm</b>	All	Closing Remarks, Bow Out		
<b>4:50- 5pm</b>	All	Clean Up, Go to Pot Luck at Hampton Inn		