

AHA ANNUAL CAMP AGENDA

Point Wolstoncroft 1st and 2nd April 2023

FRI 31st March

5:00pm to 9:00pm

Registration and Reception

SAT 1st April

8:00am	Breakfast
9:00- 9:30am 30 Minutes	Warm up bodies and prepare mind MOBILITY EXERCISES [Master Geister] PARTNER STRETCHING WITH BREATHING [Master Marie]
9:30-9:50am 20 Minutes	Break Falling and Rolling [Master Geister and Master Marie]
9:50-10:30am 40 Minutes	Focus Pad Work – how to be a good pad holder - work on footwork, distance, balance, power and speed using pads – great combos that develop good habits in sparring – keeping it real – pressure – guard up – chin in [Master Wetherell and Sam Morgan]
10:30-11:15am 45 Minutes	White Belt Self Defence – why so important? Make sure everyone is doing them correctly. Release principles - Working against thumb, large circle and small circle - Use of 90 degree and 180 degree step. Static grab – single hand <ol style="list-style-type: none"> 1. Release > elbow strike to solar-plexus 2. Strike wrist (LU7) > knife hand strike to neck (LI18) 3. Strike wrist > spin inwards > elbow strike to head [DANGER!] 4. Release by spinning outwards, elbow strike to head or ribs 5. Kick shin (SP6) > palm strike to chin or nose Against Front Choke <ol style="list-style-type: none"> 6. Throat pressure point (jugular notch) 7. Arm-pit pressure point 8. Arm over > elbow to head [DANGER!] 9. Arm over, turn > elbow to head or body Two shoulder grab from behind <ol style="list-style-type: none"> 10. Spin, head under, keep spinning until released. Start with a step to unbalance attacker.
11:15-12pm 45 Minutes	Core Techniques – teaching by masters (groups allocated on the day) – 15 mins per core technique . Red Tip and Above – join a group above and help teach the techniques. <ul style="list-style-type: none"> • White Belts and Yellow Tips – break falling and rolling – self defence against gravity – back fall over bag and from sitting in a chair. • Yellow – Wing Lock – Elbow Lock – Z Lock • Green Tips – Face Push – Corkscrew – Fan Lock • Green – Hammer Lock – Arm Bar – Wrist and Shoulder • Blue Tip – Leg Reap – Hip Throw – Step Behind and Throw • Blue – Whip throw – Tornado Throw – Neck and Chin Throw

12:00 – 12:20pm 20 Minutes	<p>Group 1 - Dealing with bigger, stronger partners – how much resistance to apply – balance of learning and reality [Master Marie]</p> <p>Group 2 – Teaching Kids Self Defence – how to teach the ethics of self defence to kids – how to produce confident kids that are not bullies [Master Geister, Master Rees and Chris Curry]</p>
12:30pm	LUNCH and FREE TIME
1:30pm-2:20pm 50 Minutes	<p>Pick a Group</p> <p>Group 1 - How to use circular motion in your self defence to be more effective and to flow better [Master Tamanini]</p> <p>Group 2 - Basic Groundwork – what to do and not to do when it goes to the ground – bad situations and how to get out of them [Master Marie].</p> <p>Group 3 – Kids – street smarts – demo at 2:15pm against an adult grabber (wrist pull, rear bear hug) [Chris Curry]</p>
2:30pm-4pm 90 Minutes	<p>Black Belts – 3rd Degree and above</p> <p>Walking Cane > Belt > Fan [Master Geister, Master Rees]</p>
2:30pm-3:30pm 60 Minutes	<p>Weapons – rotate every 20 mins [Master Marie]</p> <p>Group 1 – Danbon [Andrew Brownrigg and Adam Mercieca]</p> <p>Group 2 – Pole [Mick Collins and Craig Elliott]</p> <p>Group 3 – Sword [Melissa Rees and Pink Lewis]</p>
3:45pm-4:15pm 30 Minutes	<p>Shield Striking – knees – front kick – side kick – turning kick – back kick – turning back kick – flying side kick – flying back kick [Master Marie]</p>
4:15-5:15pm 60 Minutes	<p>Group 1 – Kids, and adults that don't feel like sparring – PoolKiDo – [Master Rees and Master Tamanini]</p> <p>Group 2 - Sparring Rounds [Master Wetherell and Sam Morgan]</p> <p>3 min rounds – 2 min break – change partner between each round – bring drink bottle, 16 oz gloves, shin pads, mouth guard.</p> <ul style="list-style-type: none"> • 3 rounds – touch sparring – shoulders and knees • 3 rounds – free sparring – punches and kicks • 3 rounds – ground sparring – start on knees • 3 rounds – Blue belts and above only – everyone else watching.
6:30pm	Dinner
7:30pm	Camp Fire – share tall stories and talk about stuff with your friends
8:30pm	<p>Black Belts (1st Degree and above)</p> <p>Get Together and talk about their training goals, needs and milestones for progression?</p>

SUN 2nd April

6:30-7:30am 60 Minutes	<ul style="list-style-type: none"> • Meditation [Master Butterworth] • Pung Yoo Do [Master Geister] • Stretching [Master Geister]
8:00am	Breakfast
9:00-9:30am 30 minutes	Knife drills – tapi-tapi – pass/stop – pass/stop and strike – leading to kilap and hubud drills - warm up the body and improve the reflexes [Master Marie]
9:30-10:30am 60 Minutes	<p>Group 1 (Outside) Adults and Teens – Yellow Belt Pattern – applications [Master Geister]</p> <p>Group 2 (inside) Kids – hapkitag – pool noodle sword fighting – tennis ball spinning kicks [Master Rees]</p>
10:30-11:00am 30 Minutes	<p>Group 1 (inside) – Adults and Teens - Blue Belt Pattern – applications [Master Marie]</p> <p>Group 2 (outside) – Kids – Pole spinning [Master Geister and Master Butterworth]</p>
11:00am -11:45am 45 Minutes	<p>Group 1 (inside) Kids – Calligraphy and Hapkido History – how to write Hapkido in Hangul – can you draw a perfect circle on the white board – simple explanation of Hapkido history [Master Butterworth and Melissa Rees]</p> <p>Group 2 (outside) Adults and Teens – Multiple Self Defence – how to move – where to look – standing, kneeling, sitting, lying down [Master Geister]</p>
11:45am-12:15pm 30 Minutes	Kick Combinations [Master Tamanini]
12:30pm	Lunch
1:30pm	Pack up and Clean Up