

Myuna Bay Camp 2015

Friday 20th	FOOD	TRAINING SESSION	WHERE
7pm		Arrive	
8-9.30pm		Master Peter Hartman session	
Saturday 21st			
6.30-7.30am		Yoga with Master Ron Claassens	Go to T/Hall
7.30-8.30am	<i>Breakfast Dinning Hall</i> Then Free time until 9am		Dining Hall
9-10.30am		Kummooyeh Session part 1 Sarbomnim Michael Tebble	
10.30-10.45am	<i>Morning Tea</i>		
10.45am-12.15pm		Kummooyeh Session part 2 Sarbomnim Michael Tebble	
12.30-1.30pm		Lunch Dining Hall	
		Archery- two groups	
1.30-2.20pm	G1	Examination panel & those sitting for an assessment	Go to archery
2.30-4pm	G1	Assessment for Black Belts & black tip + brown belts if you want to	Go to T/Hall
1.30-2.45pm	G2	Free time.	
2.30-4pm	G2	Colour belts not involved in assessment	Go to archery
4-4.20pm	<i>Afternoon Tea</i>		
4.30-5.30pm		Hogu sparring session with Master Anne Mouland-Claassens	Go to T/Hall
6-7pm	<i>Dinner Dining Hall</i>		
7.30-9pm	G1	Black Belts with Master Ron Claassens	Go to T/Hall
	G2	All colour belts with Assistant Jujitsu Instructor Poon Leung	Go to T/Hall
9.30- 11pm latest	kids	Movies, Own social time/Games. Must be in bed to SLEEP by 11pm LATEST	Go to Bed
9.30-	Adults	Free time- socializing	
Sunday 22nd			
6.30-7.30am		Yoga with Master Ron Claassens	Go to T/Hall
7.30-8.30am	<i>Breakfast Dinning Hall</i>		
9-9.30am		Secret training with Master Anne Mouland-Claassens	Go to T/Hall
9.30-10.00am		Bo defence with Masters Ron Claassens & Peter Hartman	OutsideT/Hall
10-10.30pm		Bo twirling with Sarbomnim Andrew Traves	OutsideT/Hall
10.30-10.45am	<i>Morning Tea</i>		
10.45am-12.00pm		Ninja Challenge with Masters Ron & Anne Claassens	Go to T/Hall
12.00-12.30pm		TKD Aqua with Master Anne Mouland-Claassens	Go to pool
12.30-1.30pm	<i>Lunch Dining Hall</i>		
1.30pm		Clean up your room- it will be checked- names will be taken...	Go Home :)