

BKG SUMMER CAMP 2026

FRIDAY 21st TO SUNDAY 23rd AUGUST

Summer camp timetable



Check-in, **2pm** Friday 21st August 2026

FRIDAY SESSION 1- 3.30pm TO 4.30pm **NDC:** leads (Kihon)

Evening meal 5pm

FRIDAY SESSION 2- 6.30pm TO 8pm **GW** 20-30mins warm-up LH: self defence

SATURDAY SESSION 3- 6.30am to 7.30am **CDC** fitness session

Breakfast 8.am

SATURDAY SESSION 4- 10am to 12pm Warm-up NDC, Kata training. Black-belts Bunkai 1hr LH (NDC/GW to assist if reqd), Lower grades bunkai JW,FN

Lunch 12.30pm

SATURDAY SESSION 5- 3pm to 4.30pm.

GW/NDC Take-downs 45mins. JW/FN Fighting & Defence 45mins (swap half-way)

Evening meal 5pm

SATURDAY SESSION 6- 7pm to 8pm JW/FN. Fighting & Defence.

SUNDAY SESSION 7- 6.30am TO 7.30am LH Balance & co-ordination.

Breakfast 8am

SUNDAY SESSION 8 - 10am to 12pm final session. 30-40mins fight training/Pad work CDC, followed by 50 sparring fights.

Lunch 12.30pm

Students depart after lunch.

Please note! times & training content may change