

THURSDAY
MAT 2
AGES 8, 9, 10, 11, and 12

STARTS	ENDS	EVENT	LOCATION	INSTRUCTORS
8:30	8:55	Sign Up/Check In	LOBBY	EVERYONE
9:00	9:10	Line Up	MAIN MAT AREA	EVERYONE
9:15	9:25	WARM UPS	KIDS MAT	EVERYONE
9:30	10:00	BE A SUPER HERO	KIDS MAT	Darian Stokes
10:05	10:35	FUNDAMENTALS OF JUDO	KIDS MAT	Mike Szejter
10:40	10:50	Break Time	FOOD AREA	EVERYONE
10:55	11:25	OUCHI COMBO	KIDS MAT	Abbie Herman
11:30	12:00	TRANSITIONS IN NE WAZA	KIDS MAT	Christen Horton
12:00	12:55	Lunch	FOOD AREA	EVERYONE
1:00	1:30	KESA GATAME & TURN OVERS	KIDS MAT	Mike Muender
1:35	2:05	UKI OTOSHI	KIDS MAT	Ryan Reser
2:10	2:20	Break Time	FOOD AREA	EVERYONE
2:25	2:55	UKI GOSHI	KIDS MAT	Lynn Roethke
3:00	3:30	DE ASHI HARAI	KIDS MAT	Flavio - combined
3:35	3:45	Break Time	FOOD AREA	EVERYONE
3:50	4:20	REFEREEING	KIDS MAT	Robert Gouthro/Lisa Caprioti
4:25	5:00	SELF-DEFENSE IN JUDO	KIDS MAT	Joe Torres
5:00	6:25	Dinner	Golden Corral	EVERYONE
6:30	8:15	POOL PARTY/MOVIE	HOTEL	EVERYONE
8:20	8:30	Bow Out	MAIN MAT AREA	EVERYONE

MAT 1
AGES 4, 5, 6, and 7

STARTS	ENDS	EVENT	LOCATION	INSTRUCTORS
8:30	8:55	Sign Up/Check In	LOBBY	EVERYONE
9:00	9:10	Line Up	MAIN MAT AREA	EVERYONE
9:15	9:25	WARM UPS	KIDS MAT	EVERYONE
9:30	10:00	FUNDAMENTALS OF JUDO	KIDS MAT	Mike Szejter
10:05	10:35	BE A SUPER HERO	KIDS MAT	Darian Stokes
10:40	10:50	Break Time	FOOD AREA	EVERYONE
10:55	11:25	TRANSITIONS IN NE WAZA	KIDS MAT	Christen Horton
11:30	12:00	OUCHI COMBO	KIDS MAT	Abbie Herman
12:00	12:55	Lunch	FOOD AREA	EVERYONE
1:00	1:30	UKI OTOSHI	KIDS MAT	Ryan Reser
1:35	2:05	KESA GATAME & TURN OVERS	KIDS MAT	Mike Muender
2:10	2:20	Break Time	FOOD AREA	EVERYONE
2:25	2:55	DE ASHI HARAI	KIDS MAT	Lynn Roethke
3:00	3:30	UKI GOSHI	KIDS MAT	Flavio - combined
3:35	3:45	Break Time	FOOD AREA	EVERYONE
3:50	4:20	SELF-DEFENSE IN JUDO	KIDS MAT	Joe Torres
4:25	5:00	REFEREEING	KIDS MAT	Robert Gouthro/Lisa Caprioti
5:00	6:25	Dinner	Golden Corral	EVERYONE
6:30	8:15	POOL PARTY/MOVIE	HOTEL	EVERYONE
8:20	8:30	Bow Out	MAIN MAT AREA	EVERYONE

MAT 3
Test of the Heroes

STARTS	ENDS	EVENT	LOCATION	INSTRUCTORS
1:00	2:05	TEST OF THE HEROES	KIDS MAT	Sensei Darian Stokes
2:10	2:20	Break Time	FOOD AREA	EVERYONE
2:25	2:55	TEST OF THE HEROES	KIDS MAT	Sensei Darian Stokes
2:55	3:30	TEST OF THE HEROES	KIDS MAT	Flavio Canto
3:35	3:45	Break Time	FOOD AREA	EVERYONE
3:50	5:00	TEST OF THE HEROES	KIDS MAT	Sensei Darian Stokes

Test Of Heroes - Regular Classes in the Mornings

FRIDAY
MAT 2
AGES 8, 9, 10, 11, and 12

STARTS	ENDS	EVENT	LOCATION	INSTRUCTORS
8:00	8:30	FUN RUN	OUTSIDE FRONT	EVERYONE
8:45	8:55	Sign Up/Check In	LOBBY	EVERYONE
9:00	9:10	Line Up	MAIN MAT AREA	EVERYONE
9:15	9:25	CAMP PHOTOS	MAIN MAT AREA	EVERYONE
9:30	10:00	KATA	KIDS MAT	Gary Monto
10:05	10:35	MOVEMENTS IN JUDO	KIDS MAT	Mike Szejter
10:40	10:50	Break Time	FOOD AREA	EVERYONE
10:55	11:25	IPPON SEOI NAGE	KIDS MAT	Lynn Roethke
11:30	12:00	O GOSHI	KIDS MAT	Flavio Canto
12:00	12:55	Lunch	FOOD AREA	EVERYONE
1:00	1:30	GROUNDWORK FOR JUDO	KIDS MAT	Guest Instructor
1:35	2:05	TAI OTOSHI	KIDS MAT	Ryan Reser
2:10	2:20	Break Time	FOOD AREA	EVERYONE
2:25	2:55	FOCUSING IN JUDO	KIDS MAT	Tom Ryan
3:00	3:30	JU JITSU FOR JUDO	KIDS MAT	Tom Reiff
3:35	3:45	Break Time	FOOD AREA	EVERYONE
3:50	4:20	COACHING	KIDS MAT	Chris Collins
4:25	5:00	GAMES "THE WALL"	KIDS MAT	Mark Hunter
5:00	6:25	Dinner	Golden Corral	EVERYONE
6:30	8:15	SUPER HERO/NINJA	KIDS AREA	EVERYONE
8:20	8:30	Bow Out	MAIN MAT AREA	EVERYONE

MAT 1
AGES 4, 5, 6, and 7

STARTS	ENDS	EVENT	LOCATION	INSTRUCTORS
8:00	8:30	FUN RUN	OUTSIDE FRONT	EVERYONE
8:45	8:55	Sign Up/Check In	LOBBY	EVERYONE
9:00	9:10	Line Up	MAIN MAT AREA	EVERYONE
9:15	9:25	CAMP PHOTOS	MAIN MAT AREA	EVERYONE
9:30	10:00	MOVEMENTS IN JUDO	KIDS MAT	Mike Szejter
10:05	10:35	KATA	KIDS MAT	Gary Monto
10:40	10:50	Break Time	FOOD AREA	EVERYONE
10:55	11:25	O GOSHI	KIDS MAT	Flavio Canto
11:30	12:00	IPPON SEOI NAGE	KIDS MAT	Lynn Roethke
12:00	12:55	Lunch	FOOD AREA	EVERYONE
1:00	1:30	TAI OTOSHI	KIDS MAT	Ryan Reser
1:35	2:05	GROUNDWORK FOR JUDO	KIDS MAT	Guest Instructor
2:10	2:20	Break Time	FOOD AREA	EVERYONE
2:25	2:55	JU JITSU FOR JUDO	KIDS MAT	Tom Reiff
3:00	3:30	FOCUSING IN JUDO	KIDS MAT	Tom Ryan
3:35	3:45	Break Time	FOOD AREA	EVERYONE
3:50	4:20	GAMES "THE WALL"	KIDS MAT	Mark Hunter
4:25	5:00	COACHING	KIDS MAT	Chris Collins
5:00	6:25	Dinner	Golden Corral	EVERYONE
6:30	8:15	SUPER HERO/NINJA	KIDS AREA	EVERYONE
8:20	8:30	Bow Out	MAIN MAT AREA	EVERYONE

MAT 3
Test of the Heroes

STARTS	ENDS	EVENT	LOCATION	INSTRUCTORS
1:00	2:05	TEST OF THE HEROES	KIDS MAT	Sensei Darian Stokes
2:10	2:20	Break Time	FOOD AREA	EVERYONE
2:25	2:55	TEST OF THE HEROES	KIDS MAT	Ryan Reser
2:55	3:30	TEST OF THE HEROES	KIDS MAT	Lynn Roethke
3:35	3:45	Break Time	FOOD AREA	EVERYONE
3:50	5:00	TEST OF THE HEROES	KIDS MAT	Sensei Darian Stokes

Test Of Hereos - Regular Classes in the Mornings

SATURDAY
MAT 2
AGES 8, 9, 10, 11, and 12

STARTS	ENDS	EVENT	LOCATION	INSTRUCTORS
8:30	8:55	Sign Up/Check In	LOBBY	EVERYONE
9:00	9:10	Line Up	MAIN MAT AREA	EVERYONE
9:15	9:25	WARM UPS	KIDS MAT	EVERYONE
9:30	10:00	SUPER HERO	KIDS MAT	Darian Stokes
10:05	10:35	BJJ Sweeps From Close Guard	KIDS MAT	Scott Altgilbers
10:40	10:50	Break Time	FOOD AREA	EVERYONE
10:55	11:25	INSTRUCTOR CHOICE	KIDS MAT	Lynn Roethke
11:30	12:00	INSTRUCTOR CHOICE	KIDS MAT	Flavio Canto
12:00	12:55	Lunch	FOOD AREA	EVERYONE
1:00	1:30	BASIC JUDO	KIDS MAT	Mike Muender
1:35	2:05	INSTRUCTOR CHOICE	KIDS MAT	Ryan Reser
2:10	2:20	Break Time	FOOD AREA	EVERYONE
2:25	2:55	RANDORI FUN	KIDS MAT	Travis Sayre
3:00	3:30	GAMES	KIDS MAT	Jeff Johns
3:35	3:45	Break Time	FOOD AREA	EVERYONE
3:50	4:20	OPEN	KIDS MAT	SPECIAL GUEST
4:25	5:00	END OF CAMP PARTY	KIDS MAT	EVERYONE
5:00		End Of Camp	KIDS MAT	EVERYONE

MAT 1
AGES 4, 5, 6, and 7

STARTS	ENDS	EVENT	LOCATION	INSTRUCTORS
8:30	8:55	Sign Up/Check In	LOBBY	EVERYONE
9:00	9:10	Line Up	MAIN MAT AREA	EVERYONE
9:15	9:25	WARM UPS	KIDS MAT	EVERYONE
9:30	10:00	BJJ Ground Movement Drills	KIDS MAT	Scott Atgilbers
10:05	10:35	SUPER HERO	KIDS MAT	Darian Stokes
10:40	10:50	Break Time	FOOD AREA	EVERYONE
10:55	11:25	INSTRUCTOR CHOICE	KIDS MAT	Flavio Canto
11:30	12:00	INSTRUCTOR CHOICE	KIDS MAT	Lynn Roethke
12:00	12:55	Lunch	FOOD AREA	EVERYONE
1:00	1:30	INSTRUCTOR CHOICE	KIDS MAT	Ryan Reser
1:35	2:05	BASIC JUDO	KIDS MAT	Mike Muender
2:10	2:20	Break Time	FOOD AREA	EVERYONE
2:25	2:55	GAMES	KIDS MAT	Jeff Johns
3:00	3:30	RANDORI FUN	KIDS MAT	Travis Sayre
3:35	3:45	Break Time	FOOD AREA	EVERYONE
3:50	4:20	OPEN	KIDS MAT	SPECIAL GUEST
4:25	5:00	END OF CAMP PARTY	KIDS MAT	EVERYONE
5:00		End Of Camp	KIDS MAT	EVERYONE

MAT 3
Test of the Heroes

STARTS	ENDS	EVENT	LOCATION	INSTRUCTORS
1:00	2:05	TEST OF THE HEROES	KIDS MAT	Sensei Darian Stokes
2:10	2:20	Break Time	FOOD AREA	EVERYONE
2:25	3:30	TEST OF THE HEROES	KIDS MAT	Flavio Canto
3:35	3:45	Break Time	FOOD AREA	EVERYONE
3:50	4:20	TEST OF THE HEROES	KIDS MAT	Sensei Darian Stokes
4:25	5:00	END OF CAMP PARTY	KIDS MAT	EVERYONE
5:00		End Of Camp	KIDS MAT	EVERYONE

Test Of Hereos - Regular Classes in the Mornings

PLEASE NOTE

Test of the Heroes Course Requirements

Ages 8 to 14 ONLY	Permission from Coach/Parent that you are up to the Challenge
Successfully know how to fall correctly	Must be able to run 1 Mile on Friday Morning under 10 Minutes
Must show RESPECT on and off the Mat	Must stay dedicated to the Program the Entire Camp
Must have a high interest in competition level training	
Only 10 Students in the Course allowed	Could get disqualified during the Course

Test of the Heroes Course Outline

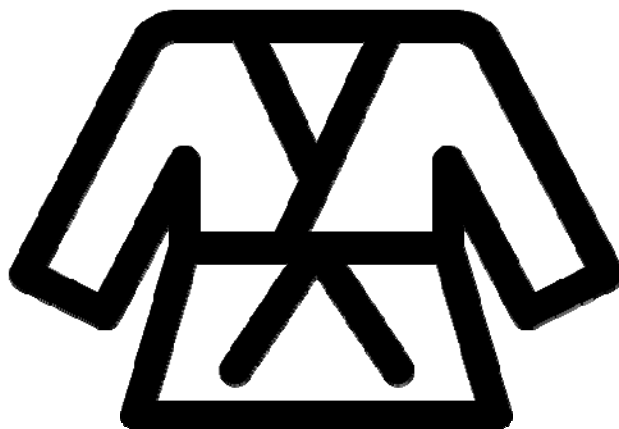
Lots of High Energy Randori with Feedback	High Level Drills for Competition
Sensei's Intense Uchi komi Drills	Intense Newaza Competition Drills
Throws for Competition	Fitness (1 Mile Run)
Learn to put speed into your technique and move your opponent into position for Throws	

Instructors for this Course

Darian Stokes - Coordinator	
Sensei Ryan Reser	Sensei Flavio Canto
Sensei Lynn Roethke	Other Instructors as needed

Other Activities

You will be attending Regular Kids Courses in the Morning (REQUIRED)
You will be attending Evening Activities (REQUIRED)



NEW FOR 2024