

**Agenda USA Grassroots Karate Camp
University of the Pacific
USA Grassroots Karate Camp
Hosted by Gene Tibon – National Director
President
USANKF of Northern California, Inc.
Regional Sports Organization
August 4-8, 2011
(Schedule Subject to Change)**

“The Champion does what his opponent will not do”

August 4th, 2011 Thursday Arrival and check in **First Day:** “Hall Dorms Lobby”
Check in 12:00noon lunch, room assignments.

12:00 Noon – 1:00pm lunch

Can relax or can go swimming at UOP Pool may be small charge, bring swimming attire and towel.

Dinner 6:00pm – 7:00pm at DeRosa Center or Offsite Buy own.

Orientation Meeting 7:00pm-8:30pm – Director and Speaker Sensei Gene Tibon
All attending camp are invited. **Pacific Theatre aka Janet Leigh Theatre.**

August 5th, 2011 Second Camp Day Friday

5:00am-6:30am “1K Tokubetsu Renshu” by Sensei Jose M. Fraguas – (Karate-gi).
S/W Parking Lot same place as last year.

Breakfast 7-8am DeRosa Center or Offsite Buy own.

8:30am All Meet at Jenson-Lagorio Gym full group with warm up stretches & introductions of Instructors 9:00am – wear karate-gi.

9:00am – 11:30am Split group in two segments ½ for Kata with Toshi Uchiage and Antonio Diaz and coaches:
½ group with Sensei Hideharu Igaki ½ with Sensei George Kotaka for Kumite drills: distance, timing, and sparring combinations.

12:00 Noon – 1:00pm lunch DeRosa Center or Offsite Buy own.

1:30pm – 5:30pm - All Meet at Jensen-Lagorio Gym

1:30pm – 4:00pm – ½ group morning Kata now switch to Kumite Station with Sensei Igaki and Sensei Kotaka, other ½ group switch from Kumite to Kata with Sensei Antonio Diaz and Sensei Toshi Uchiage

4:15pm – 5:45p Coaches run training drill at 10 different stations build team camaraderie – wear shorts or sweat bottoms, and t-shirt. (Bring karate-gi to change)

Dinner 6:00pm – 7:00pm DeRosa Center or Offsite Buy own.

Motivational Speakers Pacific Theater 7:30pm-9: 30pm – (Note Speakers Subject to Change) Sensei Toshihiro Oshiro presentation on Traditional Okinawa Kobudo History. Sensei Antonio Diaz, Sensei George Kotaka, Sensei Toshi Uchiage frame of mind and what it takes to be the best in the world, or best in your country.

Return to Dorms Lights out at 10:00pm

August 6th, 2011 third day Camp Day Saturday

5:00am-6: 30am “1K Tokubetsu Renshu” by Sensei Jose M. Fraguas - (Karate-gi).
S/W Parking Lot.

Breakfast 7-8am DeRosa Center or Offsite Buy own.

8:30am – 9:00am Jensen-Lagorio Gym full group with warm up stretches. Wear karate-gi.

9:00am – 11:30am Split group in two segments ½ for Kata with Sensei Antonio Diaz and Sensei Toshi Uchiage and coaches:
Group ½ with Sensei George Kotaka for Kumite drills: distance, timing, and sparring combinations.

1:30pm – 5:30pm Coaches Training Session Sensei Hideharu Igaki, Sensei Chuck Sweigart, Sensei Gene Tibon

12:00 Noon – 1:00pm lunch DeRosa Center or Offsite Buy own.

1:30pm – 5:30pm - All Meet at Jensen-Lagorio Gym

1:30pm – 4:00pm – ½ group morning Kata now switch to Kumite Station with Sensei Igaki and Sensei Kotaka, other ½ group switch from Kumite to Kata with Sensei Antonio Diaz and Sensei Toshi Uchiage

4:15pm – 5:45p Coaches run training drill at 10 different stations build team camaraderie – wear shorts or sweat bottoms, and t-shirt. (Bring karate-gi to change)

Dinner 6:00pm – 7:00pm DeRosa Center or Offsite Buy own.

Motivational Speaker DeRosa Center 7:30pm-9:30pm – Sensei Junki Yoshida of Yoshida Groups, rated top 5 Japanese Businessmen in the World, and the sensational story of how he used his Karate to create a \$300 million a year company. **All Invited!**
Return to Dorms Lights out at 10:00pm –

August 7th, 2011 fourth day Camp Day Sunday

Breakfast 7-8am DeRosa Center or Offsite Buy own.

Jansen Lagorio All meet 8:00am – 10:00am

Sensei Chuck Sweigart introductions of referee signals, legal take downs, throws, why not scoring in eyes of Referees. ALL ATHLETES

Group Refresher “athlete choice for their needs” Split Groups Kata with Sensei Antonio Diaz and Sensei Toshi Uchiage, Kumite Sensei Igaki and Sensei Kotaka
10:00a – 12:00noon

12:00 Noon – 1:00pm lunch DeRosa Center or Offsite Buy own.

All Meet at 1:30pm – 5:30pm at Jensen-Lagorio

1:30pm – 3:30pm. Special Weapons Escrima Disarm Clinic by Master Darren: Escrima Methods of Empty Hands vs. Knife & Stick Attacks. (Sport Warm Ups. No karate-gi necessary).

3:45pm – 5:45pm Opposite group from Saturday split group in two segments ½ for Kata with Toshi Uchiage and Antonio Diaz and coaches:
½ group with Sensei Hideharu Igaki for Kumite drills: distance, timing, and sparring combinations.

Dinner 6:00pm – 7:00pm “Farewell Gathering” all onsite and offsite athletes and coaches, Disc Jockey, Large Screen Camp Highlights, Ukulele singing along, **DeRosa Center Grass area.**

ALSO CHECK OUT PROCESS

Return to Dorms Pack up - Lights out at 10:00pm

August 8th Monday – Depart Last Day

Van Transportation to Sacramento Airport Only – First Group leaves at Starting at **5:00am**, next group **8:00am**, and last group **11:00am.**

Have a Safe Trip Home! See you next year!

