

Agenda USA Grassroots Karate Camp
University of the Pacific
5th Annual USA Grassroots Karate Camp
Hosted by Gene Tibon – National Director
President
USANKF of Northern California, Inc.
Regional Sports Organization
August 2-6, 2012
(Schedule Subject to Change)

“The Champion Does What his Opponent will not do”

August 2nd, 2012 Thursday Arrival and check in **First Day**: “Casa Werner and Price House Hall Lobby”

Check in 12:00 Noon - Room assignments.

12:00 Noon – 1:00pm Lunch

Can relax go to lunch and walk the campus to know where our training facilities are.

Dinner 5:30pm – 6:00pm at DeRosa Center or Offsite Buy own.

Pacific Theater 6:30pm – 7:30pm Strength and Conditioning Presentation with Nutritional tips for elite athletes. Also results from Energetics Study by Connie Ramsburg Grassroots Staff Instructor.

Orientation Meeting 7:30pm-8:45pm – Director and Speaker Sensei Gene Tibon
All attending camp is invited. **Pacific Theater aka Janet Leigh Theater.** Instructor Introductions

August 3rd, 2012 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 group segments 1/3 for Kata with Toshi Uchiage, 1/3 Sensei Javier Mantilla, and 1/3 with Dr. Clay Morton:
Other ½ group with 1/3 Sensei Hideharu Igaki, 1/3 with Sensei George Kotaka, 1/3 with Adam Tibon 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, and Adam Tibon, other ½ group switch from Kumite to Kata with 1/3 with Sensei Javier Mantilla, 1/3 Sensei Toshi Uchiage, 1/3 with Dr Clay Morton

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 7:15pm-9:15pm – (Note Speakers Subject to Change) Sensei Fumio Demura video and presentation, and Sensei Jose M. Fraguas on “Dojo Kun: Its Importance in Traditional Karate”.

Return to Dorms Lights out at 10:00pm

August 4th, 2012 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 Javier Mantilla, Sensei Toshi Uchiage, and Dr. Clay Morton and coaches:
Group ½ with Sensei George Kotaka for Kumite drills, ½ with Sensei Adam Tibon
Kumite Drills: distance, timing, and sparring combinations.

1:00pm – 3:00pm Coaches Training Session Sensei Hideharu Igaki, Sensei Chuck Sweigart, Connie Ramsburg, - If small group coaches all group Video talk.

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, Sensei Adam Tibon, Sensei Ronny Guzman other ½ group switch from Kumite to Kata with Sensei Javier Mantilla Shito Ryu, Sensei Toshi Uchiage Goju Ryu, and Dr. Clay Morton Shotokan.

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: 00pm – Sensei Junki Yoshida
Motivational Speaker apply Karate to business. **All Invited!**

Return to Dorms Lights out at 10:00pm –

August 5th, 2012 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 Toshi Uchiage, Dr. Clay Morton, Sensei Chuck Sweigart, Kumite Sensei Igaki, and Sensei Kotaka, Sensei Adam Tibon, Sensei Ronny Guzman **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 Dr. Clay Morton, Toshi Uchiage, and Chuck Sweigart and coaches:
½ group with Sensei Hideharu Igaki, Sensei George Kotaka, Sensei Adam Tibon, Sensei Ronny Guzman for Kumite drills: distance, timing, and sparring combinations.

Dinner 6:00pm – 7:00pm “Farewell Gathering Barbecue” 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 6th 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!

