

LETNJI KAMP- SUMMER CAMP 2018

ASHIHARA KAIKAN SAVEZ SRBIJE - ASHIHARA KAIKAN ASSOCIATION of SERBIA

05.08.2018 (Nedelja) (Sunday)

(Dan dolaska - prijavljivanje u hotel, smeštaj po sobama)(Arrival day – checking in hotel, room accommodation)

- 14.30 - 15.30 (ručak)(lunch)

- 18.30(trening dobrodošlice) (welcome training)

- (ASHIHARA BAZIČNA TEHNIKA) (ASHIHARA BASIC TECHNIQUE)

06.08.2018 (Ponedeljak) (Monday)

06.45 (ustajanje) (rising up)

07.15 (postrojavanje) (line up)

07.30-08.30(jutarnji trening, trčanje, vežbe za snagu i izdržljivost)(morning training, running, exercises for strength and endurance)

09.00 – 10.00(doručak)(breakfast)

10.00 - 14.00 (slobodno vreme, plivanje)(free time, swimming)

14.30 – 15. 30(ručak) (lunch)

15.30 – 18.00(slobodno vreme, plivanje)(free time, swimming)

18.30- 20.00(Ashihara nokaut borbene tehnike, kumite no kata sono ichi, rad na fokuserima, kumite no kata sono ichi, šado box, kumite no kata sono ichi)(Ashihara knock down fighting techniques, kumite no kata sono ichi, pads and bags workout, kumite no kata sono ichi, shadow boxing, kumite no kata sono ichi)

20.30 – 21.30(večera)(dinner)

22.00(vreme spavanja – za decu, kadete i juniore)(sleeping time - for children, cadet and junior's)

07.08.2018 (Utorak) (Tuesday)

06.45(ustajanje)(rising up)

07.15(postrojavanje)(line up)

07.30-08.30(jutarnji trening, trčanje, vežbe za snagu i izdržljivost)(morning training, running, exercises for strength and endurance)

09.00 – 10.00(doručak)(breakfast)

10.00 - 14.00(slobodno vreme, plivanje)(free time, swimming)

14.30 – 15. 30(ručak) (lunch)

15.30 – 18.00(slobodno vreme, plivanje)(free time, swimming)

18.30- 20.00 (Ashihara nokaut borbene tehnike, kumite no kata sono ni, rad na fokuserima, kumite no kata sono ni, sparing, kumite no kata sono ni)(Ashihara knock down fighting techniques, kumite no kata sono ni, pads and bags workout, kumite no kata sono ni, sparing, kumite no kata sono ni)

20.30 – 21.30 (večera)(dinner)

22.00 (vreme spavanja – za decu, kadete i juniore)(sleeping time - for children, cadet and junior's)

08.08.2018 (Sreda) (Wednesday)

06.45(ustajanje)(rising up)

07.15(postrojavanje)(line up)

07.30-08.30(jutarnji trening, trčanje, vežbe za snagu i izdržljivost)(morning training, running, exercises for strength and

endurance)

09.00 – 10.00(doručak)(breakfast)

10.00 - 14.00(slobodno vreme, plivanje)(free time, swimming)

14.30 – 15. 30(ručak) (lunch)

15.30 – 18.00(slobodno vreme, plivanje)(free time, swimming)

18.30- 20.00 (Ashihara nokaut borbene tehnike, kumite no kata sono san, rad na fokuserima, kumite no kata sono san, Sabaki borenje, kumite no kata sono san)(Ashihara knock down fighting techniques, kumite no kata sono san, pads and bags workout, kumite no kata sono san, Sabaki kumite, kumite no kata sono san)

20.30 – 21.30(večera)(dinner)

22.00(vreme spavanja – za decu, kadete i juniore)(sleeping time - for children, cadet and junior's)

09.08.2018 (Četvrtak) (Thursday)

06.45 (ustajanje) (rising up)

07.15 (postrojavanje) (line up)

07.30-08.30(jutarnji trening, trčanje, vežbe za snagu i izdržljivost)(morning training, running, exercises for strength and endurance)

09.00 – 10.00(doručak)(breakfast)

10.00 - 14.00 (slobodno vreme, plivanje)(free time, swimming)

14.30 – 15. 30(ručak) (lunch)

15.30 – 18.00(slobodno vreme, plivanje)(free time, swimming)

18.30- 20.00(Ashihara nokaut borbene tehnike, kumite no kata sono yon, rad na fokuserima, kumite no kata sono yon, sparing, kumite no kata sono yon)(Ashihara knock down fighting techniques, kumite no kata sono yon, pads and bags workout, kumite no kata sono yon, sparing, kumite no kata sono yon)

20.30 – 21.30(večera)(dinner)

22.00(vreme spavanja – za decu, kadete i juniore)(sleeping time - for children, cadet and junior's)

10.08.2018 (Petak) (Friday)

06.45 (ustajanje) (rising up)

07.15 (postrojavanje) (line up)

07.30-08.30(jutarnji trening, trčanje, vežbe za snagu i izdržljivost)(morning training, running, exercises for strength and endurance)

09.00 – 10.00(doručak)(breakfast)

10.00 - 14.00 (slobodno vreme, plivanje)(free time, swimming)

14.30 – 15. 30(ručak) (lunch)

15.30 – 18.00(slobodno vreme, plivanje)(free time, swimming)

18.30- 20.00(Ashihara nokaut borbene tehnike, kumite no kata sono go, rad na fokuserima, kumite no kata sono go, Sabaki borenje, kumite no kata sono go)(Ashihara knock down fighting techniques, kumite no kata sono go, pads and bags workout, kumite no kata sono go, sparing, kumite no kata sono go)

20.30 – 21.30(večera)(dinner)

22.00(vreme spavanja – za decu, kadete i juniore)(sleeping time - for children, cadet and junior's)

11.08.2018 (Subota) (Saturday)

06.45 (ustajanje) (rising up)

07.15 (postrojavanje) (line up)

07.30-08.30(jutarnji trening, trčanje, vežbe za snagu i izdržljivost)(morning training, running, exercises for strength and endurance)

09.00 – 10.00(doručak)(breakfast)

10.00 - 14.00 (slobodno vreme, plivanje)(free time, swimming)

14.30 – 15. 30(ručak) (lunch)

15.30 – 18.00(slobodno vreme, plivanje)(free time, swimming)

18.30- 20.00(šado box, rad na fokuserima, Sabaki borenje, kumite no kata sono go)(Ashihara knock down fighting techniques,

kumite no kata sono go, pads and bags workout, kumite no kata sono go, shadow boxing, kumite no kata sono go)

20.30 – 21.30(večera)(dinner)

22.00(vreme spavanja – za decu, kadete i juniore)(sleeping time - for children, cadet and junior's)

12.08.2018 (Nedelja) (Sunday)

08.00 (ustajanje) (rising up)

09.00 – 10.00(doručak)(breakfast)

10.30 - 14.00 (polaganje za pojaseve)(kyu and Dan testing)

14.30 – 15. 30(ručak) (lunch)

15.30 – 20.00(slobodno vreme, plivanje)(free time, swimming)

20.30 – 21.30(večera)(dinner)

22.00(vreme spavanja – za decu, kadete i juniore)(sleeping time - for children, cadet and junior's)

13.08.2018 (Ponedeljak) (Monday)

Departure day

07.00 (ustajanje) (rising up)

07.30 – 08.30(doručak)(breakfast)

09.00(napuštanje soba, autobuski prevoz)(leaving the room, bus transfer)

14.30 – 15. 30(ručak) (lunch)

VAŽNO OBAVEŠTENJE IMPORTANT NOTICE

POTREBNA OPREMA ZA JUTARNJI TRENING REQUIRED EQUIPMENT FOR MORNING TRAINING:

1. PATIKE ZA TRČANJE RUNNING SHOES

2.ŠORC SHORTS

3.MAJCA T-SHIRT

4. VODA WATER

POTREBNA OPREMA ZA VEČERNJI TRENING REQUIRED EQUIPMENT FOR EVENING TRAINING:

1. BELI, ČIST, BRENDIRAN KIMONO I POJAS WHITE, CLEAN, BRANDED DOGI WITH BELT

2. ZAŠTITNA OPREMA ZA SPARING PROTECTION EQUIPMENT FOR SPARING

SA SOBOM JE POTREBNO IMATI MUST HAVE WITH YOU:

1.OSIGURANJE U SLUČAJU SPORTSKIH POVREDA INSURANCE IN CASE OF SPORT INJURES

2.STVARI ZA LIČNU HIGIJENU THINGS FOR PERSONAL HYGIENE

3.DOZVOLU RODITELJA ZA PRELAZAK GRANICE PARENTAL PERMISSION FOR CROSSING BORDER

NEMOJTE ZABORAVITI DO NOT FORGET:

DA PLATITE DRUGI DEO IZNOSA PRE POLASKA I BORAVIŠNU TAKSU NA LICU MESTA

YOU MUST PAY LOCAL TOURIST TAX AT THE SPOT

ŽELIMO VAM VEOMA USPEŠAN LETNJI KAMP WE WISH YOU VERY SUCCESSFUL SUMMER CAMP