

## Minigruppen SpringCamp 2018

	Date	Topic	Group level	Orgnisator	Description
1	Thu 11.00-12.00	<i>Nipaipo</i>	1. Dan Kata Verständnis	Simone	How to make the kata dynamic and vital
2	Thu 12.00-13.00	<i>Kumite 1 vs 2</i>	Fighters	Sascha	Sensing, vision, moving, attacking. Using one Opponent against the other.
4	Thu 17.00-18.00	<i>Annan</i>	1. Dan	Detlev	
5	Thu 18.00-19.00	<i>Angles of attack</i>	2. Dan	Carsten	
6	Fri 11.00-12.00	<i>Sanchin internal aspects</i>	3. Dan	Sascha	Focus of mind in the body, muscular tension, joint training, Ki&Mind, how to regulate breath and blood pressure,
7	Fri 12.00-13.00	<i>Speed-Training for Keri</i>	1. Dan	Sascha	Aspects of fast Keri: free-moving hip, kinetic chain of movment, tension-free. Differances in Mae-Keri, Mawashi-Geri, Yoko-Geri
9	Fri 17.00-18.00	<i>Sandan-No-Bo - Rhythm and Timing</i>	1. Dan	Simone	
10	Fri 18.00-19.00	<i>Tai Sabaki</i>	1. Dan	Falk	How to move the body in tai sabaki for combat and Kata.