

ICHIIBAN 2021 CAMP

22-27 AUGUST
HOTEL BARDO

Sunday August 22, 2021

14.00 - lunch
14.30 - 15.30 registration, accommodation
16.30 - 18.00 training (karategi)
19.00 dinner (black belts)
19.15 - 20.00 dinner (colour belts)
19.45 - 21.15 biological regeneration
(swimming pool, sauna, colour belts) MANDATORY
21.15 - 22.15 biological regeneration (black belts) MANDATORY
23.00 - 8.00 night silence

Monday August 23, 2021

8.20 - 8.45 morning start-up (mandatory)
9.00 breakfast (black belts)
9.15 - 10.00 breakfast (colour belts)
11.00 - 12.30 motor training I group (sports wear)
12.30 - 14.00 motor training II group (sports wear)
14.00 - lunch (black belts)
14.15 - 15.00 lunch (colour belts)
16.30 - 18.00 training (karategi)
19.00 dinner (black belts)
19.15 - 20.00 dinner (colour belts)
19.45 - 21.15 biological regeneration (colour belts) MANDATORY
21.15 - 22.15 biological regeneration (black belts) MANDATORY
23.00 - 8.00 night silence

Tuesday August 24, 2021

8.20 - 8.45 morning start-up (mandatory)
9.00 breakfast (black belts)
9.15 - 10.00 breakfast (colour belts)
11.00 - 12.30 motor training I group (sports wear)
12.30 - 14.00 motor training II group (sports wear)
14.00 - lunch (black belts)
14.15 - 15.00 lunch (colour belts)
16.30 - 18.00 training (karategi)
19.00 dinner (black belts)
19.15 - 20.00 dinner (colour belts)
19.45 - 21.15 biological regeneration (colour belts) MANDATORY
21.15 - 22.15 biological regeneration (black belts) MANDATORY
23.00 - 8.00 night silence

Wednesday August 25, 2021

8.20 - 8.45 morning start-up (mandatory)
9.00 breakfast (black belts)
9.15 - 10.00 breakfast (colour belts)
11.00 - 12.30 motor training I group (sports wear)
12.30 - 14.00 motor training II group (sports wear)
14.00 - lunch (black belts)
14.15 - 15.00 lunch (colour belts)
16.30 - 18.00 training (karategi)
19.00 dinner (black belts)
19.15 - 20.00 dinner (colour belts)
19.45 - 21.15 biological regeneration
(coloured belts) MANDATORY
21.15 - 22.15 biological regeneration
(black belts) MANDATORY
23.00 - 8.00 night silence

Thursday August 26, 2021

8.20 - 8.45 morning start-up (mandatory)
9.00 breakfast (black belts)
9.15 - 10.00 breakfast (colour belts)
10.015 - 13.30 river rafting
14.00 - lunch (black belts)
14.15 - 15.00 lunch (colour belts)
16.30 - 18.00 training / kumite (karategi)
19.30 sayonara
21.00 - 22.15 biological regeneration (all)
23.00 - 7.40 night silence

Friday August 27, 2021

8.00 breakfast (black belts)
8.15 9.00 breakfast (colour belts)
9.30 - 10.45 training (karategi)
10.45 - 11.00 photo session
11.30 check out from the hotel

~ All training units obligatory *
~ You can use the swimming pools and the sauna all day long to relax.
* start-up, motor training, training, biological regeneration, rafting