

# 2023 National Team Camp – South Africa Tour & Portugal WC

WAKO Canada Headquarters – 5008 South Service Road, Burlington, ON, L7L 5Y7



Saturday May 27<sup>th</sup>

Time	Agenda Item
1:30 pm	NT Coaches Meeting
2:30 pm	Arrival of <b>Portugal NT Athletes</b> – Registration
3:00 pm	Welcome
3:05 pm	Introduction and Review of Saturday
3:10 pm	Getting to Know You (Icebreaker)
3:30 pm	National Team Expectations
3:45 pm	Run Fitness Test (each person to do the run 3 x – compare scores with a set rest time)
4:30 pm	Module #1 – Review of Curriculum (Ring-Tatami) Module #2 – Forms Review (Forms/Weapons)
5:00 pm	Break <b>Arrival of Athletes - South Africa Team</b>
5:30 pm	Module #2 – Technical Sparring
6:30 pm	Break
6:45 pm	Group 1 - 4 Punch Bag Test – Scoring x 3 Group 2 – In-Out Drill – Scoring x 3
7:15 pm	Module #3 – Instructional Sparring
8:00 pm	Wrap Up

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Sunday May 28<sup>th</sup>

Time	Agenda Item
8:30 am	Coaches Meeting
9:00 am	Athletes Arrive
9:30 am	Team Building Activity
10:00 am	<p><u>National Team Principle Training Modules</u></p> <p><b>Group 1 – Ring/KL/PT Group (Jackie)</b></p> <p>Podium Principle 7 - Athletes must fight with <u>fluid footwork</u></p> <p><b>Group 2 – Ring/KL/LC Group (Ritch)</b></p> <p>Podium Principle 10 - Athletes must maximize <u>countering</u> opportunities.</p> <p><b>Group 3 – Ring/LK/LC Group (Dawn)</b></p> <p>Podium Principle 8 – Athletes must impose their <u>dominance in round 1</u></p> <p><b>Group 4 – Ring/KL (John)</b></p> <p>Podium Principle 14 Athletes must <u>neutralize opponent's strengths</u></p> <p><b>Group 5 – Forms/Weapons (Anthony)</b></p> <p>Podium Principle 18 - Athletes must enunciate every movement                      Podium Principle 19 - Athletes must be animated                      Podium Principle 20 - Athletes must be have explosive                      Podium Principle 21 - Athletes must have strong stances</p> <p>* Anthony will run 4 separate modules</p>
12:00 pm	Lunch Break
12:30 pm	Mobility Training
1:30 pm	Team Building Activity
1:45 pm	Wrap up – NT (Portugal Team)
1:45 pm	Run Fitness Test (South Africa Group)
2:00 pm	Wrap Up (South Africa Group) Distribution of Outfitting Team Pictures