

2027 BKD Karate Camp SATURDAY								
	A	B	C	D	E	F	G	H
Time	Adult	Adult	Adult	Teen	Teen	Intermediate Kid	Beginner Kid	Younger Kids
7:00am - 8:00am	Registration							
8:00am - 8:35am	Welcome and Group Warm up on Casco Day Field							
8:45am - 9:30am	Sensei Hal	Sifu John Fillipon	Sifu Tim Lavallee	Sigung Banks	Shihan Amy	Master Aaron	Sifu Stephen Mulloy	8:45-9:25
								Stars and Knives
9:40am - 10:25am	Sifu John Fillipon	Sifu Zeke	Renshi Jesse	Sifu Tim Lavallee	Shihan Lisa	Stars and Knives	Shihan Amy	9:40-10:20
								Sifu Stephen Mulloy
10:25 - 11:00	BREAK #1							
11:00 - 11:45	Sigung Banks	Shihan Lisa	Master Aaron	Shihan Amy	Sensei Hal	Sifu Stephen Mulloy	Stars and Knives	11:00-11:40
								Sifu John Fillipon
11:55 - 12:40	Sifu Stephen Mulloy	Sifu Tim Lavallee	Sigung Banks	Sifu John Fillipon	Stars and Knives	Sifu Zeke	Sensei Hal	11:55-12:35
								Shihan Lisa
12:40 - 1:15	BREAK #2							
1:15 - 2:00	Sifu Tim Lavallee	Sigung Banks	Sifu Dave Dumont	Stars and Knives	Master Aaron	Sensei Hal	Sifu John Fillipon	1:15-1:55
								Sifu Zeke
2:10 - 2:55	Stars and Knives	Master Aaron	Yoga with Crystal	Sifu Stephen Mulloy	Sifu Tim Lavallee	Sifu John Fillipon	Sifu Zeke	2:10-2:50
								Shihan Amy
3:00 - 4:00	Master Aaron	Shihan Amy	Stars and Knives	Sifu Zeke	Sigung Banks	3:00 - 3:45		
						Games with Sifu Steve and Sensei Nick		
4:00 - 4:30	PIZZA and Birthday Celebration with Cupcakes							

2027 BKD Karate Camp SUNDAY

8:00 - 8:20	Tai Chi Warm Up for All				
8:30 - 9:15	Push Hands - Big Dojo	Bo Bo Kumite	Escrima Sticks - Combatives	Bokken	Tennis Ball on Rope and Bo Techniques
9:30 - 10:15	Broadsword - Big Dojo	Sparring	Bo Bo Kumite	Stars and Knives	Flag Sparring
10:30 - 11:15	Stars and Knives	Escrima Sticks - Form	Tai Chi Sword	Push Hands	Noodle War and Games
11:15-11:35	Take Down Canopies. Clean Up Field.				
11:35 - 12:00	Everyone Ends on the Field Together: Block and Counter and One Thing.				



Sunny day use the dojos for a sun break
Shoot for groups of 12 people

Click on QR Code for Schedule