


<u>FRIDAY</u>		<u>SATURDAY</u>		<u>SUNDAY</u>	
<b>18:00-18:30</b>		<b>9:00-10:30</b>		<b>9:00-10:30</b>	
Welcome & Introduction		<u>Main Group</u> Kickboxing by Derya	<u>Blackbelt</u> Weapon disarming by Taiyo	<u>Main Group</u> Technical Training	<u>Blackbelt</u> Technical Training
Proceed to next class		PAUSE		PAUSE	
<b>18:30-19:30</b>		<b>11:00-12:30</b>		<b>11:00-12:30</b>	
Bodyguard Intro Training by Taiyo		<u>Main Group</u> Karate by Hanshi Flemming Beach/Dybboel Mill	<u>Blackbelt</u> Beach experience.....	<u>Main Group</u> Technical Training	<u>Blackbelt</u> Technical Training
Proceed to next class		PAUSE		PAUSE	
<b>19:45-21:45</b>		<b>13:30-16:30</b>		<b>13:00-15:00</b>	
MMA Intro by „Godfather of MMA“		Scenario Training --- Stress Training Karsten, Kenneth and Team		<u>Main Group</u> Sparring	<u>Blackbelt</u> Sparring / Excercises / More
		PAUSE		Proceed to next class	
<b>Rest of the evening</b>		<b>17:00-18:00</b>		<b>15:00-15:30</b>	
<u>Main Group</u> Enjoy the evening, have fun and relax.	<u>Blackbelt</u> Looong night of happiness.....	SUMO Contest --- Knife Fighting Contest by Taiyo		Diplomas – Promotions & Gratitude	
		20:00 - ?? Dinner at Mongolian BBQ Restaurant		