

Retreat Schedule

This schedule is a guideline. Actual timing of events will be subject to change as required.

Friday

17:00 onward	Registration which basically means checking off arrivals, directing to assigned cottages, and obtaining a signed waiver.
19:00-20:30	Self defense
20:30-22:00	Kata OR outdoors martial arts movie
22:00 onward	Relax by the fire

Saturday

9:00-11:00	Sparring drills & sparring
11:-13:00	Lunch and free time*
13:00-14:00	Refereeing seminar (black belts only) **
14:00-16:30	New kata with bunkai (separate sessions for coloured and black belts)
16:30-18:00	free time
18:00-20:00	Kobudo (Bo) for those interested **
20:00 onward	BBQ and relax by the fire
~21:30	Movie as alternate to fire

Sunday

9:30-11:00	kata review / refinement (separate sessions for basic and black belts katas)
11:00-12:00	kata bunkai / sparring
12:30-14:00	Karate on beach class, a Japanese tradition (Ottawa River site)
14:00	End and departures

* Free time would also include planned activities (e.g. volleyball) and access to kayaks and canoes on the lake

** These events provide added free time to those not participating in the event