

# KIDS KUNG FU SUMMER CAMP

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00-9:00	<b>DROP OFF</b>	<b>DROP OFF</b>	<b>DROP OFF</b>	<b>DROP OFF</b>	<b>DROP OFF</b>
9:00-9:45	<b>Welcome to the Jungle</b> Movement from all four Poekoelan animals	<b>Crane Basics</b> Kicks! Kicks! Kicks!	<b>Monkey Basics</b> Rolls, Falls, Cartwheels Tricky moves of monkey	<b>Tiger Basics</b> Move fast on the ground	<b>Snake Basics</b> Snake dive, handstrikes and wrapping
9:45-10:00	<b>Break</b>	<b>Break</b>	<b>Break</b>	<b>Break</b>	<b>Break</b>
10:00-11:00	<b>Lunkas</b> Learn your first martial form	<b>Cun Tao Basics</b> Rolling, falls, cartwheels 18th Week	<b>Fast Hands</b> Handdrills <i>Pelejeran Poekoe</i>	<b>Sets</b> Phrasing, timing of sets Sets for rank	<b>Class Demos</b> Show us what you've learned this week
11:00-12:00	<b>LUNCH</b>	<b>LUNCH</b>	<b>SWIMMING</b> Mt Scott Pool 740 SE 106th Ave Leave for the pool 11am Lunch in the Park Swimming 1-2:30  Return to OWH 3pm	<b>Laurelhurst Park</b> Leave for the park 11:00 Lunch in the park KickBall w Jonathan Double Sticks w Adalia Free Play w friends  Return to OWH 3:00	<b>LUNCH</b>
12:00-12:45	<b>Poekoelan Notebook</b> Make your own camp scrapbook.	<b>Personal Kumbong</b> Create your own form White Sash and above <b>Animal Relays</b> Ages 6-7			<b>Double Sticks</b> Ages 8+ <b>Personal Best</b> Ages 6-7
1:00-1:30	<b>Snack</b>	<b>Snack</b>			<b>Snack</b>
1:30-2:30	<b>Double Sticks</b> Ages 8+ <b>Personal Best</b> Ages 6-7	<b>Double Sticks</b> Ages 8+ <b>Drumming</b> Ages 6-7			<b>Board Breaking</b>
2:30-3:00	<b>OPEN PLAY</b>	<b>OPEN PLAY</b>	<b>OPEN PLAY</b>	<b>OPEN PLAY</b>	<b>OPEN PLAY</b>
3:00-4:00	<b>Kung Fu Games</b>	<b>Obstacle Course</b> Crane Style	<b>Obstacle Course</b> Monkey Style	<b>Obstacle Course</b> Tiger Style	<b>Obstacle Course</b> All Four Animals!
4:00-5:00	<b>Open Play Time</b>	<b>Open Play Time</b>	<b>Open Play Time</b>	<b>Open Play Time</b>	<b>Decorate Your Board</b> <b>Poekoelan Notebook</b> <b>Open Play Time</b>

