

Institute of Modern Taekwondo Myuna Bay Training Camp *November 2006*

Most people arrived on the Friday night & greeted old & new friends, also deciding on which rooms to stay in. After everyone had greeted each other, the weekend was just about to start with a "light" warm up training session with Master Gavin Hamilton.

Everyone who's been to previous camps knew it wasn't going to be a light training session with Master Gavin instructing, but for those who hadn't been on a camp before didn't know what to expect yet & were in for a surprise or two. After the session everyone had a chat & a snack before heading off to bed for the night.

Everyone woke up early the next morning to go to the compulsory yoga session with Master Ron Claassens. After yoga everyone had some breakfast & got ready for our next session with our guest instructor Geoff Smith from Hoshin Jujitsu. Geoff Smith attended our camp last year & once again he gave us an excellent session. He amazed us all with his knowledge & taught us a lot of standing & ground defence. He also taught us a lot of street defence techniques.

After Geoff Smith's session everyone had a nice long lunch, then the "lucky" coloured belts were allowed to go & practice archery, while the black tips & above stayed to be assessed or help out at the Dan Assessment. The Dan Assessment was really exhausting & tiring (believe me), but at least the concrete floor had been changed to wooden floor boards. After the gruelling Dan Assessment for the black tips & above & the relaxing & fun archery for the coloured belts, there was a short break before "everyone" geared up for the one & a half hour sparring session, even the instructors geared up for sparring. By the end of the sparring session practically the only person still standing was Master Ron. After the sparring was over everyone slowly walked away (or limped) back to their rooms to get changed for a well deserved dinner.

The last session for the night was patterns for black tips & above, while the coloured belts sat back, relaxed & watched the funny & weird martial arts movies. Everyone stayed up for a while after to chat & show off their bumps & bruises (I think I won there!). Everyone slept well that night after such an action packed day.

Sunday morning start off early again with another compulsory yoga session. After yoga was breakfast & everyone seemed to enjoy it a lot more than usual. We then got into a 45 min session of Bo (staff) work with Master Ron & Carl Claassens. I really enjoyed the Bo work, but just as I was getting the hang of all those "water wheels", spins & stuff we moved onto set sparring. Set sparring was taken by Master Thomas, everyone got a lot out of the set sparring as you had to learn to step to the side instead of moving backwards because there was a brick wall behind you. After bumping into the wall once or twice everyone learnt quickly to step forward or to your sides. We moved onto strike shields & focus mitts. We covered a lot of hand drills along with leg drills to even it up. After we had lunch & awards presentation, then the weekend was over before you knew it.

The camp was fantastic I learn some new skills to enhance my training, got to chat & catch up with a lot of people from different clubs. I learnt a lot from our guest instructor Geoff Smith. All the instructors were excellent & taught us all so much in just a weekend. The accommodation was good also the food & there was heaps to eat & the social atmosphere was great. For those who haven't been to a camp yet, its heaps of fun & a great learning experience.

Camp report by Arden Fiegert