



Demo Camp

May 14th, 2011
 11:45 am – 2:45 pm
 CKTKD
 621 Southpark Dr Suite 1100
 Littleton, CO 80120



Schedule

Time	Session	Station 1	Station 2	Station 3
11:15 – 11:45	Warmup	Everyone together – warmup, stretching, falling and rolling, basic tumbling and combos		
11:45 - 12:15	Spinning Kicks	Roundhouse, 360s, and 540s (Master Bill)	540 Hook (Master Willie)	720's and above (RJ)
12:15 – 12:45	Lunch (Pizza)	Open Training Time.		
12:45 – 1:15	Tumbling	Cartwheels, roundoff, handsprings, ariels, etc. (RJ)	Back flips on the spotting rig (Master Willie)	Back Flips on the triangle matt/floor (Master Bill)
1:15 – 2:00	Various	High Speed Video Analysis (Katie)	Z axis techniques (Kung Fu Butterfly, btwist, hypertwist) (RJ)	Stunt Falling and fight scenes (Master Willie)
2:00-2:30	Circle	Everyone together to show what you've learned.		
2:30 –2:45	Review	Final words of encouragement, next steps, review upcoming demos.		

*After 2:45 there will be open practice for advanced members.

*Cost is \$20 per person (\$10 if you have performed a demo for KAT/CKTKD in the past) and can be paid on the day of by cash, check, or credit card.

*Non-KAT/CKTKD students must sign the liability waiver.

*Everyone will get a free high FPS (slow motion) video of one trick.