



SUNDAY 23 <sup>rd</sup> JULY		
TIME	What	Optional Extra Sessions
9:30am	Registration and Welcome	
10:00 – 10:15am	Warm up	
10:15 – 11:00 am	Group Participation Event including spectators All ranks and ages who wish to take part	Continuous Sparring Learn what it is and how to compete in it
11:15am	Tournament Begins	
	Tournament Continues throughout the day. Please pay attention and listen for your division call.  Please stay all day and cheer on all the club members, and show some team support and spirit.	There will be some games for the younger students happening throughout the day
		Marc Moor will be teaching all day from 10am – 4pm and everyone is welcome to dip in and out of the session throughout the day.
4:30pm	Close and Thank you's	
<b>Sunday Evening</b>		
For those staying till Monday, we will meet at Café Rene for a social and drinks from 7pm onwards		

Timetables are subject to change at any time throughout the event



**22nd/23rd JULY  
2023**