

## 28th ANNUAL S.S.S. PROGRAM - JUL 16-18, 2010

**Venue Key: Athletic Center: LR=Left Rear, LF=Left Front, RR=Right Rear, RF=Right Front (In The Main Gym), SG=Small Gym, AR=Aerobics Room, RMCC Building: SA = Small Aud 288, BA=Big Aud 247, MR = Meeting Room 282/283**

### SATURDAY

7:00-8:00 BREAKFAST - Dining Hall - No Service After 8am			
Training Time	Venue	Seminar Title – (subject to change)	Instructor
1. 8:10-9:50	SA	Teaching Kids Classes For Success (open to all current & prospective instructors)	<i>Dorsey/ Gillen/Muir</i>
2. “	RR	Stand Up Ju-Jitsu Flow Drill	<i>. Raffi Derderian</i>
3. “	LF	High Energy Techniques	<i>Paul Fracchia</i>
4. “	SG	Introduction to Capoeira	<i>Brian Schmidt</i>
5. “	LR	Aikido Weapon Self-Defense	<i>Bob Gifford</i>
<b>6. 10:00-11:40 LF TBA <i>Relson Gracie</i></b>			
7. “	RR	Dirty Fighting	<i>Dave Guccione</i>
8.	LR	The Best Offense	<i>Kevin Suggs</i>
9.	SG	Training Principles Of Okinawa Karate – Strength, Technique And Application	<i>Dave Oddy</i>
10.	MR	The Pizza Box Method of Superior Kicking	<i>Kelly Muir</i>
12:00-1:00 LUNCH - Dining Hall			
11. 1:10-2:50	SG	Improving your Kata for Tournaments and Tests	<i>Rob Streefer</i>
12. “	RR	Filipino Kali Stick Tactics	<i>Kevin Seaman</i>
13.	LR	S.P.E.A.R. system tactics for edged weapons	<i>Charlie Moore</i>
14.	LF	Krav-Maga Ground Defense (Ground & Pound)	<i>Chris Dammann</i>
15. “	AR	Sport Karate - Drills For Skills For Tournament Sparring	<i>Jeff Melander</i>
<b>16. 3:00-4:40 LF TBA <i>Relson Gracie</i></b>			
17. “	RR	Bo vs Sai fighting combinations	<i>Matt Dorsey</i>
18. “	LR	A Kung Fu Day Trip To The Zoo	<i>Mark Cardona</i>
19.	MR	Two Person Self defense and Sparring	<i>Shawn Vicknair</i>
20.	SG	ZDK System Class (ZDK only)	<i>Michael Campos</i>
<b>5:15-6:15 DINNER - Dining Hall</b>			
<b>7:00-8:30 MARTIAL ARTS DEMONSTRATIONS, ANNOUNCEMENTS, STAFF AWARDS - (BA) Big Auditorium</b>			
<b>8:30-12:30 LIVE D.J. AT THE DINING HALL AREA CAFÉ TIL 12:30 AM</b>			

### SUNDAY

7:00-8:00 BREAKFAST - Dining Hall - No Service After 8am			
21. 8:10-9:50	LF	Throws for Karatekas	<i>Paul Fracchia</i>
22. “	RR	Jeet Kune Do-The Martial Art Created By Bruce Lee.	<i>Raffi Derderian</i>
23. “	MR	Tac-Fit	<i>Charlie Moore</i>
24.	SG	Intro to Iaido and Kendo	<i>Rob Streefer</i>
25.	LR	Bo vs Bo fighting combinations	<i>Jackie Dorsey</i>
<b>26. 10:00-11:40 LF TBA <i>Relson Gracie</i></b>			
27. “	MR	CQC - Tables, Ladders and Chairs	<i>Chris Gonnoud</i>
28. “	RR	Capoeira ground techniques	<i>Brian Schmidt</i>
29. “	LR	Aikido Hanbo	<i>Charles Barrett</i>
30. “	AR	Traditional Training For Children	<i>Kelly Muir</i>
12:00-1:00 LUNCH- Dining Hall			
31. 1:10-2:50	LF	MMA Takedowns and Throws (Sprawl & Brawl)	<i>Chris Dammann</i>
32.	LR	The Best Defense	<i>Kevin Suggs</i>
33. “	SG	Attributes, Movement and Flow	<i>Mark Cardona</i>
34.	SA	The Winning Mind Set- Surpassing Your Goals In The Martial Arts And Beyond!	<i>Kevin Seaman</i>
35.	RR	Practical Combative Applications of Okinawa Karate	<i>Dave Oddy</i>
36. 3:00-4:40	SG	Sport Karate - Drills For Skills For Competition Kata	<i>Jeff Melander</i>
37. “	RR	Focus Mitt Training for Speed & Timing	<i>David Bruce</i>
38. “	LF	Practical Combat Aikido - (single/multiple opponent)	<i>Charles Barrett</i>
39. “	AR	Kicking for Self-Defense	<i>Lisa Guccione</i>

- GEAR MAY NOT BE PROVIDED AT CLASSES – **BRING YOUR TRAINING WEAPONS & SPARRING GEAR!**
- **YOU MUST WEAR YOUR ID AT ALL TIMES ON CAMPUS, + UNIFORM, SCHOOL TEES OR S.S.S. TEES TO ALL CLASSES**
- REPRESENT YOUR CLUB, INSTRUCTOR, & THE MARTIAL ARTS COMMUNITY APPROPRIATELY AT ALL TIMES
- **PRACTICE SAFELY & BE COURTEOUS TO ALL**
- **NO VIDEOTAPING OF ANY SEMINAR (W/out Instructor & Directors Permission).** STILL PICTURES ARE PERMISSIBLE
- **THE CAMP SCHEDULE IS SUBJECT TO CHANGE**
- **WE APPRECIATE YOUR SUPPORT & WILL DO ALL WE CAN TO ASSIST YOU - SEE STAFF WITH ANY QUESTIONS**
- **REMEMBER YOUR KEY ☺**