

## Daily Schedule Sitan Gym Camp WEEK 1

Start Time: 8:00 AM

	Mon	Tue	Wed	Thur	Fri
8:00 AM	Early Drop Off (Early Drop Fee)	Early Drop Off (Early Drop Fee)	Early Drop Off (Early Drop Fee)	Early Drop Off (Early Drop Fee)	Early Drop Off (Early Drop Fee)
9:00 AM	Roll Call	Roll Call	Roll Call	Roll Call	Roll Call
9:15 AM	RULES	RULES	RULES	RULES	RULES
9:30 AM	(GAME)	(GAME)	(GAME)	(GAME)	(GAME)
9:45 AM	(FREE PLAY)	(FREE PLAY)	(FREE PLAY)	(FREE PLAY)	(FREE PLAY)
10:00 AM	Muay Thai Class - Footwork, Jab-Cross (Form)	Muay Thai Class - Body Kicks (form) ADV Body Kick Defense (block and evasion)	Muay Thai Class: Body Kick Defense: Evasion and counter	Muay Thai Class: Low kicks techniques (adv) leap lowkicks	Muay Thai Class: WAI KRU
11:00 AM	Snack Time	Snack Time	Snack Time	Snack Time	Snack Time
12:00 PM	<a href="https://www.youtube.com/watch?v=P-TM3mDn-8">https://www.youtube.com/watch?v=P-TM3mDn-8</a> - Anuwat Keawsamrit - Muay thai Theory	<a href="https://www.youtube.com/watch?v=rqBxAqDh2gw">https://www.youtube.com/watch?v=rqBxAqDh2gw</a> - Muay thai Theory - Anantasak Panyuthapum	<a href="https://www.youtube.com/watch?v=ibnyYGXDws0">https://www.youtube.com/watch?v=ibnyYGXDws0</a> - Muay thai Theory - Somrak Khamsing	<a href="https://www.youtube.com/watch?v=-Dhdm9QASKc">https://www.youtube.com/watch?v=-Dhdm9QASKc</a> - Muay thai Theory - Ray sefo vs Ernesto Hoost Lowkick win.	<a href="https://www.youtube.com/watch?v=IsSF2pzDhuU">https://www.youtube.com/watch?v=IsSF2pzDhuU</a> - Muay thai Theory - Wai kru
12:30 PM	Muaythai Sparring: Boxing VS Body Kicks or Just boxing	Muaythai Sparring: Bodykick Sparring / Blocking, Holding, catching bodykicks	Muaythai Sparring: Bodykick (beg) Teep vs Boxing (adv)	Muaythai Sparring: Lowkick sparring (adv) boxing vs lowkicks	Sparring: Boxing & lowkick sparring, adv. Teep/knee vs boxing
1:00 PM	Lunch/Matt Chat: Bully Situations ---> what to do when Bullied. Write about what you learned... to send to parents	Lunch/Mat Chat: What is anger? and how do I manage my anger. Write about what you learned... to send to parents.	Lunch/Mat Chat: Nutrition: Carbs, Fats and Protiens... what are they and what purpose do they serve? Write about what you learned... to send to parents.	Lunch/Mat Chat: Dealing with Anxiety. Anxiety before an important performance	Lunch/Mat Chat How to build endurance: what is a HR and how do we use this during training
2:00 PM	Roll Call	Roll Call	Roll Call	Roll Call	Roll Call
2:15 PM	GAMES	GAMES	GAMES	GAMES	GAMES
2:30 PM	2nd Muay Thai Class: Boxing, Jab Cross Hooks / ADV: Boxing Hooks and Uppercuts	2nd Muay Thai Class: Teep lead and rear leg / adv: Teep Defense, sweep and parry with counters	2nd Muay Thai Class: Boxing hooks - ADV: Evade Jab, Cross, Hooks	2nd Muay Thai Class: boxing & Lowkick combinations. Adv: loxkick defense: shin, teep, evade, exchange	2nd Muay Thai Class: Teep, Jumping Teep, Catch and Step Back and counter with hands or elbow
3:30 PM	Conditioning (BI's) Evaluation/Parent pick up	Conditioning (Abs workout) Evaluation/Parent pick up	Conditioning (Neck) Evaluation/Parent pick up	conditioning (trisepts) Evaluation/Parent pick up	Conditioning (legs) Evaluation/Parent pick up
4:00 PM	Late Pick Up	Late Pick Up	Late Pick Up	Late Pick Up	Late Pick Up

## Daily Schedule Sitan Gym Camp WEEK 2

Start Time: 8:00 AM

	Mon	Tue	Wed	Thur	Fri
8:00 AM	Early Drop Off (Early Drop Fee)	Early Drop Off (Early Drop Fee)	Early Drop Off (Early Drop Fee)	Early Drop Off (Early Drop Fee)	Early Drop Off (Early Drop Fee)
9:00 AM	Roll Call	Roll Call	Roll Call	Roll Call	Roll Call
9:15 AM	RULES	RULES	RULES	RULES	RULES
9:30 AM	(GAME)	(GAME)	(GAME)	(GAME)	(GAME)
9:45 AM	(FREE PLAY)	(FREE PLAY)	(FREE PLAY)	(FREE PLAY)	(FREE PLAY)
10:00 AM	Muay Thai Class - Knees basic Form (adv): side knee, thrust, front techniques	Muay Thai Class: Teep Basics adv: Glide Teep/ Fake teep/counter	Muay Thai Class: Clinch basics, pummel and crossface adv: step pull	Muay Thai Class: Elbow Basics adv: up elbow, across elbow and spin elbow	Muay Thai Class: Mock test Shadow Boxing and Shield work
11:00 AM	Snack Time	Snack Time	Snack Time	Snack Time	Snack Time
12:00 PM	<a href="https://www.youtube.com/watch?v=l9NqHH6Xba8">https://www.youtube.com/watch?v=l9NqHH6Xba8</a> - Muaythai theory Dieselnoi Chor Thanasukarn vs Samart Payakaroon	<a href="https://www.youtube.com/watch?v=yuoV5F-fzS8">https://www.youtube.com/watch?v=yuoV5F-fzS8</a> , Muay thai Theory - Seanchai's teeps --- <a href="https://www.youtube.com/watch?v=dLUhx1f8H6o&amp;t=28s">https://www.youtube.com/watch?v=dLUhx1f8H6o&amp;t=28s</a>	<a href="https://www.youtube.com/watch?v=A3RsYVm5W1Q">https://www.youtube.com/watch?v=A3RsYVm5W1Q</a> , Muay thai Theory - Lamnamoon vs kaensak -Clinch WAR	<a href="https://www.youtube.com/watch?v=e14VsWMQBe0">https://www.youtube.com/watch?v=e14VsWMQBe0</a> , Muay thai Theory - Pakorn and Seksan Elbow WAR!!	<a href="https://www.youtube.com/watch?v=mX1GL4LckVU">https://www.youtube.com/watch?v=mX1GL4LckVU</a> , Muay thai Theory - Jongsanan vs Sakmongkol amazing bout!
12:30 PM	Muaythai Sparring: with belly pad knees adv: boxing vs knees parry hands vs aggressive boxing style	Muaythai Sparring: Basic Sparring, adv, boxing vs teep	Muaythai Sparring: Clinch Sparring and Defending position (inside elbow, neck and waist)	Muaythai Sparring: Full Spar no contact to head: adv: elbow defense techniques during sparring, clearing guard to elbow and elbow set ups with spin elbows (low kick and miss hook)	Muaythai Sparring: Mock test: full sparring and clinch sparring
1:00 PM	Lunch/Mat Chat: Learning about Muaythai history and culture religion, history of how the country became independant. Monarchy ... write about why you learned	Lunch/Mat Chat: Why is Selfcare important, hygiene, organization, cleanliness. Clarity of thought, productivity.	Lunch/Mat Chat: Nutrition: Carbs, Fats and Protiens... what are they and what purpose do they serve? Write about what you learned... to send to parents.	Lunch/ Mat Chat: Meditation: how to meditate and why you should do it regularly	Lunch/ Mat Chat: Hydration why you need to pay attention to it. How it can help al around health and performance. Disscass electrolyte and caffene consupion
2:00 PM	Roll Call	Roll Call	Roll Call	Roll Call	Roll Call
2:15 PM	GAMES: Soccer	GAMES: Dodge ball	GAMES: Tug of War	GAMES: Tug of war	GAMES: Steal the Bacon
2:30 PM	2nd Muay Thai Class: More knee techniques adv: knee defense - push and side step (sometimes with hook)	2nd Muay Thai Class: Teep Defense adv: glide teep fake: knee, elbow, kick	2nd Muay Thai Class: Clinch knees (thrust, striaght and side knees) adv: sweeps in clinch	2nd Muay Thai Class: Boxing Techniques adv: clear guard for elbows up and across. Using the ring placement to set up elbows	2nd Muay Thai Class: Mock test Pad work
3:30 PM	Conditioning: (Back) Evaluation/Parent pick up	Conditioning: (Calves) Evaluation/Parent pick up	Conditioning: (Abs) Evaluation/Parent pick up	Conditioning: (bisepts) Evaluation/Parent pick up	Conditioning: (Legs) Evaluation/Parent pick up
4:00 PM	Late Pick Up	Late Pick Up	Late Pick Up	Late Pick Up	Late Pick Up