



PTCC summercamp Sweden

26/6-30/6 2024

Place: Diabasvägen 5, 54152 Skövde
Sweden

Schedule:

Wednesday:

kl. 9:00-10:00 Yin nei gong 1-6 ink. applikationer
kl. 10:00-10:20 strike/kick practise
kl. 10:30-12:30 workshop
kl. 12:30-13:45 lunch
kl. 13:45-14:00 TC theory
kl. 14:00-15:30 handform/applications/push hands
kl. 15:30-17:00 weapons

Thursday:

kl. 9:00-10:00 yin nei gong 7-12 included applikations
kl. 10:00-10:20 strike/kick practise
kl. 10:30-12:30 workshop
kl. 12:30-13:45 Lunch
kl. 13:45-14:00 TC theory
kl. 14:00-15:30 handform/applications/push hands
kl. 15:30-17:00 weapons

Friday:

kl. 9:00-10:00 yang nei gong 1-6 included applikations
kl. 10:00-10:20 strike/kick practise
kl. 10:30-12:30 workshop
kl. 12:30-13:45 Lunch.
kl. 13:45-14:00 TC theory
kl. 14:30-15:30 handform/applications/push hands
kl. 15:30-17:00 weapons

Saturday:

kl. 9:00-10:00 yang nei gong 7-12 included applikations
kl. 10:00-10:20 strike/kick practise
kl. 10:30-12:30 workshop
kl. 12:30-13:45 lunch
kl. 13:45-14:00 TC theory
kl. 14:00-15:30 handform/applications/push hands
kl. 15:30-17:00 weapons

Sunday:

kl. 9:00-10:00 xin ji ba duan jin, tc qi gong
kl. 10:00-10:45 pushing hands
kl. 10:45-11:30 cai lang
kl. 11:45-13:00 swordsparring
kl. 13:00-14:00 open for theory, what we haven't had time for, discussions, evaluation, etc.

Kl. 14:00- Lunch

Breakfast, lunch and the possibility to sleep in the training room are included, which makes it easy and convenient to participate in the camp.

You should have some basic knowledge of PTCC and at least a semester's worth of training in order to adapt to the camp in a good way, if you are unsure, ask your trainer or contact the camp manager. If you have attended at least 3 days at the camp, you will receive an instructor degree issued by SWTCCA. The grades are intended as a direct continuation of Dan Docherty's system but are signed by a grading committee appointed by the SWTCCA consisting of three instructors with at least instructor grade 7.

To participate in nie gong sessions, you must have learned the exercises before.

Since large parts of the camp do not have a designated instructor, but are based on the participants helping each other to spread knowledge and give each other good training, more responsibility automatically falls on the more experienced participants, which is reflected in the camp fees, the workshops are led by experienced instructors and are usually very appreciated.

As many have not had their instructor degree updated for several years, the camp fee here refers to a level of knowledge that corresponds to the instructor degrees, if you are unsure, talk to your instructor or contact the camp manager.

The prices apply to those who have paid the registration fee of SEK 500 no later than 12/6 at Pg. 488 80 49-6 or Swish 123 355 1520 (IF Skövde karate kai) the registration fee is deducted from the camp fee. The remaining fee can be paid at the same time or during the camp via Swish or cash.

For Swedish citizens who are not members of SWTCCA, a fee of SEK 50 / day will be added.

If the application has not been received by 12/6, SEK 300 will be added regardless of degree and number of days.

The registration fee is not refundable in case of absence.

Camp fee in SEK:

Instructor level	1 day	2 days	3 days	4 days	5 days
<=4	900	1700	2400	3000	3600
5	800	1500	2100	2600	3100
6	700	1200	1700	2100	2400
7	600	900	1200	1400	1600
8-9	500	600	600	600	600

The fee includes registration fee, training, breakfast, lunch, tea, coffee, free overnight stay in Skövde karate kai's premises. Bring sleeping bag et cetera. There is also the possibility of setting up a caravan or a tent nearby (no electricity). Dinner is not included.

Registration:

Send an e-mail to. **wudangthomas@yahoo.se** including

-Name

-Which days you participating

-Food: (standard, vegetarian, vegan, allergic)

-recent instructor grade

-Pay the registration fee (500 SEK to Pg. 488 80 49-6, IBAN:
SE49 9500 0099 6034 4888 0496, BIC: NDEASESS)
mark with name + tc camp