

# ELITE ATHLETES TRAINING PROGRAM

## WINTER 2021

### WELCOME TO OUR ELITE ATHLETES 2021 WINTER VIRTUAL TRAINING CAMP!

This 12 week program is designed to elevate your skills, introduce you to some new coaches and teammates and get you competition ready so when the doors are open again to all of our arenas and competitions, we can hit the ground running.

The seminars will be Sundays from **February 21 to May 16** (no class on April 4 for Easter weekend).  
Kata athletes will train from **12 to 1pm** and Kumite athletes will train from **1 to 2 pm**.

You are welcome to attend any or all of the seminars and there is no charge. Of course, your OKF membership must be in good standing. The seminars are designed to build from one week to the next, so the more you are able to attend, the more you will see your skill level increase.

Experienced coaches will be online in each kata class to provide support where needed for our Para Athletes.

KATA ATHLETES	DATE	COACH	FOCUS
	February 21st February 28th March 7th March 14th	Coach Janet	<b>Conditioning And Mobility</b> *no uniforms required. Comfortable clothing for moving. Please have your belt handy.
	March 21st March 28th	Coach Soufiane	<b>Building Blocks and Kihon</b>
	April 4th	CANCELLED FOR THE EASTER LONG WEEKEND	
	April 11th April 18th	Coach Soufiane	<b>Building Blocks and Kihon</b>
	April 25th May 2nd May 9th May 16th	Coach Anta	<b>Polish, Performance and Competition Readiness</b>

KUMITE ATHLETES	DATE	COACH	FOCUS
	February 21st February 28th March 7th March 14th	Coach Rachael	<b>Kihon, Conditioning And Mobility</b>
	March 21st March 28th	Coach Surendra	<b>Building Blocks and Strategy</b>
	April 4th	CANCELLED FOR THE EASTER LONG WEEKEND	
	April 11th April 18th	Coach Surendra	<b>Building Blocks and Strategy</b>
	April 25th May 2nd May 9th May 16th	Coach Karl	<b>Polish, Performance and Competition Readiness</b>