



ADVANCED CAMP PROGRAM / GIRLS WHO FIGHT INC.

SCHEDULE

Monday
Friday

Tuesday

Wednesday

Thursday

9:30	Getting 2 know U	Getting 2 know U	Getting 2 know U	Getting 2 know U	Getting 2 know U
10:00	Conditioning circuit	Capture the flag in the park	Conditioning circuit	Conditioning circuit	Capture the flag in the park
10:25	Snack Break	Snack Break	Snack Break	Snack Break	Snack Break
10:40	Kickboxing Defense	Sumo Wrestling Game	Kickboxing Defense	Wrestling Technique	<i>Kickboxing Assessment</i>
11:00	Kickboxing Pad Work	Wrestling Technique	Kickboxing Pad Work	Wrestling Matches	<i>Self Defense Assessment</i>
11:30	Lunch	Lunch	Lunch	Lunch	Lunch
12:10	Discussion: Situational Awareness	Discussion: How to speak assertively	Discussion: How to present yourself confidently	Discussion: 'What does confidence mean to you?'	Discussion: Using your skills responsibly
12:30	Exercise: Walk to the community centre (1 min), girls must notice as many details along the way as possible.	Exercise: Voices: practice phrases like 'get out of my way' assertively, while keeping eye contact and strong body language.	Exercise: 'Movie Auditions': girls act out two scenes- one being very shy, and the other being very confident.	Exercise: Stare Downs: girls practice fighting style stand offs, helping them practice to stand their ground and confront tension.	Exercise: Girls choreograph a self defense or fight scene with a group.
1:15	Snack Break	Snack Break	Snack Break	Snack Break	Snack Break
1:30	Jiu Jitsu Technique	Jiu Jitsu Technique	Advanced Self Defense: Standing	Jiu Jitsu Technique	<i>Jiu Jitsu Assessment</i>
2:00	Rolling: Shark Tank	Jiu Jitsu War Game	Advanced Self Defense: Grounded	Rolling: Shark Tank	Rolling: Matches
2:30	Game: Flinch	Game: Catch It Drop It	Game: Murder Wink	Game: Ninja	Game: TBD
2:45	Closing Huddle, Self Assessment, Bow Out.	Closing Huddle, Self Assessment, Bow Out.	Closing Huddle, Self Assessment, Bow Out.	Closing Huddle, Self Assessment, Bow Out.	Closing Huddle, Award Ceremony, Bow Out.



ADVANCED CAMP PROGRAM / GIRLS WHO FIGHT INC.

This camp is designed for Girls Who Fight students or ex-campers who want to challenge themselves to advance their MMA skills as a team. Our 2 MMA sessions a day will be focused and disciplined, with planned games and exercises to break up the intensive curriculum. There will be guest instructors present to help the girls in each sport, including kickboxing, wrestling, and Brazilian Jiu Jitsu. All of our games and exercises are designed to help build team spirit and foster team bonding, with an aim to bring tighter bonds to our GWF team. Both the sport and self defense sessions will include advanced techniques. Students participating are expected to have an understanding of basic positions and movements prior to joining the camp.

Details: July 6-July 10, 9:30am - 3pm | ages 9-16 | Scarborough Location, 6 Roper Road.

Requirements to join camp:

- Been a GWF student for at least one month
- Completed at least one GWF summer camp

Or

- Have over a month of training in jiu jitsu at another academy

And

- be willing to work hard, focus, and be challenged
-

Assessments: Students will be tested on techniques learned in the camp. They will receive a testing paper at the beginning of the week with specific techniques that will be assessed. Students will receive an award for completing the advanced camp.

- Kickboxing Assessment: students will be tested on striking defenses and basic strikes.
 - Jiu Jitsu Assessment: students will be tested on jiu jitsu techniques.
 - Self Defense Assessment: students will be tested on basic and advanced self defense techniques.
-

Getting 2 know U: creative games to get girls sharing and learning about each other, like: 'what superpower would you have and why?'

Conditioning circuit: sprints, footwork and ladder drills, agility drills designed to improve cardio and conditioning.

ADVANCED CAMP PROGRAM / GIRLS WHO FIGHT INC.



Self-assessment: girls state something they're proud of from the day, and something they can improve on tomorrow.