**Camp Schedule**

**The 2nd International Martial-Arts and Culture Camp : Muay Thai**

| **Date/ Time** | **Activities** |
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| **June 19, 2016** |  |
| 07.00 – 20.00 | - Arrival of participants |
|  | - Check –in at the dormitory |
| **June 20, 2016** |  |
| 07.00 – 08.40 | - Breakfast |
| 08.40 – 08.45 | - Registration |
| 09.00 – 09.30 | - Opening Ceremony |
| 09.30 – 10.30 | - Camp Orientation |
| 10.30 – 11.00 | - Break |
| 11.00 – 12.30 | - Special lecture “Cultural Differences : ASEAN Focus” |
| 12.30 – 13.30 | - Lunch |
| 13.30 – 14.30 | - Special lecture “Cultural Differences : ASEAN Focus” (Cont.) |
| 14.30 – 15.00 | - Break |
| 15.00 – 17.00 | - Campus Tour |
| 17.00 – 18.30 | - Leisure time |
| 18.30 - 20.00 | - Welcome party |
| 20.00 - 22.00 | - Ice-breaking activities |
| 22.00 | – Bed time |
| **June 21, 2016** |  |
| 07.00 – 08.00 | - Breakfast |
| 08.00 – 09.00 | - Register and go to classrooms |
| 09.00 – 10.30 | - Basic Muay Thai training : History of Muay Thai, important ritual of Muay Thai |
| 10.30 – 11.00 | - Break |
| 11.00 – 12.00 | - Basic Muay Thai training (Cont.) : Vulnerable parts of the body |
| 12.00 – 13.30 | - Lunch |
| 13.30 – 14.30 | - Muay Thai training : Muay Thai Footwork |
| 14.30 – 15.00 | - Break |
| 15.00 – 17.00 | - Muay Thai training (cont.) : Attacking Techiques |
| 17.00 – 18.00 | - Dinner |
| 18.00 – 20.00. | - Muay Thai training (cont.) : Attacking Techiques |
| 20.00 – 21.00 | - Leisure time |
| **June 22, 2016** |  |
| 07.00 – 08.25 | - Breakfast |
| 08.25 – 08.30 | - Register |
| 08.30 – 17.00 | - Visit Pimai Historical Park  - Lunch  - Visit Muay Thai training camp (Pimai District)  \* Morning and afternoon breaks are served on the bus. |
| 17.00 – 18.30 | - Dinner |
| 18.30 – 20.30 | - Visit Suranaree Boxing Ring, (Suranaree Army Camp) |
| **June 23, 2016** |  |
| 06.00 – 07.00 | - Wake –up and exercise |
| 07.00 – 08.30 | - Breakfast |
| 08.30 – 08.35 | - Register |
| 09.00 – 10.30 | - Wai-kru ceremony |
| 10.30 – 10.45 | - Lunch |
| 10.45 – 12.00 | - Wai-kru ceremony and learn how to knit sacred thread |
| 12.00 – 13.30 | - Lunch |
| 13.30 – 14.45 | - Practice Muay Thai techniques and arts of fighting |
| 14.45 – 15.00 | - Break |
| 15.00 – 16.30 | - Practice Muay Thai techniques and arts of fighting (Cont.) |
| 16.30 – 18.30 | - Leisure time |
| 18.30 – 22.00 | - City Tour |
| **June 24, 2016** |  |
| 07.00 – 08.25 | - Breakfast |
| 08.25 – 08.30 | - Register |
| 08.30 - 12.00 | - Preparation for group presentation – Lesson-learned |
|  | - International performance rehearsal |
| 12.00 – 13.30 | - Lunch |
| 13.30 – 17.00 | - Group presentations |
| 17.00 - 19.00 | - Prepare for international performances  - Leisure time |
| 19.00 - 23.00 | - Farewell party / Certificate presentation / Camp evaluation |
| **June 25, 2016** |  |
| 07.00 - 08.00 | - Breakfast |
|  | - Depart for your home countries |

Note: The schedule is subject to change without prior notice.

**Mar 2,2016**

Krittiya/D:เอกสารแต่ละปี/เอกสาร2559/ASEAN Camp 2016/ร่าง กำหนดการมวยไทย อังกฤษ2016