**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**

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