

## DYNAMIX – MMA COURSE - 2010

SATURDAY	ACTIVITY	INSTRUCTORS	PLACE AND CLOTHING
09.00-10.00	Registration and payment		Nacka Dojo
10.00-11.00	Dynamix pedagogic	Ricard	Nacka Dojo
11.00-12.30	Dynamix MMA concept (Ground fighting)	Martin & Ricard	Nacka Dojo
12.30-13.45	Lunch		Nacka Forum
13.45-15.30	Dynamix MMA concept (Takedowns)	Martin & Ricard	Nacka Dojo
15.30-16.00	Coffee		
16.00-18.00	Dynamix MMA concept (Striking, kick, knees and clinch)	Joakim Stenberg	Nacka Dojo
18.30-20.00	Dinner	Everybody	Nacka Forum
SUNDAY	ACTIVITY	INSTRUCTORS	PLACE AND CLOTHING
09.00-10.00	First Aid	Martin Janson	Lecture hall
10.10-11.00	Coaching for MMA	Ricard & Martin	Lecture hall
11.00-11.15	Paus		
11.15-12.15	Swedish martial arts law & competition rules	Martin & Ricard	Nacka Dojo
12.15-13.15	Lunch		<i>At the school</i>
13.15-15.30	Dynamix MMA concept	Ricard & Martin	Nacka Dojo
15.30-15.45	Coffee		
15.45-17.00	Practical exam	Martin & Ricard	Nacka Dojo
17.00-17.15	Examination and photography		Nacka Dojo

## DYNAMIX - BRAZILIAN JIU-JITSU COURSE – 2010

TUESDAY	ACTIVITY	INSTRUCTORS	PLACE AND CLOTHING
09.00-10.00	Registration		Nacka Dojo
10.00-11.00	Dynamix pedagogic	Ricard	Nacka Dojo with gi
11.00-12.30	Dynamix BJJ concept	Martin & Ricard	Nacka Dojo with gi
12.30-13.45	Lunch		Nacka Forum
13.45-15.30	Dynamix BJJ concept	Martin & Ricard	Nacka Dojo with gi
15.30-16.00	Coffee		
16.00-18.00	Dynamix BJJ concept	Martin & Ricard	Nacka Dojo with gi
18.30-20.00	Dinner	Everybody	Nacka Forum
WEDNESDAY	ACTIVITY	INSTRUCTORS	PLACE AND CLOTHING
09.00-10.00	First Aid	Martin Janson	Lecture hall
10.10-11.00	10 steps to become a great coach	Martin Janson	Lecture hall
11.00-11.15	Paus		
11.15-12.15	Competition rules	Martin & Ricard	Nacka Dojo with gi
12.15-13.15	Lunch		Nacka Forum
13.15-15.30	Dynamix BJJ concept	Martin & Ricard	Nacka Dojo with gi
15.30-15.45	Coffee		
15.45-17.00	Practical exam	Martin & Ricard	Nacka Dojo with gi
17.00-17.15	Examination and photography		Nacka Dojo

## DYNAMIX - SPORT JU-JUTSU COURSES (STEP 1 & II) – 2010

TUESDAY	ACTIVITY		INSTRUCTORS		PLACE AND CLOTHING
09.00-10.00	Registration				Nacka Dojo
10.00-11.00	Dynamix pedagogic		Ricard		Nacka Dojo
11.00-12.30	Sport Ju-Jutsu system		Paul & Lollo		Budolokalen with gi
12.30-13.45	Lunch				Nacka Forum
13.45-15.30	Sport Ju-Jutsu system				
15.30-16.00	Coffee		Paul & Lollo		Budolokalen with gi
16.00-18.00	Sport Ju-Jutsu system		Paul & Lollo		Budolokalen with gi
18.30-20.00	Dinner				Nacka Forum
WEDNESDAY	ACTIVITY		INSTRUCTORS		PLACE AND CLOTHING
09.00-10.00	(Step I) First Aid	(Step II) Coaching	Martin J	Ricard & Lollo	Lecture hall
10.10-11.00	(Step I) 10 steps to become a great coach	(Step II) Dynamix evaluation form	Martin J	Ricard & Lollo	Lecture hall
11.00-11.15	Paus				
11.15-12.15	(Step I & II) Competition rules		Paul & Lollo		Budolokalen with gi
12.15-13.15	Lunch				Nacka Forum
13.15-15.30	Sport Ju-Jutsu system		Paul & Lollo		Budolokalen with gi
15.30-15.45	Coffee				Budolokalen with gi
15.45-17.00	Practical exam		Paul & Lollo		Budolokalen with gi
17.00-17.15	Examination and photography				Nacka Dojo