

115-1 NTU Sanda Club Summer Training Camp Guidelines

I. Introduction

This summer training camp runs for five days, from July 14 (Monday) to July 18 (Saturday). The first three mornings will be held at the NTU New Gymnasium Judo Room. From the afternoon of Day 4 onward, and throughout Day 5, training will take place at Fight Station dojo in Taoyuan. The session on **Thursday, July 16, from 9:30 to 11:30** is designated for flexible, self-directed training; the focus will be on training and sparring primarily for athletes competing in the University Cup.

II. Registration

1. **Eligibility:** Current or former members of the NTU Sanda Club.
2. **How to register:** Please complete the registration form by July 7 at 11:59 PM. You may select the sessions you wish to attend. The registration fee is NTD 600 for all participants, to be paid in cash on your first day of training (those joining only for the dojo sessions pay on July 18; all others pay on July 14).
3. **Registration form:**
https://docs.google.com/forms/d/e/1FAIpQLSfO3lD8Lx4cBd3eDJVXD4rdOTGyCECwq_DWi4bulyQjoapjfQ/viewform?usp=header

III. Schedule

July 14 (Tuesday)

18:00–18:30 Assembly + Pre-training preparation
18:30–20:30 Training
20:30–21:00 Training + Cool-down & stretching

July 15 (Wednesday)

13:30–14:00 Assembly + Pre-training preparation
14:00–16:00 Training

July 16 (Thursday)

09:00–09:30 Assembly + Pre-training preparation
09:30–11:30 Training
11:30–12:00 Training + Cool-down & stretching
18:00–18:30 Assembly + Pre-training preparation
18:30–20:30 Training
20:30–21:00 Training + Cool-down & stretching

July 17 (Friday)

14:45–15:00 Assembly + Pre-training preparation
15:00–17:00 Dojo training
17:00–18:45 Free time
18:45–19:00 Assembly + Pre-training preparation
19:00–21:00 Dojo training

July 18 (Saturday)

08:45–09:00 Assembly + Pre-training preparation
09:00–11:00 Dojo training

IV. Notes

1. Please wear your club uniform and wrap your hands during all training sessions. Avoid arriving late and make sure everything is ready before training begins.
2. For the afternoon and evening sessions on July 17, please arrive at the dojo before 3:00 PM with your hands already wrapped and wearing your club uniform.
3. Fight Station dojo offers overnight accommodation to save participants the hassle of commuting. A washing machine is also available, so you can wash your club uniform on-site after training.

V. What to Bring

1. **For NTU training sessions:** Club uniform, hand wraps, water bottle.
2. **For dojo training sessions:** Club uniform, hand wraps, water bottle, mouthguard, running shoes, EasyCard, NHI card.
3. **For overnight stay at the dojo:** Sleeping bag, toiletries, change of clothes.

VI. Transportation to Fight Station (Dojo)

1. **Address:** 3F, No. 10, Nanxiang Road, Luzhu District, Taoyuan City
<https://goo.gl/maps/7md4EbY8qc4Mi6CLA>
2. **Recommended route:** Take the MRT to Yuanshan Station, then transfer at Exit 2 bus terminal to Bus 1356A (alight at Zhongxiao Dongqiao Stop) or Bus 1356 (alight at Changrong Stop) and walk to the dojo. If you are unfamiliar with the route, you are welcome to travel together with senior club members.