



NEXTLEVEL

POWERED BY SOO SHIM

INSTRUCTORS

Name	Expertise	Country	Belt
Niklas Andersson	Taekwondo		6 Dan
Elin Johansson	Taekwondo		3 Dan
Levent Tuncat	Taekwondo		3 Dan
Nur Tatar	Taekwondo		4 Dan
Frederik Emil Olsen	Taekwondo		1 Dan
Mehran Askari	Taekwondo		5 Dan
Isak Rönholm	Taekwondo		1 Dan
Rikard Larsson	Hapkido		6 Dan
Tomas Östlund	Olympic Lifting		No belt
Krister Lundgren	Mental Coach		No belt
Kyoung Sun Lee	Hapkido		8 Dan
Gha Eun	Hapkido		2 Dan
Ottilia Wikström	Acrobatics		2 Dan
Cornelia Öfjäll	Taekwondo		1 Gup
Lennart Lundmark	Running Coach		No belt
Iiro Suorela	Taekwondo		3 Dan
Johanna Haugland	Taekwondo		2 Dan
Matilda Isaksson	Camp Director		No belt

TEAMS

Team 1 = International Elite TKD all ages

Team 2 = Advanced all ages + Juniors and Seniors beginners TKD

Team 3 = 11-13 years (Cadets+Pupils) beginners TKD

Team 4 = 8-10 years Pupils beginners TKD

Team 5 = Hapkido all ages



NEXTLEVEL

POWERED BY SOO SHIM

WEDNESDAY

TIME	TEAM 1	TEAM 2	TEAM 3	TEAM 4	TEAM 5
08:00	REGISTRATION - WELCOME TO SKELLEFTEÅ				
08:30					
09:00					
09:30	PHYSICAL TRAINING Area 4	TAEKWONDO Area 1 Niklas Andersson			HAPKIDO Area 2 Rikard Larsson
10:00					
10:30					
11:00	LUNCH Area 5	LUNCH Area 5	TAEKWONDO Area 1 Frederik Emil Olsen Johanna Haugland	TAEKWONDO Area 2 Isak Rönnholm Cornelia Öfjäll	LUNCH Area 5
11:30					
12:00	WORKSHOP RUNNING TECHNIQUE Area 3 Lennart Lundgren		LUNCH Area 5	LUNCH Area 5	
12:30					
13:00		WORKSHOP RUNNING TECHNIQUE Area 3 Lennart Lundgren			WORKSHOP RUNNING TECHNIQUE Area 3 Lennart Lundgren
13:30			KIDS GAMES Area 6	KIDS GAMES Area 6	
14:00	TAEKWONDO Area 1 Nur Tatar Mehran Askari				
14:30					
15:00					
15:30			TAEKWONDO Area 1 Iiro Suorela	TAEKWONDO Area 2 Elin Johansson Isak Rönnlund	
16:00					
16:30		TAEKWONDO Area 1 Nur Tatar Merhran Askari			HAPKIDO Area 2 Rikard Larsson
17:00	DINNER Area 5		DINNER Area 5	DINNER Area 5	
17:30					
18:00		DINNER Area 5			DINNER Area 5
18:30					



NEXTLEVEL

POWERED BY SOO SHIM

THURSDAY

TIME	TEAM 1	TEAM 2	TEAM 3	TEAM 4	TEAM 5
09:00	WORKSHOP OLYMPIC LIFTING Area 4 Tomas Östlund				
09:30		TAEKWONDO Area 1 Nur Tatar Mehran Askari			HAPKIDO Area 2 Kyoung Sun Lee Gha Eun
10:00					
10:30					
11:00	LUNCH Area 5	LUNCH Area 5	TAEKWONDO Area 1 Niklas Andersson	TAEKWONDO Area 2 Frederik Emil Olsen Isak Rönnholm	LUNCH Area 5
11:30					
12:00	WORKSHOP OLYMPIC LIFTING Area 4 Tomas Östlund		LUNCH Area 5	LUNCH Area 5	
12:30					HAPKIDO Area 2 Kyoung Sun Lee Rikard Larsson
13:00			KIDS GAMES Area 6	KIDS GAMES Area 6	
13:30					
14:00					
14:30		WORKSHOP OLYMPIC LIFTING Area 4 Tomas Östlund			WORKSHOP OLYMPIC LIFTING Area 4 Tomas Östlund
15:00			TAEKWONDO Area 1 Levent Tuncat Frederik Emil Olsen		
15:30				TAEKWONDO Area 2 Elin Johansson Cornelia Öfjäll	
16:00					
16:30	TAEKWONDO Area 1 Niklas Andersson	TAEKWONDO Area 2 Levent Tuncat			
17:00			DINNER Area 5	DINNER Area 5	DINNER Area 5
17:30					
18:00	DINNER Area 5	DINNER Area 5			
18:30					
19:00	BODA BORG				
19:30					
20:00					
20:30					



NEXTLEVEL

POWERED BY SOO SHIM

FRIDAY

TIME	TEAM 1	TEAM 2	TEAM 3	TEAM 4	TEAM 5
09:00	WORKSHOP MENTAL TRAINING Area 2 Krister Lundgren				
09:30		TAEKWONDO Area 1 Nur Tatar Merhran Askari			HAPKIDO Area 2 Kyoung Sun Lee Gha Eun
10:00					
10:30					
11:00		LUNCH Area 5	TAEKWONDO Area 1 Nur Tatar Merhran Askari	TAEKWONDO Area 2 Levent Tuncat Cornelia Öfjäll	LUNCH Area 5
11:30					
12:00	LUNCH Area 5		LUNCH Area 5	LUNCH Area 5	
12:30					
13:00	TAEKWONDO Area 1 Levent Tuncat	WORKSHOP MENTAL TRAINING Area 2 Krister Lundgren	VITBERGSBADET Area 6	VITBERGSBADET Area 6	WORKSHOP MENTAL TRAINING Area 2 Krister Lundgren
13:30					
14:00					
14:30					
15:00			TAEKWONDO Area 1 Frederik Emil Olsen Johanna Haugland		
15:30				TAEKWONDO Area 2 Isak Rönnholm Cornelia Öfjäll	
16:00					
16:30	PHYSICAL TRAINING Area 4	TAEKWONDO Area 1 Elin Johansson			HAPKIDO Area 2 Kyoung Sun Lee Rikard Larsson
17:00			DINNER Area 5	DINNER Area 5	
17:30					
18:00	DINNER Area 5	DINNER Area 5			DINNER Area 5
18:30					
19:00	FIGHT NIGHT - TAG TEAM				
19:30					
20:00					
20:30					



NEXTLEVEL

POWERED BY SOO SHIM

SATURDAY

TIME	TEAM 1	TEAM 2	TEAM 3	TEAM 4	TEAM 5										
08:00															
08:30															
09:00															
09:30	PHYSICAL TRAINING Area 4	TAEKWONDO Area 1 Levent Tuncat Elin Johansson			HAPKIDO Area 2 Kyoung Sun Lee Rikard Larsson										
10:00															
10:30															
11:00	LUNCH Area 5	LUNCH Area 5	TAEKWONDO Area 1 Elin Johansson Frederik Emil Olsen	TAEKWONDO Area 2 Nur Tatar Mehran Askari	LUNCH Area 5										
11:30															
12:00	TAEKWONDO Area 1 Niklas Andersson		LUNCH Area 5	LUNCH Area 5											
12:30					HAPKIDO Area 2 Kyoung Sun Lee Rikard Larsson										
13:00															
13:30		TAEKWONDO Area 1 Iiro Suorela													
14:00			TAEKWONDO Area 2 Frederik Emil Olsen Johanna Haugland												
14:30															
15:00	ROAD TO SUCCESS Our olympians tell their story	ROAD TO SUCCESS Our olympians tell their story	ROAD TO SUCCESS Our olympians tell their story	ROAD TO SUCCESS Our olympians tell their story	ROAD TO SUCCESS Our olympians tell their story										
15:30															
16:00				TAEKWONDO Area 1 Isak Rönnholm Cornelia Öfjäll											
16:30															
17:00			DINNER Area 5	DINNER Area 5											
17:30															
18:00	DINNER Area 5	DINNER Area 5			DINNER Area 5										
18:30															
19:00	<h3>30TH ANNIVERSARY - BANQUETTE</h3>														
19:30						<h3>30TH ANNIVERSARY - BANQUETTE</h3>									
20:00											<h3>30TH ANNIVERSARY - BANQUETTE</h3>				



NEXTLEVEL

POWERED BY SOO SHIM

SUNDAY

TIME	TEAM 1	TEAM 2	TEAM 3	TEAM 4	TEAM 5
10:00			TAEKWONDO Area 1	TAEKWONDO Area 2	
10:30	WORKSHOP STRETCHING & FLEXIBILITY Area 2 Niklas Andersson	WORKSHOP STRETCHING & FLEXIBILITY Area 2 Niklas Andersson	Levent Tuncat	Frederik Emil Olsen	WORKSHOP ACROBATICS Area 1 Ottilia Wikström
11:00			Isak Rönnholm	Cornelia Öfjäll	
11:30			LUNCH Area 5	LUNCH Area 5	
12:00	LUNCH Area 5	LUNCH Area 5	KIDS GAMES Area 6	KIDS GAMES Area 6	LUNCH Area 5
12:30					
13:00	TAEKWONDO Area 1	TAEKWONDO Area 1	KIDS GAMES WATER WARS	KIDS GAMES WATER WARS	HAPKIDO Area 2
13:30	Levent Tuncat Nur Tatar	Levent Tuncat Nur Tatar	Area 6	Area 6	Kyoung Sun Lee Rikard Larsson
14:00	Mehran Askari Elin Johansson	Mehran Askari Elin Johansson			
14:30	CAMP ENDS - FAREWELL - SEE YOU NEXT YEAR				
15:00					
15:30					
16:00					



NEXT LEVEL CAMP AREAS

