

# Summer Camp Guidebook 2023

Milwaukee Wisconsin September 1st-4th at White Lotus Jiu Jitsu





**HELLO ALL!**

**WE ARE ABSOLUTELY THRILLED TO HAVE YOU JOIN US FOR WHAT PROMISES TO BE AN UNFORGETTABLE EXPERIENCE. OUR CHOSEN HAVEN, THE WHITE LOTUS GYM, IS NOT JUST A VENUE; IT'S AN EMBODIMENT OF OUR PASSION AND DEDICATION TO THE GENTLE ART. WE'VE GOT A KILLER CREW JOINING IN FROM ALL OVER THE COUNTRY, AND TRUST US, THE ENERGY IS GONNA BE OFF THE CHARTS.**

**WHETHER YOU'RE A SEASONED BJJ CAMP PRO OR YOU'RE TOTALLY NEW TO THIS SCENE, ONE THING'S FOR SURE – WE'RE HERE TO HAVE A BLAST. WE'RE ALL ABOUT RESPECT AND GOOD VIBES ON THE MATS. SO, WHILE WE'RE GONNA BE LEARNING SOME MIND-BLOWING JIU-JITSU MOVES, WE'RE ALSO GONNA BE HAVING A BLAST HANGING OUT TOGETHER. WE CANT WAIT TO WELCOME ALL OF YOU!**

**–JOSH & MEGHAN**

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# Camp Expectations

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## CAMP RULES

- WE DON'T TRY AND KILL EVERYONE EACH ROLL
- WE KEEP THE DOJO AND OURSELVES CLEAN AS POSSIBLE
- WE RESPECT EACH OTHER AND EACH OTHERS PROPERTY
- HAVE FUN!

**What do you bring to a BJJ camp in Wisconsin?  
Here are some suggestions.**

- 1 gi if you have laundry, 2 if not 2-3 no-gi
- Slip-on sandals
- Water bottle
- Towel
- Notebook for all the jiu-jitsu
- Bathing suit if you want to ice bath
- A light jacket for the nights
- Snacks

We are located near the heart of a major city. If you forget something, you can run any direction to purchase it.

Camp will take place September 1-4th. You are obviously free to come and go freely at any point for the yoga, talks, or social events. Don't stress about being late or missing something. All our instructors understand we are here to enjoy ourselves and that if someone walks out early or arrives late it is cool with them. Below is a breakdown with everything we have planned with addresses.

Oh, heads up, no showers at the dojo, but no worries! If you need to freshen up, you can either head back to where you're crashing, or if it's a bit of a trek, just give Meghan or me a shout, and you're welcome to use our shower.

Hey, here are some handy tidbits for you: If you're heading to White Lotus, just cruise into the parking lot from Florida St. You're good to park wherever there. Spotting the entrance is a breeze – it's got a cool blue awning on the NW side. Climb the stairs, and voila, there's the way in. Ubers are a piece of cake to snag in Milwaukee, so no worries there. Need to catch one? Feel free to leave your car in our lot overnight. And hey, if you're on the lookout for snacks or fuel, there's a big gas station just a block away from the gym. [Got any questions? Reach out to Meghan at 414-213-5341.](#)



# Weekend Schedule

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1

Friday

We'll kick things off at a super cool spot – Meghan's parent's house right, with an amazing view of Lake Michigan. You can find us at [3078 S Superior Street, Milwaukee, WI, 53207](#).

We'll start the fun at 4:30pm with a laid-back meet and greet until around 5:30. Then, it's time to dive into our first class of camp on the mats set up in the yard, where you'll be able to soak in the stunning lakeside vibes of Lake Michigan.

Once 6:30pm rolls around, get ready for some grill action and an open mat! It's a BYOM (bring your own meat) situation for the grill out, but don't worry – we've got all the essentials covered: plates, forks, cups, water, condiments, chips, and more. We'll chow down, chill by the fires, and have a blast getting to know each other against the backdrop of this beautiful scenery. Feeling adventurous? You could even take a beach stroll and hop into the water!

As the clock approaches 9:00pm, we'll start winding things down so everyone can catch some beauty sleep for Saturday. Keep in mind, it might get a bit chilly later in the night, so make sure to dress cozy. Can't wait to see you there!

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2

Saturday

Saturday is a long and fun day. We kick things off at 9:00am with a Yoga session at the Dojo led by Alan.

When it comes to grub on Saturday, you're in charge of your own munchies. But no sweat, the dojo's surrounded by loads of awesome restaurants and a couple of grocery spots, all within a half-mile radius. By the way, we've got a fridge ready to roll, so if you're packing a lunch, we've got space for you.

Milwaukee's newest festival is debuting at Humboldt Park and we have no idea what to expect, but didn't see how we could pass it up. Shrekfest is an annual music, art and film event that features Shrek-themed live music, games, an onion eating contest, a roar competition, a costume contest and wraps the night up with an outdoor screening of the movie *Shrek*. After the fest, meet up at the Forever-After Party at X-Ray Arcade with more live music! 18+ event from 9:00pm-Close at X-Ray Arcade (5036 S Packard Ave, Cudahy, WI 53110)

# 3+4

Sat & Sun

## Third Ward Art Festival (Optional)

The Third Ward Art Festival returns Labor Day Weekend, September 2 and 3, 2023, from 10 a.m. to 5 p.m. both days. Free and open to the public, the Third Ward Art Festival showcases the work of more than 120 juried artists in a variety of mediums, including ceramics, fiber, glass jewelry, sculpture, mixed media, paintings, drawings, photography, printmaking, wood and furniture. In addition to the incredible artwork available for purchase, you will be able to interact with artists through demonstrations and booth chats. You can leave your car parked at the gym and walk to check it out.



# 3

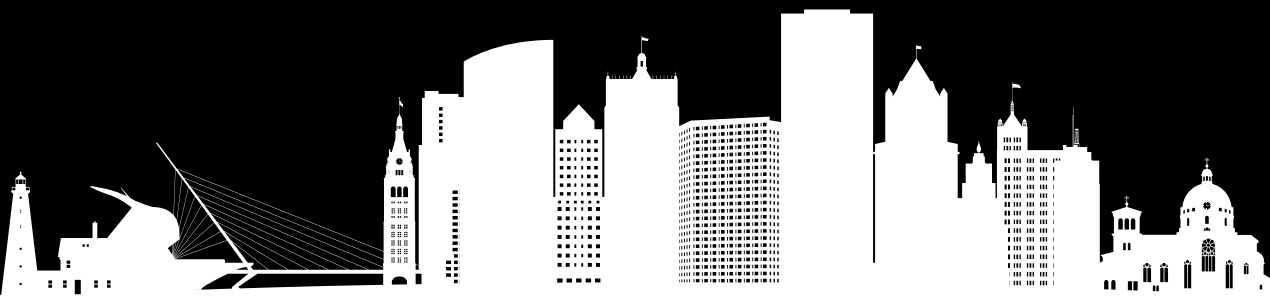
Sunday

Alan kicks us off at 9:00am again with yoga at White Lotus. Then we have a jam packed day of BJJ ahead of us. We plan to go to Olydia's for lunch to get their infamous cheese curds. As the sun sets on Sunday, the party's still on at the dojo for a game night at 7:30pm. We've got games, drinks, and good times lined up. Additionally, there will be Super Smash tournament so be sure to get some practice in. Feel free to bring a snack or your favorite beverages.

# 4

Monday

You've almost made it! Finish the camp weekend strong with Alan's yoga class at 9:00am to help sooth your muscles. Time to power through the last day of trainings as campers slowly trickle out and head back home. For those who are still around on Monday night, we will have cold bath and hot tub for recovery at our place in St. Francis. Come join us for a low key movie night.



# Gentle Art Lifestyle Summer Camp 23'

GENTLE ART LIFESTYLE SUMMER CAMP 2023

|       | Friday  | Saturday  | Sunday  | Monday  |
|-------|---|---|---|---|
| 08 AM |   |   |   |   |
| 09 AM |   | 08:45 AM<br><b>"Let's do some fucking Yoga!"</b><br>Alan's eclectic mix of yoga, movement, and music!                     | 08:45 AM<br><b>"Let's do some fucking Yoga!"</b><br>Alan's eclectic mix of yoga, movement, and music!     | 08:45 AM<br><b>"Let's do some fucking Yoga!"</b><br>Alan's eclectic mix of yoga, movement, and music!                       |
| 10 AM |   | 10:00 AM<br><b>BJJ Games</b><br>Smiles to start the day   | 10:00 AM<br><b>Q &amp; A solutions for all</b><br>Black belts team up to answer all your questions        | 10:00 AM<br><b>Camp recap</b><br>The instructors recap the over arching themes and field                                    |
| 11 AM |   | 11:00 AM<br><b>Advanced inversions made easy -Charles</b><br>Feel comfortable going upside                                | 11:00 AM<br><b>Painless and precise darces</b><br>Clean strangle so your training partners don't hate you | 11:00 AM<br><b>Cruci-Fixation 201</b><br>Jesus, Heather sure likes things that allude to piercing skin.                     |
| 12 PM |   | 12:00 PM<br><b>Open Mat / Lunch</b><br>Recharge or beat up your friends   | 12:00 PM<br><b>Open Mat / Cheese Curd Lunch</b><br>Legendary Cheese curds from                            | 12:00 PM<br><b>Open Mat / Lunch</b><br>Maybe eat while rolling? What could go wrong?  |
| 01 PM |   | 01:00 PM<br><b>Peruvian neck ties -Heather</b><br>You are never safe in Lima  | 01:00 PM<br><b>Top Gun flight school</b><br>Flying submissions even white belts can do                    | 01:00 PM<br><b>Elbows home 2.0</b><br>One of the biggest single concepts to keep out of trouble                             |
| 02 PM |   | 02:00 PM<br><b>Leg Lock Defense -Josh</b><br>Basic concepts to keep safe  | 02:00 PM<br><b>The knee slice</b><br>Slicing through legs like the Peruvians be slicin through            | 02:00 PM<br><b>Orphan limb sweep</b><br>Sad little limbs won't know what hit them   |
| 03 PM |   | 03:00 PM<br><b>Open Mat until Shrekfest</b><br>90's and 2000's rock to get ready to see Shrekies                          | 03:00 PM<br><b>Open Mat</b><br>Dance music for maximum movement in rolls                                  | 03:00 PM<br><b>Final boss open mat</b><br>Video game themed music to tap the big boss Charles!                              |
| 04 PM | 04:30 PM<br><b>Meet and Greet Overlooking Lake Michigan</b>   |   |   |   |
| 05 PM | Spirit animals and superpowers<br>05:30 PM<br><b>Open Guard concepts Josh &amp; Meghan</b><br>Movements to keep potential | 05:00 PM<br><b>Shrekfest @ Humboldt park</b><br>No idea what to expect. Shower and eat at risk of FOMO. Afterparty @X-ray | 05:00 PM  | 05:00 PM  |
| 06 PM | 06:30 PM<br><b>Lake Michigan Open Mat</b><br>Great views and better rolls   |   |   |   |
| 07 PM |   |   | 07:30 PM<br><b>Game night</b><br>I cried laughing multiple times last camp. My personal favorite night    | 07:00 PM<br><b>Wim Hof method &amp; Movie night</b><br>Lowering inflammation, hot tubbing, and watching a movie at da crib. |
| 08 PM | 08:00 PM<br><b>BBQ</b><br>BBQ at Meghan's Parents back yard! BYO meat, we have the essentials.                            |   |   |   |
| 09 PM |   |   |   |   |
| 10 PM |   |   |   |   |

