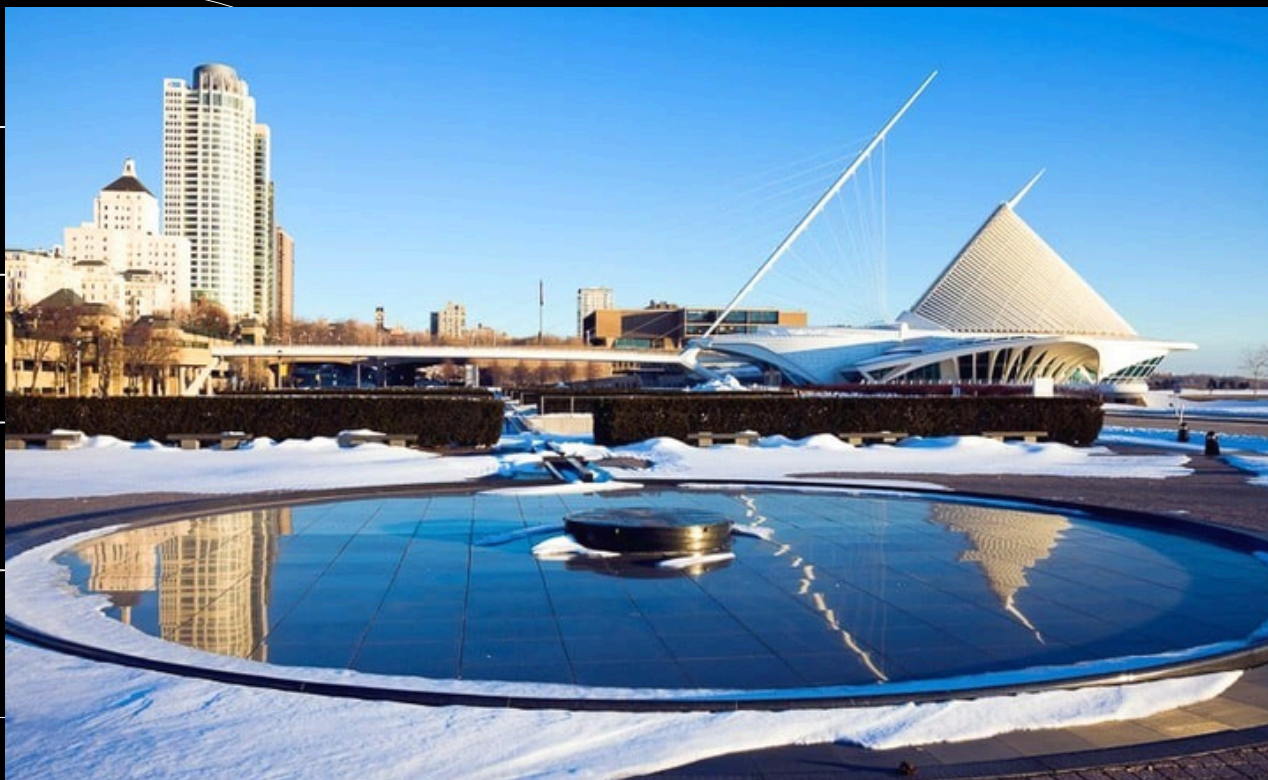


Winter Camp Guidebook 2025

Milwaukee Wisconsin January 14th through January 16th at White Lotus Jiu Jitsu





WELCOME TO THE 2025 GENTLE ART LIFESTYLE WINTER CAMP —HOLDING IT AT MEGHAN AND MY OWN SPACE ADDS A PERSONAL TOUCH, MAKING THE CAMP FEEL LIKE A TRUE HOME AWAY FROM HOME. PARTICIPANTS FROM ACROSS THE COUNTRY HAVE CONVERGED TO CREATE A UNIQUE AND VIBRANT ENERGY THAT DEFINES THE ESSENCE OF OUR CAMP. WE ARE EAGERLY ANTICIPATING YOUR ARRIVAL!

WHETHER YOU'RE A SEASONED BJJ CAMP VETERAN OR A NEWCOMER, OUR PRIMARY FOCUS IS ENSURING THAT EVERY CAMPER HAS AN EXCEPTIONAL TIME. IN THIS SPIRIT, WE APPROACH EVERYONE WITH RESPECT AND GRATITUDE, TREATING EACH PARTICIPANT AS A VALUED TRAINING PARTNER. WHILE WE DELVE INTO THE INTRICACIES OF JIU-JITSU, THE CAMARADERIE AND ENJOYMENT WE SHARE WITH ONE ANOTHER MAKE THE EXPERIENCE EVEN MORE MEMORABLE. GET READY FOR A FANTASTIC TIME!

Camp Expectations

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 in February? 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
- A heavy jacket
- Boots or shoes shoes
- Winter hat, gloves etc. especially if you are tubing
- Snacks

We are located near the heart of a major city. If you forget something, you can run any direction to purchase it. Please note, the weather is unpredictable. It could be 65 and sunny OR 5 and snowy. Please pay attention to the weather as we get closer.

Camp will take place February 14th, 15 and 16th. 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.

Weekend Schedule

14

Friday

I'll start this off with another reminder that nothing is mandatory. The main goal of camp is for you to enjoy yourself, so if you feel tired or travel doesn't allow for you to make everything it is ok. That said, camp will kick off at 11:00am with Alan's yoga and intention setting class at White Lotus ([420 S. 1st St.](#)) where all of the day's classes will be held.

Crystal Ridge ([7011 S Ballpark Dr, Franklin, WI 53132](#)) is a little former ski hill that has created sledding lanes for fun. They supply you with the tubes and have a conveyor belt to bring you back up the hill. They have a full bar and some snacks to eat there as well. If this is something you plan on joining, I would purchase your ticket in advance (It's cheaper & quicker). There is a possibility of it selling out. Tickets are \$29 dollars and are generally automatically refunded with inclement weather. Sign up for the 2-Hour Tubing (Fri-Sun, & Holiday Hours) from 7pm-9pm. You will want to dress warm. If you don't have room to pack it all, reach out to Meghan to find you some winter clothes to borrow. Here is the website: <https://crystalridge.com/>

15

Saturday

Saturday is a long and fun day. The day starts at 8:45 am with Alan's yoga class. Then BJJ for a couple hours followed with lunch at O'Lydias ([338 S 1st St](#)) directly across the street from the dojo. I have named this the Cheese Curd lunch because the cheese curds are absurdly good from this place. Wisconsin is known for their cheese, and this place does the curds better than anyone in the city (and is conveniently located to boot).

The Wim Hof method cold exposure will happen at Bay View ([3120 S Lake Dr, St Francis, WI 53235](#)) which is about a 10 minute drive from the dojo. Nick Lee will have a big fire going for us as we arrive. You will park on the street then have to find and take the stairs down to the beach level which you can not see from the street.

You are not obligated to go in the cold but the more bodies we have at the beach the more support people feel. The more support people feel the more magical it is. Getting into the mindset of going in the cold lake is not easy and every bit of support is appreciated.

At night, we will be back to White Lotus to play games and enjoy each other's company. Game night has proven to be a fun time with plenty of laughter over the last bunch of camps. We will supply the games, you supply anything else you may want.

16

Sunday

On Sunday things start the same way with yoga at 8:45am. At 10:00 am however, we will host a black belt Q&A session so come ready with questions. Then we'll have an open mat/lunch followed by two classes. We'll wrap things up with a final mat and pizza party.

For those that are staying until Monday (or later) we will be doing a movie night at our condo complex (420 S Lake Dr.) Something nice and relaxing following an amazing weekend!



RANDOM HELPFUL FACTS:

- To get to White Lotus enter the parking lot off Florida St. You can park anywhere in that lot.
- To find the White Lotus entrance look for a blue awning on the NW side. Go up the stairs and you will see our entrance.
- Ubers are easy and plentiful in Milwaukee. If you need to take one, you can park in our lot overnight.
- There is a large gas station with all sorts of snacks and drinks one block from the gym.
- Contact Meghan with any questions at 414-213-5341



WINTER CAMP 2025 SCHEDULE

GENTLE ART LIFESTYLE WINTER CAMP 2025



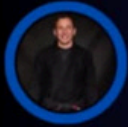
Will



Alan



Danielle



Josh



Kelsey

	FRIDAY	SATURDAY	SUNDAY
8:45		8:45 - 10:00	8:45 - 10:00
9		Yoga - Alan	Yoga - Alan
9:30			
10		10:00 - 11:00 Josh	10:00 - 11:30
10:30		Wim Hof Method Cold Plunge Prep	Blackbelt Q&A
11	11:00 - 12:00	11:00-12:00 Kelsey	11:00 - 12:00 Will
11:30	Welcome Mixer and Open Mat	Spider Guard Shenanigans Gi - All Levels	Speed Passing Guard Into Pressure Gi - Intermediate
12	12:15 - 1:00 Will	12:00 - 2:00	12:00 - 2:00
12:30	Cage Guard No Gi - Intermediate	Cheese Curd Lunch	Open Mat - Lunch
1	1:00 - 2:00 Josh	and Open Mat	1:00 - 2:00 Josh
1:30	Open Mat - Lunch		Front Headlock No Gi - Advanced
2	2:00 - 3:00 Danielle	2:00 - 3:00 Danielle	2:00 - 3:00 Danielle
2:30	Darce Chokes No Gi - All Levels	K Guard Entries + Reactions No Gi - Intermediate	Leglock Defenses No Gi - All Levels
3	3:00 - 4:00 Kelsey	3:00 - 4:00 Josh	3:00-5:00
3:30	Deep De La Riva Gi - Intermediate	Drape Drape No Gi - All Levels	Pizza Party
4	4:00 - 6:00	4:00 - 5:00	and Open Mat
4:30	Open Mat	Open Mat	
5		5:00 - 7:00	
5:30		Cold Plunge	
6		at	
6:30		Bayview Beach	
7	7:00 - 9:00		
7:30	Sledding at The Rock		
8		8pm - 12am Game Night + Champagne Toast	8pm - ? Movie Night

