

Summer Camp Guidebook 2024

Milwaukee Wisconsin 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

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?
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 August 30th to September 2nd. 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 the shower at our condo.

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

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! We will provide brats and hot dogs on the grill and would love if you could bring a side to share. 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 10:00pm, 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!

2

Saturday

Saturday is a long and fun day. We kick things off at 8:45am 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.

Saturday Night Events – Stay Tuned in the Discord **Shaker's Ghost Tour**

Discover the eerie history of Shaker's, one of the most haunted bars in the nation. Once owned by Al Capone, this building has seen it all—cemetery, speakeasy, and brothel. On this tour, you'll hear chilling stories of the spirits that still linger in its walls.

ComedySportz

After the ghost tour, enjoy some laughs at ComedySportz. This improv show is driven by audience suggestions, with two teams competing to create the funniest scenes. Your input shapes the show, making every performance a one-of-a-kind experience.

3+4

Sat & Sun

Third Ward Art Festival (Optional)

The Third Ward Art Festival returns Labor Day Weekend, August 31 and September 1st, from 10 a.m. to 5 p.m. 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

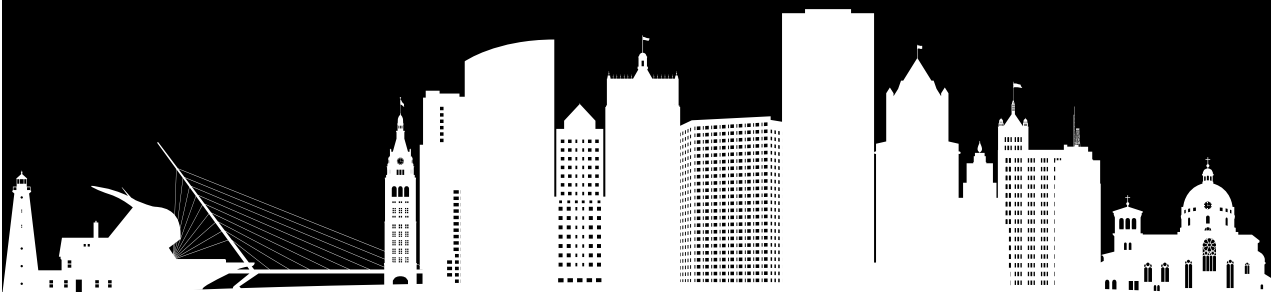
Alan kicks us off at 8:45am again with yoga at White Lotus. Then we have a jam packed day of BJJ ahead of us. We plan to go to Olydia's for lunch to get their famous cheese curds. As the sun sets on Sunday, the party's still on at the dojo for a game night at 8:00pm. We've got games, drinks, and good times lined up. We also just set up our Sega Genesis for anyone who wants a blast from the blast. 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 8:45am 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.



SUMMER CAMP 2024 SCHEDULE

FRIDAY	SATURDAY	SUNDAY	MONDAY
	8:45 - 10:00	8:45 - 10:00	8:45 - 10:00
	Yoga - Alan	Yoga - Alan	Yoga - Alan
	10:00 - 11:00	10:00 - 11:00 Keri	10:00 - 11:00
	BJJ Games	Tarikoplatas Everywhere Gi or No Gi	Jiu Jitsu Meta
	11:00 - 12:00 Acid Josh	11:00 - 12:00 Brad	11:00 - 12:00 Rich
	Demystifying Leg Locks Gi or No Gi Intermediate	No more seat belt! Gi or no Gi All levels	Bottom Half Guard Gi All Levels
	12:00 - 1:00	12:00 - 1:00	12:00 - 1:00
	Open Mat / Lunch	Open Mat / Lunch	Open Mat / Lunch
	1:00 - 2:00 Brad	1:00 - 2:00 Rich	1:00 - 2:00 Acid Josh
	Thigh Master Guard Passing All Levels Gi or No	Top Half Guard Gi All Levels	Arm Drag Hub Stuff Gi All Levels
	2:00 - 3:00 Keri	2:00 - 3:00 Josh	2:00 - 3:00 Josh
	Headquarters Passing Gi All Levels	Arm Triangle What Ifs - No Gi Intermediate	Front Headlock as Dominant Position Gi All Levels
	3:00 - 5:00	3:00-5:00	3:00 - 5:00
	Open Mat	Open Mat	Open Mat
4:30 - 5:30			
Meet & Greet on the Lake			
5:30 - 6:30			
Josh and Meghan			
6:30 - 7:30			
Open Mat & BBQ	7 - ?		7 - ?
7:00 - 10:00	Ghost Tour &	8 - ?	Wim Hof &
BBQ & Fire	Comedy Sports	Game Night	Movie Night



Brad



Acid Josh



Alan



Rich



Josh



Keri

