



Samurai Team Building – Sample Corporation

AGENDA

0830 – 0900	Coffee, sign in, introduction, agenda
0900 – 0930	Martial arts warm up / icebreakers <ul style="list-style-type: none">• Sumo voice• Samurai / Ninja / Ronin• Samurai sword fight (virtual)• Ninja Obstacles• Basic Kata
0930 – 1030	Session 1 (tailored to client needs) <ul style="list-style-type: none">• Risks and issues discussion• Ranking of risks• Actions
1030 – 1100	Basic Combination Pad work
1100 – 1120	Break / Morning Tea
1120 – 1200	Session 2 (tailored to client needs) <ul style="list-style-type: none">• Strategic analysis• Goal setting• Key strategies
1200 – 1230	Katana Expression Session <ul style="list-style-type: none">• Basic moves• Soft sword fight session
1230 – 1330	Lunch
1330 – 1400	Martial arts work out session / self defence techniques
1400 – 1530	Board / concrete breaking demonstration Break down the Barriers – Participant Board Break session Challenge session – spar the Corporate Samurai (very safe ☺) Challenge session – fitness / flexibility challenges
1530 – 1600	Break
1600 -1630	Debrief, awards, feedback