



Trainingsplan

Uhrzeit **OBERSTUFE • Halle 1** **MITTELSTUFE • Halle 2** **UNTERSTUFE • Halle 3**

DONNERSTAG • 11. August 2011

09:00 - 10:30	Neghliz • Kanku Sho	Azadi • Kumite	Campari • Taikyoku
10:45 - 12:00	Nishimura • Kumite	Roth • Heian 4	Devigili • Kumite
13:00 - 14:00		Fröhlich • Bo	Hashimoto • Schnuppertraining
14:15 - 15:30	Campari • Tekki 2	Nishimura • Kumite	Roth • Heian 1
15:45 - 17:00	Devigili • Kumite	Neghliz • Heian 5	Azadi • Kumite
17:15 - 18:30	Devigili + Azadi • Kumite • Halle 1 + Halle 2		

FREITAG • 12. August 2011

08:15 - 09:00		Wasserbauer-Redl • Qi Gong • Halle 3	
09:15 - 10:30	Roth • Bassai Sho	Devigili • Kumite	Neghliz • Heian 2
10:45 - 12:00	Azadi • Kumite	Campari • Tekki 1	Nishimura • Kumite
13:00 - 14:00		Fröhlich • Bo	Hashimoto • Schnuppertraining
14:15 - 15:30	Neghliz • Niju Shiho	Azadi • Kumite	Campari • Heian 3
15:45 - 17:00	Nishimura • Kumite	Roth • Bassai Dai	Devigili • Kumite
17:15 - 18:30	Campari + Neghliz • Enpi • Halle 1 + Halle 2		

SAMSTAG • 13. August 2011

08:15 - 09:00		Wasserbauer-Redl • Qi Gong • Halle 3	
09:15 - 10:30	Campari • Jiin	Nishimura • Kumite	Roth • H1, H2, H3
10:45 - 12:00	Devigili • Kumite	Neghliz • Jion	Azadi • Kumite
13:00 - 14:00		Fröhlich • Bo	Hashimoto • Schnuppertraining
14:15 - 15:30	Roth • Gankaku	Devigili • Kumite	Neghliz • Heian 4
15:45 - 17:00	Azadi • Kumite	Campari • H4, H5, T1	Nishimura • Kumite
17:15 - 18:00	Fotoshooting mit allen Trainern		

Magic karate moments!
mit Sayonara Party

SONNTAG • 14. August 2011

08:15 - 09:00		Wasserbauer-Redl • Qi Gong • Halle 3	
09:15 - 10:30		Roth, Neghliz, Campari • Kanku Dai	
10:45 - 12:00		Nishimura, Azadi, Devigili • Kumite	

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