



# Trainingsplan **Karate ETV** ab März 2018 **HOHE WEIDE BUDORAUM**

|                  | <b>Mo</b><br>(Budo) | <b>Di</b><br>(Budo)  | <b>Mi</b><br>(Budo)                                | <b>Do</b><br>(Budo)                       | <b>Fr</b><br>(Budo)                                    | <b>Sa</b><br>(Budo) | <b>So</b><br>(Budo)   |
|------------------|---------------------|--|--|---|--|---------------------|---|
| 10 <sup>00</sup> |                     |  |  |   |  |                     |   |
| 16 <sup>00</sup> |                     |  |  |   |  |                     |   |
| 17 <sup>00</sup> |                     |  |  |   |  |                     |   |
| 18 <sup>00</sup> |                     | 17 <sup>00</sup> <b>K</b> (A)<br>Alexander, Can              |  |   | 17 <sup>00</sup> <b>K</b> (A)<br>Jascha                |                     |   |
| 19 <sup>00</sup> |                     | 18 <sup>00</sup> <b>J/E</b> (F)<br>Alexander, Can            |  |   |  |                     |   |
| 20 <sup>00</sup> |                     | 19 <sup>00</sup> <b>J</b> (F/O)<br>Kata, Valerie<br>+ Carina |  | 19 <sup>00</sup> <b>E</b> (F/O)<br>Volker | 19 <sup>00</sup> <b>E</b> (A/F)<br>Roland/<br>Ka Young |                     | <b>LEGENDE:</b><br><br>(A) = Einsteiger/<br>Anfänger bis<br>Orange<br>(F) = Fortgeschrittene<br>ab Grün<br>(O) = Oberstufe<br>ab Blau |
| 21 <sup>00</sup> |                     |  | 20 <sup>30</sup> <b>E</b> (F-O)<br>Freies Training |   |  |                     |   |
| 22 <sup>00</sup> |                     |  |  |   |  |                     |   |

**TRAININGORTE:** Budoraum + Gym B Budo: Neue Dreifeldhalle, Hohe Weide 17, hinteres Treppenhaus, 2.OG  
Altonaer Straße: Sporthalle Altonaer Straße/Ecke Bartelstraße, Eingang Bartelstraße



**QUALITÄTSSIEGEL**  
GESUNDHEITSSPORT KARATE  
IM DEUTSCHEN KARATE VERBAND E.V.

## Trainingsplan **HOHE WEIDE GYM B / ALTONAER** Str.

|                  | <b>Mo</b><br>(Gym B)                             | <b>Di</b><br>(Gym B) | <b>Mi</b><br><b>(ALTO)</b>   | <b>Do</b><br>(Gym B)  | <b>Fr</b><br>(Gym B)                      | <b>Sa</b><br>(Gym B) | <b>So</b><br>(Gym B)   |
|------------------|--|----------------------|--|---|---|----------------------|--|
| 10 <sup>00</sup> |  |                      |  |   |   |                      | 10 <sup>00</sup> -12 <sup>00</sup><br><b>J+E</b> (A-O)<br>Freies Training  |
| 16 <sup>00</sup> |  |                      |  |   |   |                      |  |
| 17 <sup>00</sup> |  |                      |  | 16 <sup>45</sup> <b>J</b> (A)<br>Marcella                           |   |                      | 15 <sup>30</sup> -17 <sup>00</sup><br><b>J+E</b> (A-O)<br>Freies<br>Training o.<br>Workshop Kata<br>(s. Termine<br>Webseite)   |
| 18 <sup>00</sup> | 17 <sup>00</sup> <b>K</b> (A)<br>Marcella        |                      | 17 <sup>00</sup> <b>K+J</b> (A)<br>Hosnia,<br>Amaya                            | 18 <sup>00</sup> <b>K+J+E</b> (F/O)<br>Leist. Kumite<br>Alex/Jan K. | 18 <sup>00</sup> <b>J</b> (A)<br>Jascha   |                      |  |
| 19 <sup>00</sup> | 18 <sup>30</sup> <b>J</b> (F/O)<br>Wolfgang      |                      | 18 <sup>00</sup> <b>K+J</b> (A)<br>Andreas,<br>Hosnia, Amaya                   |   | 19 <sup>00</sup> <b>J</b> (F/O)<br>Jascha |                      | <b>LEGENDE:</b><br><br><b>E</b> = Erwachsene<br>ab 16 Jahren<br><b>K</b> = Kinder<br>5-8 Jahre<br><b>J</b> = Jugend<br>9-15 Jahre<br><br><b>K+J</b> = 1 Stunde Training<br><b>E</b> = 1,5 Stunden Training |
| 20 <sup>00</sup> | 19 <sup>30</sup> <b>E</b> (O)<br>Wolfgang        |                      | 19 <sup>00</sup> <b>E</b> (A-O)<br>Grundlagen/<br>Gesundheitstrain.<br>Andreas | 19 <sup>30</sup> <b>J+E</b> (O)<br>Freies Training                  |   |                      |  |
| 21 <sup>00</sup> | 21 <sup>00</sup> <b>E</b> (O)<br>Freies Training |                      |  |   |   |                      |  |
| 22 <sup>00</sup> |  |                      |  |   |   |                      |  |