

# Trainingsplan

Uhrzeit	Halle 1	Halle 2	Halle 3	Halle 4
<b>DONNERSTAG • 9. August 2012</b>				
09:00 - 10:30	<b>Welcome Training</b> • Kumite Nishimura, Leiler, Azadi, Devigili, Hashimoto			
10:45 - 12:00	<b>T1,H2</b> • 9,8,7 Kyu Roth	<b>Jitte</b> • 3,2,1 Kyu Campari	<b>Kumite</b> • 6,5,4 Kyu Leiler	<b>Kumite</b> • Dan Azadi
13:00 - 14:00	<b>Bo</b> Fröhlich		<b>Schnuppertraining</b>	<b>Capoeira</b> Lee
14:15 - 15:30	<b>Kanku Sho</b> • Dan Neghliz	<b>H3,H4</b> • 6,5,4 Kyu Roth	<b>Kumite</b> • 3,2,1 Kyu Nishimura	<b>Kumite</b> • 9,8,7 Kyu Devigili
15:45 - 17:00	<b>H2</b> • 9,8,7 Kyu Campari	<b>Kanku Dai</b> • 3,2,1 Kyu Leiler	<b>Kumite</b> • 6,5,4 Kyu Azadi	<b>Kumite</b> • Dan Nishimura
17:15 - 18:30	<b>Bo</b> Fröhlich			<b>Capoeira</b> Lee
<b>FREITAG • 10. August 2012</b>				
08:15 - 09:00			<b>Qi Gong</b> Wasserbauer-Redl	
09:15 - 10:30	<b>H1,H2</b> • 9,8,7 Kyu Hashimoto	<b>Jion</b> • 3,2,1 Kyu Neghliz	<b>Kumite</b> • 6,5,4 Kyu Leiler, Devigili	<b>Kumite</b> • Dan Nishimura
10:45 - 12:00	<b>Sochin</b> • Dan Roth	<b>Tekki 1</b> • 6,5,4 Kyu Campari	<b>Kumite</b> • 3,2,1 Kyu Devigili	<b>Kumite</b> • 9,8,7 Kyu Azadi
13:00 - 14:00	<b>Bo</b>		<b>Schnuppertraining</b>	<b>Capoeira</b> Lee
14:15 - 15:30	<b>H3</b> • 9,8,7 Kyu Neghliz	<b>H5</b> • 3,2,1 Kyu Roth	<b>Kumite</b> • 6,5,4 Kyu Nishimura	<b>Kumite</b> • Dan Leiler
15:45 - 17:00	<b>Chinte</b> • Dan Campari	<b>Bassai Dai</b> • 6,5,4 Kyu Leiler	<b>Kumite</b> • 3,2,1 Kyu Azadi	<b>Kumite</b> • 9,8,7 Kyu Nishimura
17:15 - 18:30	<b>Bo</b> Fröhlich			<b>Capoeira</b> Lee
<b>SAMSTAG • 11. August 2012</b>				
08:15 - 09:00			<b>Qi Gong</b> Wasserbauer-Redl	
09:15 - 10:30	<b>Meikyo</b> • Dan Campari	<b>Bassai Dai</b> • 6,5,4 Kyu Neghliz	<b>Kumite</b> • 3,2,1 Kyu Leiler	<b>Kumite</b> • 9,8,7 Kyu Azadi, Hashimoto
10:45 - 12:00	<b>H4,H5</b> • 9,8,7 Kyu Neghliz	<b>Hangetsu</b> • 3,2,1 Kyu Roth	<b>Kumite</b> • 6,5,4 Kyu Nishimura	<b>Kumite</b> • Dan Devigili
13:00 - 14:00	<b>Bo</b> Fröhlich		<b>Schnuppertraining</b>	<b>Capoeira</b> Lee
14:15 - 15:30	<b>Nijushiho</b> • Dan Roth	<b>Jion</b> • 6,5,4 Kyu Campari	<b>Kumite</b> • 3,2,1 Kyu Azadi	<b>Kumite</b> • 9,8,7 Kyu Hashimoto
15:45 - 17:00	<b>H2,H3</b> • 9,8,7 Kyu Leiler	<b>Empi</b> • 3,2,1 Kyu Neghliz	<b>Kumite</b> • 6,5,4 Kyu Devigili	<b>Kumite</b> • Dan Nishimura
17:05 - 17:30	Fotoshooting mit allen Trainern			
<b>Shownight / Neuhofen Cup / Sayonara Party</b> Samstag 11. August ab 19.30 Uhr im Forum Neuhofen/Krems • Eintritt frei!				
<b>SONNTAG • 12. August 2012</b>				
08:15 - 09:00			<b>Qi Gong</b> Wasserbauer-Redl	
09:15 - 10:30	<b>Kumite</b> • Dan Nishimura	<b>Kumite</b> • 3,2,1 Kyu Devigili	<b>Kumite</b> • 6,5,4 Kyu Azadi, Hashimoto	<b>Kumite</b> • 9,8,7 Kyu Leiler
10:45 - 12:00	<b>Goodby Trainig</b> • Gojushiho Sho Roth, Campari, Neghliz, Leiler, Hashimoto			