

## Programma zaterdag 28-03-2020

( > 12 jaar en jeugd vanaf blauwe gordel )

### VOORMIDDAG

0<sup>de</sup> Kyu – 6<sup>de</sup> Kyu

10.30u – 11.30u (training 1)

**HEIAN 2**

5<sup>de</sup> Kyu – 2<sup>de</sup> Kyu

10.30u – 11.30u (training 1)

**JION**

1<sup>ste</sup> Kyu – 1<sup>ste</sup> Dan

10.30u – 11.30u (training 1)

**H2 – TEKKI 2**

2<sup>de</sup> Dan – Hoger

10.30u – 11.30u (training 1)

**H1 - CHINTE**

0<sup>de</sup> Kyu – 6<sup>de</sup> Kyu

11.30u – 12.30u (training 2)

**HEIAN 3**

5<sup>de</sup> Kyu – 2<sup>de</sup> Kyu

11.30u – 12.30u (training 2)

**HEIAN 5**

1<sup>ste</sup> Kyu – 1<sup>ste</sup> Dan

11.30u – 12.30u (training 2)

**H4 – KKD**

2<sup>de</sup> Dan – Hoger

11.30u – 12.30u (training 2)

**H3 – BASSAI-SHO**

### NAMIDDAG

0<sup>de</sup> Kyu – 6<sup>de</sup> Kyu

13.30u – 14.30u (training 3)

**TEKKI 1**

5<sup>de</sup> Kyu – 2<sup>de</sup> Kyu

13.30u – 14.30u (training 3)

**KANKU-DAI**

1<sup>ste</sup> Kyu – 1<sup>ste</sup> Dan

13.30u – 14.30u (training 3)

**TEKKI 1 - EMPI**

2<sup>de</sup> Dan – Hoger

13.30u – 14.30u (training 3)

**H2 – KANKU-SHO**

0<sup>de</sup> Kyu – 6<sup>de</sup> Kyu

14.30u – 15.30u (training 4)

**HEIAN 1**

5<sup>de</sup> Kyu – 2<sup>de</sup> Kyu

14.30u – 15.30u (training 4)

**TEKKI 1**

1<sup>ste</sup> Kyu – 1<sup>ste</sup> Dan

14.30u – 15.30u (training 4)

**JITTE**

2<sup>de</sup> Dan – Hoger

14.30u – 15.30u (training 4)

**H4 – MEIKYO**

## Programma zondag 29-03-2020

( > 12 jaar en jeugd vanaf blauwe gordel )

### VOORMIDDAG

0<sup>de</sup> Kyu – 6<sup>de</sup> Kyu

10.30u – 11.30u (training 5)

**TEKKI 1**

5<sup>de</sup> Kyu – 2<sup>de</sup> Kyu

10.30u – 11.30u (training 5)

**BASSAI-DAI**

1<sup>ste</sup> Kyu – 1<sup>ste</sup> Dan

10.30u – 11.30u (training 5)

**H1 - JION**

2<sup>de</sup> Dan – Hoger

10.30u – 11.30u (training 5)

**H5 - SOCHIN**

0<sup>de</sup> Kyu – 6<sup>de</sup> Kyu

11.30u – 12.30u (training 6)

**HEIAN 5**

5<sup>de</sup> Kyu – 2<sup>de</sup> Kyu

11.30u – 12.30u (training 6)

**TEKKI 2**

1<sup>ste</sup> Kyu – 1<sup>ste</sup> Dan

11.30u – 12.30u (training 6)

**H3 – BASSAI-DAI**

2<sup>de</sup> Dan – Hoger

11.30u – 12.30u (training 6)

**T1 – GOJUSHIHO-DAI**

### NAMIDDAG

0<sup>de</sup> Kyu – 6<sup>de</sup> Kyu

13.30u – 14.30u (training 7)

**HEIAN 4**

5<sup>de</sup> Kyu – 2<sup>de</sup> Kyu

13.30u – 14.30u (training 7)

**EMPI**

1<sup>ste</sup> Kyu – 1<sup>ste</sup> Dan

13.30u – 14.30u (training 7)

**H5 - HANGETSU**

2<sup>de</sup> Dan – Hoger

13.30u – 14.30u (training 7)

**JION - NIJUSHIHO**

14.30u – 15.30u (training 8)

**HERHALING VAN ALLE KATA'S**