



PROGRAMMA 2023

VOORMIDDAG

0^{de} Kyu – 6^{de} Kyu 10.30u – 11.30u (training 1) Heian 4	5^{de} Kyu – 2^{de} Kyu 10.30u – 11.30u (training 1) Jion	1^{ste} Kyu – 1^{ste} Dan 10.30u – 11.30u (training 1) Heian 2 – Tekki 2	2^{de} Dan – Hoger 10.30u – 11.30u (training 1) Chinte
0^{de} Kyu – 6^{de} Kyu 11.30u – 12.30u (training 2) Heian 3	5^{de} Kyu – 2^{de} Kyu 11.30u – 12.30u (training 2) Heian 5 – BD	1^{ste} Kyu – 1^{ste} Dan 11.30u – 12.30u (training 2) Heian 1 – Jion	2^{de} Dan – Hoger 11.30u – 12.30u (training 2) Gojushiho Sho

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0^{de} Kyu – 6^{de} Kyu 13.30u – 14.30u (training 3) Heian 5	5^{de} Kyu – 2^{de} Kyu 13.30u – 14.30u (training 3) Kanku Dai	1^{ste} Kyu – 1^{ste} Dan 13.30u – 14.30u (training 3) Tekki 3	2^{de} Dan – Hoger 13.30u – 14.30u (training 3) Nijushiho
0^{de} Kyu – 6^{de} Kyu 14.30u – 15.30u (training 4) Heian 1 – Heian 2	5^{de} Kyu – 2^{de} Kyu 14.30u – 15.30u (training 4) Tekki 1	1^{ste} Kyu – 1^{ste} Dan 14.30u – 15.30u (training 4) BD – Hangetsu	2^{de} Dan – Hoger 14.30u – 15.30u (training 4) Gojushiho Dai



Programma JEUGD vanaf >6j.

VOORMIDDAG

0^{de} Kyu – 8^{ste} Kyu 10.30u – 11.30u (training 1) Heian 2	7^{de} Kyu – 6^{ste} Kyu 10.30u – 11.30u (training 1) Heian 4	0^{de} Kyu – 8^{ste} Kyu 11.30u – 12.30u (training 2) Heian 4	7^{de} Kyu – 6^{ste} Kyu 11.30u – 12.30u (training 2) Heian 5
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NAMIDDAG

0^{de} Kyu – 8^{ste} Kyu 13.30u – 14.30u (training 3) Heian 3	7^{de} Kyu – 6^{ste} Kyu 13.30u – 14.30u (training 3) Tekki 1	0^{de} Kyu – 8^{ste} Kyu 14.30u – 15.30u (training 4) Heian 1	7^{de} Kyu – 6^{ste} Kyu 14.30u – 15.30u (training 4) Heian 3 - BD
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