



PROGRAMMA 2024

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) H3 - Jion	1^{ste} Kyu – 1^{ste} Dan 10.30u – 11.30u (training 1) H2 – 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) H2 – BD	1^{ste} Kyu – 1^{ste} Dan 11.30u – 12.30u (training 2) H3 – Jion	2^{de} Dan – Hoger 11.30u – 12.30u (training 2) Gojushiho Sho

NAMIDDAG

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) H4 - 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) H5 - Gankaku
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) T1 - Empi	1^{ste} Kyu – 1^{ste} Dan 14.30u – 15.30u (training 4) BD – Jitte	2^{de} Dan – Hoger 14.30u – 15.30u (training 4) Meikyo



Programma JEUGD vanaf 6j. <12j.

0^{de} 9^{de} 8^{ste} 7^{de} en 6^{de} kyu

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
---	---	---	---

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
---	---	---	--