

# Trainingsplan Woche 43

Montag 24. Oktober 2022	Dienstag 25. Oktober 2022	Mittwoch 26. Oktober 2022	Donnerstag 27. Oktober 2022	Freitag 28. Oktober 2022
<b>16.30 Kata - Kumite Unterstufe</b> <span style="background-color: #FFD700; border: 1px solid black; padding: 2px;">8</span> <span style="background-color: #FF8C00; border: 1px solid black; padding: 2px;">8</span> <span style="background-color: #FF4500; border: 1px solid black; padding: 2px;">7</span> <span style="background-color: #FF0000; border: 1px solid black; padding: 2px;">7</span> Kinder	<b>16.30 Kumite - Kata Unterstufe</b> Kinder, Schüler U8, U10	<b>13.30 Fortsetzungskurs 1/22</b> <span style="background-color: #FFD700; border: 1px solid black; padding: 2px;">9</span> <span style="background-color: #FF8C00; border: 1px solid black; padding: 2px;">9</span> <span style="background-color: #FF4500; border: 1px solid black; padding: 2px;">8</span> Kinder, Schüler aus EK 1/22	<b>10.40 Kumite Sportschüler</b> Sportschüler	<b>08.30 Frauenpower</b> <span style="background-color: #FFD700; border: 1px solid black; padding: 2px;">9</span> <span style="background-color: #FF8C00; border: 1px solid black; padding: 2px;">8</span> <span style="background-color: #FF4500; border: 1px solid black; padding: 2px;">7</span> <span style="background-color: #FF0000; border: 1px solid black; padding: 2px;">6</span> <span style="background-color: #0000FF; border: 1px solid black; padding: 2px;">5</span> <span style="background-color: #008000; border: 1px solid black; padding: 2px;">4</span> <span style="background-color: #800000; border: 1px solid black; padding: 2px;">3</span> <span style="background-color: #800080; border: 1px solid black; padding: 2px;">2</span> <span style="background-color: #000000; border: 1px solid black; padding: 2px;">1</span> <span style="background-color: #000000; border: 1px solid black; padding: 2px;">D</span>
<b>17.30 Kata - Kumite Mittelstufe</b> <span style="background-color: #FF8C00; border: 1px solid black; padding: 2px;">7</span> <span style="background-color: #FF4500; border: 1px solid black; padding: 2px;">6</span> <span style="background-color: #FF0000; border: 1px solid black; padding: 2px;">5</span> <span style="background-color: #FF8C00; border: 1px solid black; padding: 2px;">4</span> Dojo: Schüler (Orange ab 10 Jahre) / Online: alle	<b>17.15 Kumite - Kata Mittelstufe</b> Dojo: U12 - U14 - U16 (ab Blaugurt) Online: alle	<b>14.30 Neuer Einführungskurs</b> EK Start 19. Oktober 2022 (nach den Herbstferien)	<b>12.20 Jukuren</b> <span style="background-color: #FFD700; border: 1px solid black; padding: 2px;">9</span> <span style="background-color: #FF8C00; border: 1px solid black; padding: 2px;">8</span> <span style="background-color: #FF4500; border: 1px solid black; padding: 2px;">7</span> <span style="background-color: #FF0000; border: 1px solid black; padding: 2px;">6</span> <span style="background-color: #0000FF; border: 1px solid black; padding: 2px;">5</span> <span style="background-color: #008000; border: 1px solid black; padding: 2px;">4</span> <span style="background-color: #800000; border: 1px solid black; padding: 2px;">3</span> <span style="background-color: #800080; border: 1px solid black; padding: 2px;">2</span> <span style="background-color: #000000; border: 1px solid black; padding: 2px;">1</span> <span style="background-color: #000000; border: 1px solid black; padding: 2px;">D</span> Liebe zur Weisheit	<b>16.30 Kata - Kumite Unterstufe</b> <span style="background-color: #FF8C00; border: 1px solid black; padding: 2px;">8</span> <span style="background-color: #FF4500; border: 1px solid black; padding: 2px;">8</span> <span style="background-color: #FF0000; border: 1px solid black; padding: 2px;">7</span> <span style="background-color: #FF8C00; border: 1px solid black; padding: 2px;">7</span> Kinder
<b>18.15 Kumite Oberstufe</b> Dojo: U16 TC nat/reg - U18 - U21 - Elite / Online: alle	<b>18.45 Kata - Kumite Oberstufe</b> <span style="background-color: #800000; border: 1px solid black; padding: 2px;">3</span> <span style="background-color: #800080; border: 1px solid black; padding: 2px;">2</span> <span style="background-color: #000000; border: 1px solid black; padding: 2px;">1</span> <span style="background-color: #000000; border: 1px solid black; padding: 2px;">D</span> Dojo: Jugend / Online: alle	<b>15.30 Kata - Kumite Unterstufe</b> <span style="background-color: #FF8C00; border: 1px solid black; padding: 2px;">8</span> <span style="background-color: #FF4500; border: 1px solid black; padding: 2px;">8</span> Kinder, Schüler	<b>16.30 Kumite - Kata Unterstufe</b> Kinder, Schüler U8, U10	<b>17.30 Kata - Kumite Mittelstufe</b> <span style="background-color: #FF8C00; border: 1px solid black; padding: 2px;">7</span> <span style="background-color: #FF4500; border: 1px solid black; padding: 2px;">6</span> <span style="background-color: #FF0000; border: 1px solid black; padding: 2px;">5</span> <span style="background-color: #FF8C00; border: 1px solid black; padding: 2px;">4</span> Dojo: Schüler (Orange ab 10 Jahre) / Online alle
<b>20.00 Kata Mittelstufe, Oberstufe</b> <span style="background-color: #800000; border: 1px solid black; padding: 2px;">3</span> <span style="background-color: #800080; border: 1px solid black; padding: 2px;">2</span> <span style="background-color: #000000; border: 1px solid black; padding: 2px;">1</span> <span style="background-color: #000000; border: 1px solid black; padding: 2px;">D</span> Dojo und Online: Kanku dai (-sho)	<b>20.00 Kata Unterstufe, Mittelstufe</b> <span style="background-color: #FFD700; border: 1px solid black; padding: 2px;">9</span> <span style="background-color: #FF8C00; border: 1px solid black; padding: 2px;">8</span> <span style="background-color: #FF4500; border: 1px solid black; padding: 2px;">7</span> <span style="background-color: #FF0000; border: 1px solid black; padding: 2px;">6</span> <span style="background-color: #0000FF; border: 1px solid black; padding: 2px;">5</span> <span style="background-color: #008000; border: 1px solid black; padding: 2px;">4</span> <span style="background-color: #800000; border: 1px solid black; padding: 2px;">3</span> <span style="background-color: #800080; border: 1px solid black; padding: 2px;">2</span> <span style="background-color: #000000; border: 1px solid black; padding: 2px;">1</span> <span style="background-color: #000000; border: 1px solid black; padding: 2px;">D</span> Dojo und Online	<b>16.30 Kata - Kumite Mittelstufe 1</b> <span style="background-color: #FF8C00; border: 1px solid black; padding: 2px;">7</span> <span style="background-color: #FF4500; border: 1px solid black; padding: 2px;">7</span> <span style="background-color: #FF0000; border: 1px solid black; padding: 2px;">6</span> Kinder, Schüler	<b>17.15 Kumite - Kata Mittelstufe</b> Dojo: U12 - U14 - U16 (ab Blaugurt) / Online: alle	<b>18.45 Kata - Kumite Oberstufe</b> <span style="background-color: #800000; border: 1px solid black; padding: 2px;">3</span> <span style="background-color: #800080; border: 1px solid black; padding: 2px;">2</span> <span style="background-color: #000000; border: 1px solid black; padding: 2px;">1</span> <span style="background-color: #000000; border: 1px solid black; padding: 2px;">D</span> Dojo: Jugend / Online: alle
		<b>17.30 Kata - Kumite Mittelstufe 2</b> <span style="background-color: #0000FF; border: 1px solid black; padding: 2px;">5</span> <span style="background-color: #008000; border: 1px solid black; padding: 2px;">4</span> <span style="background-color: #000000; border: 1px solid black; padding: 2px;">3</span> Dojo: Schüler, Jugend / Online: alle	<b>18.15 Kumite Oberstufe</b> Dojo: U16 TC reg/nat - U18 - U21 - Elite / Online: alle	<b>20.00 Kata Mittelstufe, Oberstufe</b> <span style="background-color: #800000; border: 1px solid black; padding: 2px;">3</span> <span style="background-color: #800080; border: 1px solid black; padding: 2px;">2</span> <span style="background-color: #000000; border: 1px solid black; padding: 2px;">1</span> <span style="background-color: #000000; border: 1px solid black; padding: 2px;">D</span> Dojo und Online: Prüfungskata
		<b>20.00 Kata Oberstufe</b> <span style="background-color: #000000; border: 1px solid black; padding: 2px;">D</span> Dojo und Online: Tekki sandan (-shodan, -nidan)	<b>20.00 Kata Unterstufe, Mittelstufe</b> <span style="background-color: #FFD700; border: 1px solid black; padding: 2px;">9</span> <span style="background-color: #FF8C00; border: 1px solid black; padding: 2px;">8</span> <span style="background-color: #FF4500; border: 1px solid black; padding: 2px;">7</span> <span style="background-color: #FF0000; border: 1px solid black; padding: 2px;">6</span> <span style="background-color: #0000FF; border: 1px solid black; padding: 2px;">5</span> <span style="background-color: #008000; border: 1px solid black; padding: 2px;">4</span> <span style="background-color: #800000; border: 1px solid black; padding: 2px;">3</span> <span style="background-color: #800080; border: 1px solid black; padding: 2px;">2</span> <span style="background-color: #000000; border: 1px solid black; padding: 2px;">1</span> <span style="background-color: #000000; border: 1px solid black; padding: 2px;">D</span> Dojo und Online	