



SHITO-RYU SHUKOKAI KARATEDO WIEN

Trainingsplan Karate & Iaido



Juli 2024

| Tag | Datum | Mo, Fr 18:30 - 20:00 Allg. Kl. | Mi 19:00 - 20:30 Allg. Klasse | So 10:00 - 11:00 ZOOM | So 17:00 - 19:00 IAIDO | Abwesenheit / Anmerkung |
|-----|------------|--------------------------------------|-------------------------------------|-----------------------------|------------------------------|--------------------------|
| Mo. | 01.07.2024 | TH | | | | |
| Di. | 02.07.2024 | | | | | |
| Mi. | 03.07.2024 | | GB | | | |
| Do. | 04.07.2024 | | | | | |
| Fr. | 05.07.2024 | KW | | | | SSWU Summer Camp, Bayern |
| Sa. | 06.07.2024 | | | | | SSWU Summer Camp, Bayern |
| So. | 07.07.2024 | | | | WH | SSWU Summer Camp, Bayern |
| Mo. | 08.07.2024 | TH | | | | |
| Di. | 09.07.2024 | | | | | |
| Mi. | 10.07.2024 | | AJ | | | |
| Do. | 11.07.2024 | | | | | |
| Fr. | 12.07.2024 | HP | | | | |
| Sa. | 13.07.2024 | | | | | |
| So. | 14.07.2024 | | | | WH | Zoom: Summer break |
| Mo. | 15.07.2024 | TH | | | | |
| Di. | 16.07.2024 | | | | | |
| Mi. | 17.07.2024 | | WH | | | |
| Do. | 18.07.2024 | | | | | |
| Fr. | 19.07.2024 | HP | | | | |
| Sa. | 20.07.2024 | | | | | |
| So. | 21.07.2024 | | | | WH | Zoom: Summer break |
| Mo. | 22.07.2024 | TH | | | | |
| Di. | 23.07.2024 | | | | | |
| Mi. | 24.07.2024 | | WH | | | |
| Do. | 25.07.2024 | | | | | |
| Fr. | 26.07.2024 | TH | | | | |
| Sa. | 27.07.2024 | | | | | |
| So. | 28.07.2024 | | | | WH | Zoom: Summer break |
| Mo. | 29.07.2024 | TH | | | | |
| Di. | 30.07.2024 | | | | | |
| Mi. | 31.07.2024 | | GB | | | |

Trainingsthemen: KATA: Kosokun Dai & Shisochin, Bunkai! KIHON: kosa-dachi, kokutsu dachi, sanchin dachi, mawashi-uke
IPPON-KUMITE: Angriffe kizami-zuki, gyaku-zuki, uraken uchi, haito-uchi, mae-geri, mawashi-geri, yoko-geri, ev ushiro-geri

| NAME | Code |
|-------------------------------|------|
| Thomas HAUSNER, 8. Dan | TH |
| Anton FREUDENSPRUNG, 6. Dan | AT |
| Andreas JERICHA, 6. Dan | AJ |
| Gayle BERRY-ZÖCHBAUER, 5. Dan | GB |
| Klaus WINKLER, 5. Dan | KW |
| Walter HERBECK, 4. Dan | WH |
| Philipp GRAF, 4. Dan | PG |
| Christoph CHWALCO, 4. Dan | CC |
| Helmut PFEFFER, 3. Dan | HP |
| Bettina VARGA, 3. Dan | BV |
| Internat. SSWU Trainer | SSWU |

| ERWACHSENENTRAINING: ab 16. Lebensjahr |
|---|
| Allgemeine Klasse: alle Graduierungen; |
| Anfänger: 8.-6. Kyu (weiß-grün) |
| Fortgeschrittenen-Training: 5. Kyu - Dan (blau - schwarz) |
| Dan-Training: 1. Kyu - Dan (3. braun - schwarz) |
| Mo & Fr (18:30 - 20:00): Karate Allg. Klasse |
| Mi (19:00 - 20:00 bzw 20:30): Karate allg. Klasse |
| So (10:00 - 11:00): ZOOM Training, Allg. Klasse, Internat. Trainer |
| IAIDO (So 17:00 - 19:00): 15 -99 Jahre, alle Graduierungen |

