

# Trainingsplan USC Karate 2009 gültig ab 1. Januar 2009



	Montag	Dienstag	Mittwoch	Donnerstag	Freitag												
<b>Pestalozzi</b>	<table border="1"> <tr> <td>18:00</td> <td>9.+8. Kyu Stefan H.</td> <td>4.-2. Kyu Anja</td> <td>7.-5. Kyu Viktor</td> <td>4.Kyu – Dan Yoones Kumite</td> <td></td> </tr> <tr> <td>19:30</td> <td>7.-5. Kyu Andy</td> <td>1. Kyu – Dan Herbert</td> <td>9.+8. Kyu Stephan E.</td> <td>4.Kyu – Dan Bernd M.</td> <td></td> </tr> </table>	18:00	9.+8. Kyu Stefan H.	4.-2. Kyu Anja	7.-5. Kyu Viktor	4.Kyu – Dan Yoones Kumite		19:30	7.-5. Kyu Andy	1. Kyu – Dan Herbert	9.+8. Kyu Stephan E.	4.Kyu – Dan Bernd M.					
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