KIDS BOCHOLT		3/sep	10/sep	17/sep	24/sep	1/okt	8/okt	15/okt	22/okt	29/okt	5/nov	12/nov	19/nov	26/nov	3/dec	10/dec	17/dec	7/jan	14/jan	21/jan	28/jan	4/feb	11/feb	18/feb	25/feb	4/mrt	11/mrt	18/mrt	25/mrt	1/apr	8/apr	15/apr	22/apr	29/apr	6/mei	13/mei	20/mei	27/mei	3/jun	10/jun	17/jun	24/jun
OPWARMING	cardiovasculaire activatie (**SPELVORM**) / jurbi undo																																									
	shomi waza (nage, osae, uchiwa) + zempo kaiten																																									
	beklimoefening																																									
	sandori (**SPELVORM**)																																									
HOJO UNDO																																										
	~~kata kihon~~ (kata herhaling)	~~uke nagare~~																																								
		SG 1 (wazo)																																								
KATA	**sanchin ichi** ~~+ **nichi**~~																																									
KIHON technic	tsuki waza																																									
	uchi waza																																									
	~~ura waza~~																																									
	keri waza					Kihon					Kihon						Kihon						Kihon					Kihon					Kihon						Kihon			
	uke waza (waza waza)																																									
	kihon in functie van kata																																									
		W	Ea	Do	W	Ea	Do	W	Ea	Do	W	Ea	Do	W	Ea	Do	W	Ea	Do	W	Ea	Do	W	Ea	Do	W	Ea	Do	W	Ea	Do	W	Ea	Do	W	Ea	Do	W	Ea	Do	W	Ea	Do
KATA Bunkai	**kihon kata dai sono ichi** (Bukyugata dai ichi)																																									
	kihon kata dai sono ni																																									
	kihon kata dai sono san																																									
	gekisai dai ichi (Bukyugata dai ni)																																									
	gekisai dai ni																																									
KUMITE	bunkai (why + how) (+ ext. jiyuwaza)																																									
	YK 1																																									
	~~YK 2~~																																									
	YK 3																																									
	YK 4																																									
	~~YK 5~~																																									
	~~YK 6~~																																									
	~~YK 7~~																																									
SLOT	grondspel / steelspelen / ne waza spel																																									
	randori																																									
	demo kata																																									
	dandenkata (+ dado waza)																																									