KIDS

BOCHOLT

			2/09/2025	9/09/2025	16/09/2025	23/09/2025	30/09/2025	7/10/2025	14/10/2025	21/10/2025	28/10/2025	4/11/2025	11/11/2025	18/11/2025
			25/11/2025	2/12/2025	9/12/2025	16/12/2025	23/12/2025	30/12/2025	6/01/2026	13/01/2026	20/01/2026	27/01/2026	3/02/2026	10/02/2026
			17/02/2026	24/02/2026	3/03/2026	10/03/2026	17/03/2026	24/03/2026	31/03/2026	7/04/2026	14/04/2026	21/04/2026	28/04/2026	5/05/2026
			12/05/2026	19/05/2026	26/05/2026	2/06/2026	9/06/2026	16/06/2026	23/06/2026	30/06/2026				
OPWARMING	CVA : grond- & stoeispelen / ne waza													
	CVA : junbi undo / pittenzakje / hoepels													
	CVA : kihon (uke waza!)													
	~~CVA : drills~~													
	~~kakie~~													
	ukemi waza (mae, yoko, ushiro) + zenpo kaiten													
HOJO UNDO	~~kote kitae (licht incasseren)~~													
		~~ude tanren~~												
KATA	sanchin ichi		**DRILL(S)**				**DRILL(S)**				**DRILL(S)**			
KUMITE	sandan kumite	**SG 1**												
		~~**SG 2**~~												
		~~**SG 3**~~												
KIHON techniek	tsuki waza													
	AFSTAND geri waza													
	~~LOW geri waza~~													
	kihon (combo's) STUK KATA (+ !!! DRAAIEN)			**dachi waza**		**180° 45° 225°**				**dachi waza**		**dachi waza**		
				verplaatsingen		**G1 ashi barai**				**verplaatsingen**		**verplaatsingen**		
KUMITE	bunkai (why > how) **STUK KATA**				**+ nage waza**				**+ nage waza**				**+ nage waza**	

			W	Ge	Or	W	Ge	Or	W	Ge	Or	W	Ge	Or	W	Ge	Or	W	Ge	Or	W	Ge	Or	W	Ge	Or	W	Ge	Or	W	Ge	Or	W	Ge	Or
KATA strategie	**kihon kata dai sono ichi** (fukyugata dai ichi) **1/3**																																		
	kihon kata dai sono ichi (fukyugata dai ichi) **2/3**																																		
	kihon kata dai sono ichi (fukyugata dai ichi) **3/3**																																		
	kihon kata dai sono ni																																		
	kihon kata dai sono san																																		
	gekisai dai ichi (fukyugata dai ni) **1/2**																																		
	gekisai dai ichi (fukyugata dai ni) **2/2**																																		
	gekisai dai ni																																		
KUMITE	sandan kumite	~~**YK 1**~~																																	
		~~**YK 2**~~																																	
		~~**YK 3**~~																																	
		~~**YK 4**~~																																	
		~~**YK 5**~~																																	
SLOT	grondspel / stoeispelen																																		
	randori (**SPELVORM**)																																		
	demo kata																																		