



# BUDOCLUB<sup>®</sup>

## RHEIN NECKAR E.V.

### TRAININGSPLAN

gültig ab 05.10.2026

| Zeit  | Montag                                                                   | Dienstag                                        | Mittwoch                                                                      | Donnerstag                                                      | Freitag                                      |
|-------|--------------------------------------------------------------------------|-------------------------------------------------|-------------------------------------------------------------------------------|-----------------------------------------------------------------|----------------------------------------------|
| 16:00 |                                                                          |                                                 |                                                                               |                                                                 |                                              |
| 16:30 |                                                                          |                                                 |                                                                               |                                                                 |                                              |
| 16:45 | <b>Budokids 1</b><br>16:30-17:15<br>(45min)                              |                                                 | <b>Budokids 2</b><br>16:30-17:15<br>(45min)                                   |                                                                 | <b>Budokids 4</b><br>16:30-17:15<br>(45min)  |
| 17:00 |                                                                          | <b>Karate-Kids</b><br>17:00-17:45<br>(45min)    |                                                                               | <b>Budokids 3</b><br>16:45-17:30<br>(45min)                     |                                              |
| 17:15 |                                                                          |                                                 |                                                                               |                                                                 |                                              |
| 17:30 | <b>Unterstufe</b><br>17:15-18:05<br>(50min)                              |                                                 | <b>Unterstufe</b><br>17:15-18:05<br>(50min)                                   |                                                                 | <b>Karate-Kids</b><br>17:15-18:00<br>(45min) |
| 17:45 |                                                                          | <b>Mittelstufe</b><br>17:45-18:35<br>(50min)    |                                                                               | <b>Mittelstufe</b><br>17:30-18:20<br>(50min)                    |                                              |
| 18:00 |                                                                          |                                                 |                                                                               |                                                                 |                                              |
| 18:05 |                                                                          |                                                 |                                                                               |                                                                 | <b>Kumite</b><br>18:00-19:15<br>(75min)      |
| 18:20 | <b>Karate-Spezial</b><br>18:05-19:05<br>(60min)                          |                                                 | <b>Karate-Spezial</b><br>18:05-19:20<br>(75min)                               |                                                                 |                                              |
| 18:35 |                                                                          | <b>Karate-Spezial</b><br>18:35-19:45<br>(70min) |                                                                               | <b>Karate-Spezial</b><br>18:20-19:35<br>(75 min)                |                                              |
| 18:45 |                                                                          |                                                 |                                                                               |                                                                 |                                              |
| 19:05 |                                                                          |                                                 |                                                                               |                                                                 |                                              |
| 19:15 | <b>EW Jukuren</b><br>19:05-20:00<br>(55min)                              |                                                 |                                                                               |                                                                 |                                              |
| 19:20 |                                                                          |                                                 | Pause                                                                         |                                                                 | <b>Flex-Modul</b><br>19:15-20:30<br>(75min)  |
| 19:30 |                                                                          |                                                 |                                                                               |                                                                 |                                              |
| 19:35 |                                                                          |                                                 | <b>Asiatische<br/>Bewegung &amp;<br/>Gesundheit</b><br>19:30-20:30<br>(60min) | Pause                                                           |                                              |
| 19:45 |                                                                          | <b>SV</b><br>19:45-21:15<br>(90min)             |                                                                               |                                                                 |                                              |
| 20:00 | <b>EW Anfänger<br/>&amp;<br/>EW Unterstufe</b><br>20:00-21:00<br>(60min) | Selbstbehauptung,<br>Selbstverteidigung         |                                                                               | <b>EW Mittel- &amp;<br/>Oberstufe</b><br>19:45-21:00<br>(75min) |                                              |
| 20:30 |                                                                          |                                                 |                                                                               |                                                                 |                                              |
| 21:00 |                                                                          |                                                 |                                                                               |                                                                 |                                              |
| 21:45 |                                                                          |                                                 |                                                                               |                                                                 |                                              |