# **Erwachsene** - Budo-Kampfsportschule-Starzach e.V. **Januar - Februar** **2025**

| | | |
|---|---|---|
| Mittwoch | 19:45 - 21:15 | in Börstingen (Bö) |
| Freitag | 19:30 - 21:00 | in Börstingen (Bö) |
| Freitag | 19:15 - 20:45 | in Wachendorf (Wa) |

| Halle / Datum | | | Programm | | Schwerpunkt | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | Notizen |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | Trainerteam | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | VH | FJ | GF | RT | HH | RW | EM | JK | GG | JS | PG | SK | | | | EH | LH | BA | | CS | |
| Bö | Mi | 01.01. | | | | | | | | | | | | | | | | | | | | | | | | | Neujahr |
| Bö | Fr | 03.01. | | | | | | | | | | | | | | | | | | | | | | | | | Ferien |
| Bö | Mi | 08.01. | Fallschule | | Block \| Kick \| Schlag | | | | | | | | | | | | | | | | | | | | | | |
| Bö | Fr | 10.01. | Grundschule | | Stock \| Waffen | | | | | | | | | | | | | | | | | | | | | | |
| Bö | Mi | 15.01. | Grundsch. in Anw. | | Distanz \| Atemi | | | | | | | | | | | | | | | | | | | | | | |
| Bö | Fr | 17.01. | Kata | | Hebel \| Würgetechnik | | | | | | | | | | | | | | | | | | | | | | |
| Bö | Mi | 22.01. | Vielseitigkeit | | Takedowns \| Würfe | | | | | | | | | | | | | | | | | | | | | | |
| Bö | Fr | 24.01. | Fallschule | | Karate Wettkampf | | | | | | | | | | | | | | | | | | | | | | |
| Bö | Mi | 29.01. | Grundschule | | Mehrkampf | | | | | | | | | | | | | | | | | | | | | | |
| Bö | Fr | 31.01. | Grundsch. in Anw. | | Bodenkampf | | | | | | | | | | | | | | | | | | | | | | |
| Bö | Mi | 05.02. | Kata | | Block \| Kick \| Schlag | | | | | | | | | | | | | | | | | | | | | | |
| Bö | Fr | 07.02. | Vielseitigkeit | | Stock \| Waffen | | | | | | | | | | | | | | | | | | | | | | |
| Bö | Mi | 12.02. | Fallschule | | Distanz \| Atemi | | | | | | | | | | | | | | | | | | | | | | |
| Bö | Fr | 14.02. | Grundschule | | Hebel \| Würgetechnik | | | | | | | | | | | | | | | | | | | | | | |
| Bö | Mi | 19.02. | Grundsch. in Anw. | | Takedowns \| Würfe | | | | | | | | | | | | | | | | | | | | | | |
| Bö | Fr | 21.02. | Kata | | Karate Wettkampf | | | | | | | | | | | | | | | | | | | | | | |
| Bö | Mi | 26.02. | Vielseitigkeit | | Mehrkampf | | | | | | | | | | | | | | | | | | | | | | |
| Bö | Fr | 28.02. | Fallschule | | Bodenkampf | | | | | | | | | | | | | | | | | | | | | | |
| **Trainervergütung 2 Monate** | | | | | | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |

**Trainer:**

**VH - Volker Hipp | FJ - Frank Jähne | GF - Günter Faiss | RT - René Thümmler | HH - Harald Huber | RW - Rosetta Venturino-Weschenmoser | EM - Elke Mohl | JK - Jürgen Kessler**
**GG - Gregor Grammer | JS - Joachim Schaffrinna | PG - Pascal Gepperth | SK - Simon Kunert | EH - Emely Hipp | LH - Leni Herwanger | BA - Bjarne Albers | CS - Christina Schweizer**