

Jahresprogramm des Goju Kai Karate Do Graubünden 2010

	Januar	Februar	März	April	Mai	Juni	Juli	August	September	Oktober	November	Dezember	
1				Training Ilanz	Training Ruschein	Training Ilanz			Training Ems	Training Ems	<i>Allerheiligen</i>	Training Ems	1
2	<i>Berchtoldstag</i>	Training Ilanz	Training Ilanz	<i>Karfreitag</i>		Training Ems			Training Ilanz	Training Ruschein	Training Ilanz	Training Ilanz	2
3		Training Ems	Training Ems			<i>Fronleichnam</i>			Training Ems	<i>SKU Turnier</i>	Training Ems	Training Ems	3
4		Training Ilanz	Training Ilanz	<i>Ostersonntag</i>	Training Ilanz	Training Ems			Training Ruschein		Training Ilanz	Training Ruschein	4
5	Training Ilanz	Training Ems	Training Ems	<i>Osternmontag</i>	Training Ems	Training Ruschein				Training Ilanz	Training Ems		5
6	<i>Dreikö. Tr. Ems</i>	<i>Lehrgang R. Gritt</i>	Training Ruschein	Training Ilanz	Training Ilanz					Training Ems	Training Ruschein		6
7	Training Ilanz	<i>Lehrgang R. Gritt</i>		Training Ems	Prüfungen			<i>Städtlifest Ilanz</i>	Training Ilanz	Training Ilanz		Training Ilanz	7
8	Training Ems			Training Ilanz	<i>Prüfungen</i>	Training Ilanz			Training Ems	Training Ems		Training Ems	8
9	<i>Vortrag in Bern</i>	Training Ilanz	Training Ilanz	Training Ems	<i>Muttertag</i>	Training Ems			Training Ilanz	Training Ruschein	Training Ilanz	Training Ilanz	9
10		Training Ems	Training Ems	Training Ruschein		Training Ilanz		Training Ilanz	Training Ems		Training Ems	Training Ems	10
11		Training Ilanz	Training Ilanz		Training Ilanz	Training Ems		Training Ems	<i>Training Shihan</i>	<i>Herbstferien</i>	Training Ilanz	<i>Jahresabschluss</i>	11
12	Training Ilanz	Training Ems	Training Ems		Training Ems	<i>S. IPPON SM</i>		Training Ilanz			Training Ems		12
13	Training Ems	Training Ruschein	<i>SWISS</i>	Training Ilanz	<i>Auffahrt</i>			Training Ems			Training Ruschein		13
14	Training Ilanz		<i>Karate League</i>	Training Ems	Training Ems			Training Ruschein	Training Ilanz			Training Ilanz	14
15	Training Ems			Training Ilanz	Training Ruschein	Training Ilanz		<i>Maria Himmelf.</i>	Training Ems			Training Ems	15
16		Training Ilanz	Training Ilanz	Training Ems		Training Ems			Training Ilanz	Training Ruschein	Training Ilanz	Training Ilanz	16
17	<i>Training Shihan</i>	Training Ems	Training Ems	<i>Training Shihan</i>		Training Ilanz	GOJU KAI	Training Ilanz	Training Ems		Training Ems	Shinan Jahresab.	17
18		Training Ilanz	Training Ilanz		Training Ilanz	Training Ems	<i>Lehrgang</i>	Training Ems	Training Ruschein		Training Ilanz		18
19	Training Ilanz	Training Ems	Training Ems	<i>Frühlingsferien</i>	Training Ems	<i>Training Shihan</i>	<i>Yamaguchi</i>	Training Ilanz	<i>D.OPEN Eid. Bet.</i>	Training Ilanz	Training Ems		19
20	Training Ems	Training Ruschein	Training Ruschein		Training Ilanz			Training Ems		Training Ems	Training Ruschein	<i>Winterferien</i>	20
21	Training Ilanz				Training Ems			<i>Training Shihan</i>	Training Ilanz	Training Ilanz			21
22	Training Ems	<i>Sportferien</i>			Training Ruschein	Training Ilanz			Training Ems	Training Ems			22
23	Training Ruschein		Training Ilanz		<i>Pfingsten</i>	Training Ems			Training Ilanz	Training Ruschein	Training Ilanz		23
24			Training Ems	<i>SWISS</i>	<i>Pfingstmontag</i>	Training Ilanz		Training Ilanz	<i>Gritt Jubiläum</i>	<i>Austria OPEN</i>	Training Ems		24
25			Training Ilanz	<i>Karate League</i>	Training Ilanz	Training Ems		Training Ems	<i>SWISS / Gritt</i>		Training Ilanz	<i>Weihnachten</i>	25
26	Training Ilanz		Training Ems		Training Ems	Training Ruschein		Training Ilanz	<i>Karate L./ Gritt</i>	Training Ilanz	Training Ems	<i>Stephanstag</i>	26
27	Training Ems	Training Ruschein	<i>Tr. Ruschein -Show</i>	Vaduz	Training Ilanz			Training Ems		Training Ems	<i>Training Shihan</i>		27
28	Training Ilanz	<i>SKU Turnier</i>	<i>Palmsonntag</i>		Budo Gala Basel	<i>Sommerferien</i>		Training Ruschein	Training Ilanz	Prüfungen			28
29	Training Ems				Budo Gala Basel				Training Ems	<i>Sem. Futawatari</i>			29
30	<i>SKU GV</i>		Training Ilanz		<i>SKU Turnier</i>				Training Ilanz	<i>Sem. Futawatari</i>	Training Ilanz		30
31								Training Ilanz		<i>Sem. Futawatari</i>			31

Trainingszeiten

	Anlässe des Goju Kai Karate Do Graubünden
	Anlässe des Goju Kai Karate Schweiz
	Turniere
	Ferien

Ilanz	Dienstag	Donnerstag	Ruschein	Samstag	Ems	Mittwoch	Freitag
18.15-19.30		Kinder			18.00-19.30	Kinder	Kinder
19.30-20.15	Erwachsene	Erwachsene			19.30-20.15	Erwachsene	Erwachsene
20.15-21.00	Erwachsene	Erwachsene			20.15-20.45	Erwachsene	
20.15-20.45					20.15-21.00		Erwachsene
14.00-15.00				Kader			
15.00-16.00				Kader			