Polizei-SV Augsburg e.V. / Abteilung Karate

Trainingszeiten

Montag

14:00 - 14:15			
14:15 - 14:30			
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17:00 - 17:15	**17:00 - 18:00**		
17:15 - 17:30	**Anfänger & Kinder (7-10 Jahre)**		
17:30 - 17:45	Peter,Andi		
17:45 - 18:00	*(PSV-Halle)*		
18:00 - 18:15	**18:00 - 19:30**		
18:15 - 18:30	**Schüler / Jugend (10-14 Jahre)**		
18:30 - 18:45	Prüfungsvorbereitung	Kata	Kumite
18:45 - 19:00			
19:00 - 19:15	Helmut,Andi	Tanja	Peter
19:15 - 19:30	*(Anna-Gym.)*	*(Anna-Gym.)*	*(Anna-Gym.)*
19:30 - 19:45	**19:30 - 21:00**		
19:45 - 20:00	**Junioren & Erwachsene**		
20:00 - 20:15	Prüfungsvorbereitung	Kata	Kumite
20:15 - 20:30			
20:30 - 20:45	Helmut,Andi	Tanja	Peter
20:45 - 21:00	*(Anna-Gym.)*	*(Anna-Gym.)*	*(Anna-Gym.)*
21:00 - 21:15			
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Dienstag

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18:30 - 18:45	**18:30 - 20:00**
18:45 - 19:00	**Laufgruppe**
19:00 - 19:15	ab 14 Jahre
19:15 - 19:30	
19:30 - 19:45	Andi, Herbert
19:45 - 20:00	*(Sportanlage Süd)*
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Mittwoch

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16:30 - 16:45			**16:30 - 17:45**
16:45 - 17:00			**Wettkampf Kata**
17:00 - 17:15			(Unterstufe)
17:15 - 17:30			
17:30 - 17:45	**17:30 - 18:45**		Peter *(PSV-Halle)*
17:45 - 18:00	**Schüler / Jugend**		
18:00 - 18:15	**(Wettkampf Kumite)**		
18:15 - 18:30	(Unterstufe)		
18:30 - 18:45	Peter, Herbert *(PSV-Halle)*		**18:30 - 19:45**
18:45 - 19:00			**Wettkampf Kumite**
19:00 - 19:15			(Oberstufe)
19:15 - 19:30			
19:30 - 19:45	**19:30 - 21:00**	**19:30 - 21:00**	Peter *(PSV-Halle)*
19:45 - 20:00	**Junioren &**	**Wettkampf Kata**	
20:00 - 20:15	**Erwachsene**	(Oberstufe)	
20:15 - 20:30			
20:30 - 20:45	Helmut, Herbert, Andi, Siggi, Dietmar	Peter	
20:45 - 21:00	*(PSV-Halle)*	*(PSV-Halle)*	
21:00 - 21:15	**Dehnen**		
21:15 - 21:30	**freies Training**		

Donnerstag

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16:30 - 16:45	**16:30 - 18:00**
16:45 - 17:00	**Wettkampf Kumite**
17:00 - 17:15	(Oberstufe)
17:15 - 17:30	
17:30 - 17:45	Peter
17:45 - 18:00	*(PSV-Halle)*
18:00 - 18:15	**18:00 - 19:30**
18:15 - 18:30	**Schüler / Jugend**
18:30 - 18:45	10 - 14 Jahre
18:45 - 19:00	
19:00 - 19:15	Peter, Herbert
19:15 - 19:30	*(PSV-Halle)*
19:30 - 19:45	**19:30 - 21:00**
19:45 - 20:00	**Junioren &**
20:00 - 20:15	**Erwachsene**
20:15 - 20:30	
20:30 - 20:45	Peter, Herbert
20:45 - 21:00	*(PSV-Halle)*
21:00 - 21:15	**Dehnen**
21:15 - 21:30	**freies Training**

Freitag

14:00 - 14:15		
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14:30 - 14:45	**14:30 - 15:45**	
14:45 - 15:00	**Wettkampf Kumite**	
15:00 - 15:15	(Unterstufe)	
15:15 - 15:30	**15:15 - 16:15**	
15:30 - 15:45	**Wettkampf Kata**	Peter *(PSV-Halle)*
15:45 - 16:00	H1 - H5	
16:00 - 16:15	Tanja *(PSV-Halle)*	**16:00 - 17:00**
16:15 - 16:30		**Wettkampf Kata**
16:30 - 16:45		bis 1.Dan / Empi, Jion, ...
16:45 - 17:00	**16:45 - 18:00**	Tanja *(PSV-Halle)*
17:00 - 17:15	**Wettkampf Kata**	
17:15 - 17:30	ab 2.Dan / Kanku Sho, ...	
17:30 - 17:45		
17:45 - 18:00	Peter,Tanja *(PSV-Halle)*	
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14:00 - 14:15			**15:30 - 17:00**
14:15 - 14:30			**Wettkampf Kumite**
14:30 - 14:45			(Oberstufe)
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16:45 - 17:00			Peter *(PSV-Halle)*
17:00 - 17:15			**17:00 - 18:00**
17:15 - 17:30			**Anfänger & Kinder**
17:30 - 17:45			Peter,Tanja (Moritz,Philip)
17:45 - 18:00			*(PSV-Halle)*
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Info's: Peter Voit / Abteilungsleiter
Telefon: 08231/978 86 86
Handy: 0151/1539 1639
E-Mail: karate@psv-augsburg.de

Mittwoch & Donnerstag

Nach dem letzten Training kann die Halle noch ca. 30 Minuten zum selbstständigen Dehnen oder zum Üben genutzt werden

Trainingsorte:

PSV - Halle	*Anna Gymnasium*	*Sportanlage Süd*
Göggingerstr.97	Schertinstr.5-7	Ilsungstr. 15 a
86199 Augsburg	86159 Augsburg	86161 Augsburg