



2019 Jahreskalender Shotokan Karate Seetal

Version 31.01.2019 Roger Fankhauser

Legende: ■ SKISF Verbandsanlass
Informationen auf: www.skisf.ch
■ Training / Prüfungen in Aesch LU

■ Training Ballwil
■ Spezial-Training / Turnier
■ Vereinsanlass
■ Ferien / Feiertag / Kein Training

Trainingszeiten:
MO 16:30 - 17:30 Uhr Karatekids 7-9 Jahren
17:45 - 18:45 Uhr Kinder / Jugendliche 10-15 Jahren
19:00 - 20:30 Uhr Jugendliche ab 16 Jahren / Erwachsene
Kinder ab 10 Jahren und 6. Kyu
MI 16:30 - 17:25 Uhr Kinder / Junioren
17:30 - 18:30 Uhr Karatekids 7-9 Jahren
18:45 - 19:45 Uhr Kinder / Jugendliche 10-15 Jahren
20:15 - 21:30 Uhr Jugendliche ab 16 Jahren / Erwachsene
Kinder ab 10 Jahren und 6. Kyu
SA 13:00 - 14:00 Uhr Unterstufen bis 6. Kyu
14:15 - 15:45 Uhr Oberstufen ab 5. Kyu

Januar

Sonntag	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
		1 Neujahr	2 Berchtholdstag	3 Ferien	4 Ferien	5 Ferien
6 Ferien	7 Training	8	9 Training	10	11	12 Training
13 Lehrgang	14 Training	15	16 Training	17 Koga Shihan	18	19 Training
20	21 Training	22	23 Training	24	25	26 Training
27	28 Training	29	30 Training	31		

Februar

Sonntag	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
					1	2 Training
3	4 Training	5	6 Training	7	8	9 Training
10	11 Training	12	13 Training	14	15	16 Koga Shihan
17	18 Training	19	20 Training	21	22	23 Training
24 Lehrgang	25 Training	26	27 Training	28 Schmudo		

März

Sonntag	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
					1	2 SKISF DV
3	4 Training	5	6 Training	7	8	9 Training
10	11 Training	12	13 Training	14	15	16 Training
17 Lehrgang	18 Training	19	20 Training	21 Koga Shihan	22	23 Training
24	25 Training	26	27 Training	28	29	30 Training
31						

April

Sonntag	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
	1 Training	2	3 Training	4	5	6 Training
7 Lehrgang	8 Training	9	10 J+S Coach Weiterbildung	11 Racca Kyoshi	12	13 Training
14 Palmsonntag	15 Training	16	17 Training	18	19 Karfreitag	20 Ostertraining
21 Ostern	22 Ostermontag	23	24 Training	25	26	27 Training
28	29 Training	30				

Mai

Sonntag	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
			1 Training	2	3	4 Training
5	6 Training	7	8 Training	9	10	11 Jubiläum Unterendfelden
12 Muttertag	13 Training	14	15 Training	16	17	18 Training
19 WK Thun	20 Training	21	22 Training	23	24	25 Training
26	27 Training	28	29 Training	30 Auffahrt	31	

Juni

Sonntag	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
						1 Training
2	3 Training	4	5 Training	6	7	8 Training
9 Pfingsten	10 Pfingstmontag	11	12 Training	13	14	15 Training
16	17 Training	18	19 Training	20 Fronleichnam	21	22 Training
23	24 Training	25	26 Training	27 Koga Shihan	28	29 Training
30						

Juli

Sonntag	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
	1 Training	2	3 Training	4	5	6 Training
7	8 Training	9	10 Training	11	12	13 Training
14	15 Training	16	17 Training	18	19	20 Training
21 Ferien	22 Ferien	23 Ferien	24 Ferien	25 Ferien	26 Ferien	27 Ferien
28 Ferien	29 Ferien	30 Ferien	31 Ferien			

August

Sonntag	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
				1 Nationalfeiertag	2 Ferien	3 Ferien
4 Ferien	5 Training	6	7 Training	8	9	10 Training
11	12 Training	13	14 Training	15 Maria Himmelfahrt	16	17 Training
18	19 Training	20	21 Training	22	23	24 Training
25	26 Training	27	28 Training	29	30	31 Training

September

Sonntag	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
1	2 Training	3	4 Training	5	6	7 Training
8 Kilbi Ballwil	9 Training	10	11 Training	12 Racca Kyoshi	13	14 Training
15 Buss-/Bettag	16 Training	17	18 Training	19	20	21 Training
22	23 Training	24	25 Training	26	27	28 Training
29	30 Training					

Oktober

Sonntag	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
		1	2 Training	3	4	5 Training
6	7 Training	8	9 Training	10 Training IPH	11	12 Training
13	14 Training	15	16 Training	17 Training IPH	18	19 Training
20	21 Training	22	23 Training	24 Koga Shihan	25	26 Training
27 Lehrgang	28 Training	29	30 Training	31 Halloween		

November

Sonntag	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
					1 Allerheiligen	2 Koga Shihan
3	4 Training	5	6 Training	7	8	9 Training
10 Lehrgang	11 Training	12	13 Training	14	15	16 SKISF SM Hori
17 SKISF SM Hori	18 Training	19	20 Training	21	22	23 Training
24	25 Training	26	27 Training	28	29	30 Training

Dezember

Sonntag	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
1	2 Training	3	4 Training	5	6	7 Klausurtraining
8 Lehrgang	9 Training	10	11 Training	12	13	14 Training
15	16 Training	17	18 Training	19	20	21 Training
22 Ferien	23 Ferien	24 Heiligabend	25 Weihnacht	26 Stephanstag	27 Ferien	28 Ferien
29 Training	30 Ferien	31 Silvester				