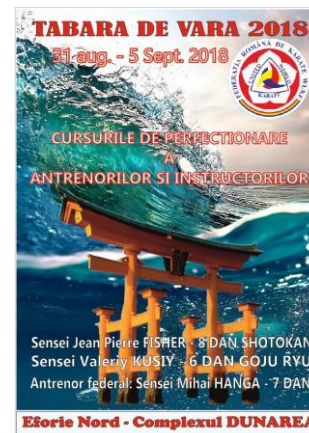




# FEDERATIA ROMANA DE KARATE WUKF



空手道

## PROGRAM DE ANTRENAMENTE

### TABARA DE VARA 2018

ZIUA/DATA	ORELE	ANTRENAMENT		LOCATIE
<b>SAMBATA 01.09.2018</b>	07:00 – 07:45	PREGATIRE FIZICA	Antrenor federal - HANGA MIHAI 6 DAN Preparator fizic - DROCSA JOZSEF 2 DAN	Plecare din fata hotelului
	09:00 – 10:00	Gradele 9-7 kyu	Sensei VALERIY KUSIY 6 DAN	Sala de sport Eforie Nord
	10:00 – 11:30	Gradele + 6 kyu	Sensei VALERIY KUSIY 6 DAN	Sala de sport Eforie Nord
	11:30 – 13:00	KUMITE	Antrenor federal - HANGA MIHAI 6 DAN	Sala de sport Eforie Nord
	17:00-18:00	Gradele 9-7 kyu	Sensei JEAN PIERRE FISCHER 8 DAN	Sala de sport Eforie Nord
	18:00-19:30	Gradele + 6 kyu	Sensei JEAN PIERRE FISCHER 8 DAN	Sala de sport Eforie Nord
<b>DUMINICA 02.09.2018</b>	07:00 – 07:45	PREGATIRE FIZICA	Antrenor federal - HANGA MIHAI 6 DAN Preparator fizic - DROCSA JOZSEF 2 DAN	Plecare din fata hotelului
	09:00 – 10:00	Gradele 9-7 kyu	Sensei JEAN PIERRE FISCHER 8 DAN	Sala de sport Eforie Nord
	10:00 – 11:30	Gradele + 6 kyu	Sensei JEAN PIERRE FISCHER 8 DAN	Sala de sport Eforie Nord
	11:30 – 13:00	KUMITE	Antrenor federal - HANGA MIHAI 6 DAN	Sala de sport Eforie Nord
	17:00 -18:00	Gradele 9-7 kyu	Sensei VALERIY KUSIY 6 DAN	Sala de sport Eforie Nord
	18:00-19:30	Gradele + 6 kyu	Sensei VALERIY KUSIY 6 DAN	Sala de sport Eforie Nord
<b>LUNI 03.09.2018</b>	07:00 – 07:45	PREGATIRE FIZICA	Antrenor federal - HANGA MIHAI 6 DAN Preparator fizic - DROCSA JOZSEF 2 DAN	Plecare din fata hotelului
	09:00 – 10:00	Gradele 9-7 kyu	Sensei VALERIY KUSIY 6 DAN	Sala de sport Eforie Nord
	10:00 – 11:30	Gradele + 6 kyu	Sensei VALERIY KUSIY 6 DAN	Sala de sport Eforie Nord
	11:30 – 13:00	KUMITE	Antrenor federal - HANGA MIHAI 6 DAN	Sala de sport Eforie Nord
	17:00-18:00	Gradele 9-7 kyu	Sensei JEAN PIERRE FISCHER 8 DAN	Sala de sport Eforie Nord
	18:00-19:30	Gradele + 6 kyu	Sensei JEAN PIERRE FISCHER 8 DAN	Sala de sport Eforie Nord
<b>MARTI 04.09.2018</b>	07:00 – 07:45	PREGATIRE FIZICA	Antrenor federal - HANGA MIHAI 6 DAN Preparator fizic - DROCSA JOZSEF 2 DAN	Plecare din fata hotelului
	09:00 – 10:00	Gradele 9-7 kyu	Sensei JEAN PIERRE FISCHER 8 DAN	Sala de sport Eforie Nord
	10:00 – 11:30	Gradele + 6 kyu	Sensei JEAN PIERRE FISCHER 8 DAN	Sala de sport Eforie Nord
	11:30 – 13:00	KUMITE	Antrenor federal - HANGA MIHAI 6 DAN	Sala de sport Eforie Nord
	17:00 -18:00	Gradele 9-7 kyu	Sensei VALERIY KUSIY 6 DAN	Sala de sport Eforie Nord
	18:00 -19:30	Gradele + 6 kyu	Sensei VALERIY KUSIY 6 DAN	Sala de sport Eforie Nord