



FEDERATIA ROMANA DE KARATE WUKF

PROGRAM DE ANTRENAMENTE

TABARA DE VARA 2019

| ZIUA/DATA | ORELE | ANTRENAMENT | | LOCATIE |
|--------------------------------------|---------------|------------------|--|----------------------------|
| DUMINICA 01.09.2019 | 07:00 – 07:45 | PREGATIRE FIZICA | Antrenor federal - HANGA MIHAI 7 DAN Preparator fizic - DROCSA JOZSEF 3 DAN | Plecare din fata hotelului |
| | 10:00 – 11:30 | KUMITE | Antrenor federal - HANGA MIHAI 7 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 |
| LUNI 02.09.2019 | 07:00 – 07:45 | PREGATIRE FIZICA | Antrenor federal - HANGA MIHAI 7 DAN Preparator fizic - DROCSA JOZSEF 3DAN | 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 7 DAN | Sala de sport Eforie Nord |
| MARTI 03.09.2019 | 07:00 – 07:45 | PREGATIRE FIZICA | Antrenor federal - HANGA MIHAI 7 DAN Preparator fizic - DROCSA JOZSEF 3 DAN | Plecare din fata hotelului |
| | 10:00 – 11:30 | KUMITE | Antrenor federal - HANGA MIHAI 7 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 |
| MIERCURI 04.09.2019 | 07:00 – 07:45 | PREGATIRE FIZICA | Antrenor federal - HANGA MIHAI 7 DAN Preparator fizic - DROCSA JOZSEF 3 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 7 DAN | Sala de sport Eforie Nord |