



## Trainingsplan Tübingen

|       | Montag               | Dienstag      | Mittwoch          | Donnerstag            | Freitag             | Samstag         |
|-------|----------------------|---------------|-------------------|-----------------------|---------------------|-----------------|
| 9.00  |                      |               |                   |                       |                     |                 |
| 9.30  |                      |               |                   |                       | Qigong              | 10:00 – 14:00   |
| 10.00 |                      |               | Taiji GS + MS     |                       | (Jun Shifu)         | Seminare nach   |
| 10.30 |                      |               | (Jun Shifu)       |                       |                     | Ankündigung     |
| 16.00 |                      |               |                   |                       |                     | 15:00 – 17:00   |
| 16.30 | Kungfu               |               |                   |                       | Kungfu Kinder I     | Vereinstraining |
| 17.00 | Kinder II (ab 8 J.)  |               |                   |                       | (ab 5J) (Jun Shifu) | (TRZ)           |
| 17.30 | (Jun Shifu)          |               |                   |                       | Kinder Kungfu       | Löwentanz,      |
| 18.00 | Kungfu               |               | Kungfu (Waffen)   |                       | (ab 8 Jahre)        | Sondertraining, |
| 18.30 | Jugend MS            |               | Jugend MS         | Kungfu Jugend &       | Taiji-Anfänger      | Kraftraining,   |
| 19.00 | (Jun Shifu)          |               | (Jun Shifu)       | GS (Jun shifu)        | (Jun Shifu)         | (Jun Shifu)     |
| 19.30 | Kungfu               | Kungfu        | Kungfu (Waffen)   | Kungfu GS Erw.        | Taiji-MS            |                 |
| 20.00 | Erw. MS, Fortg.      | Anfänger + GS | Erw. MS, Fortg.   | (aktuelle noch nicht) | (Jun Shifu)         |                 |
| 20.30 | (Jun Shifu)          | Taiji GS      | (Jun Shifu)       | Freies Training       |                     |                 |
| 21.00 | Kraft Ausd. training | (Truci)       | Sanda (Anno, Jun) | Kungfu Vertiefung     |                     |                 |
| 21.30 |                      |               |                   |                       |                     |                 |
| 22.00 |                      |               |                   |                       |                     |                 |

GS = Grundstufe, MS = Mittelstufe, Stand: Januar 2024

## Trainingsplan Stuttgart | Jakobschule

|       | Montag | Dienstag       | Mittwoch | Donnerstag | Freitag | Samstag |
|-------|--------|----------------|----------|------------|---------|---------|
| 18.00 |        |                |          |            |         |         |
| 18.30 |        |                |          |            |         |         |
| 19.00 |        |                |          |            |         |         |
| 19.30 |        |                |          |            |         |         |
| 20.00 |        |                |          |            |         |         |
| 20.30 |        | 20.15 – 21.30  |          |            |         |         |
| 21.00 |        | Kungfu GS & MS |          |            |         |         |
| 21.30 |        | (Jun Shifu)    |          |            |         |         |
| 22.00 |        |                |          |            |         |         |