

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03:00h			<i>EARLY MORNING TRAINING ALL GROUP</i>		
07:00H	<i>BLACK BELT AND BROWN BELT TRAINING -HEIKU -PAIKU</i>	<i>BLACK BELT AND BROWN BELT TRAINING -TENSHO -SUPARIMPEI</i>		<i>BLACK BELT AND BROWN BELT TRAINING -ANAN -CHATANYARA</i>	<i>BLACK BELT AND BROWN BELT TRAINING - PAAPUREN – UNSU - GOJU SHIHO</i>
08:30H	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
09:30H	BREAK	BREAK	BREAK	BREAK	BREAK
10:30H	<i><u>TRAINING ALL GROUP</u> WARM UP KIHON – COMBINATIONS KIHON DOSA – HEIAN YAKUSOKU KUMITE WORK IN PAIRS</i>	<i><u>TRAINING ALL GROUP</u> KIHON HEIAN-BASSAI DAI SEIENCHIN SHIMPA or SANSERU HEIKU – ANAN FREE INDIVIDUAL</i>	<i>FREE TIME</i>	<i><u>TRAINING ALL GROUP</u> STRETCHING SEIENCHIN CHATANYARA PACHU FREE INDIVIDUAL</i>	<i><u>TRAINING ALL GROUP</u> WORK IN PAIRS HEIAN – BASSAI DAI NIPAPO HEIKU – ANAN SEIENCHIN – PACHU CHATANYARA FREE INDIVIDUAL</i>
13:30H	BREAK	BREAK	BREAK	BREAK	BREAK
14:30H	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
15:30H	BREAK	BREAK	BREAK	BREAK	BREAK
17:00H	<i><u>KOBUDO ALL GROUP</u> BASIC MOVEMENTS KIHON BO FROM N° 1 TO 7 SHODAN NO KON NIDAN NO KON SAI</i>	<i><u>KOBUDO ALL GROUP</u> WARM UP KIHON BO FROM N° 1 TO 10 SHODAN NO KON NIDAN NO KON WORK IN PAIRS FREE KATA INDIVIDUAL</i>	<i><u>KOBUDO ALL GROUP</u> KIHON BO N° 12 SHODAN NO KON NIDAN NO KON SANDAN NO KON KUMI BO FROM N° 1 TO 3 SAI</i>	<i><u>KOBUDO ALL GROUP</u> WORK IN PAIRS KUMI BO FROM N° 1 TO 5 NIDAN NO KON SANDAN NO KON SUSHI NO KON FREE KATA INDIVIDUAL</i>	<i><u>KOBUDO ALL GROUP</u> KIHON BO N° 12 KATAS KUBO NO KON KUMI BO FROM N° 5 TO 8 SAI</i>
19:30H	BREAK	BREAK	BREAK	BREAK	BREAK
21:00H	DINNER	DINNER	DINNER	DINNER	DINNER
22:00H	BREAK	BREAK	BREAK	BREAK	BREAK
24:00	END OF DAY (SCHEDULE OR ACTIVITIES ARE SUBJECT TO CHANGE IF THE CIRCUMSTANCES REQUIRES IT)				