



Lehrgangsprogramm - TRAINING CAMP PROGRAM

| Freitag, 18 Oktober (Friday, October 19th) |                                                                                                                                      | Samstag, 19 Oktober (Saturday, October 19th)                                |                                                                         | Sonntag, 20. Oktober (Sunday, October 20th) |                                     |
|--------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------|-------------------------------------------------------------------------|---------------------------------------------|-------------------------------------|
|                                            |                                                                                                                                      | 8.20 Uhr Treffen in der Hotel Lobby 08.20am - Collecting in the Hotel Lobby |                                                                         |                                             |                                     |
|                                            |                                                                                                                                      | 8:30                                                                        | Samu                                                                    | 8:30                                        | Samu                                |
|                                            |                                                                                                                                      | 8:55                                                                        | Seiritsu (Aufstellung - line up)                                        | 8:55                                        | Seiritsu (Aufstellung - line up)    |
|                                            |                                                                                                                                      | 9:00                                                                        | Eröffnung / Vorstellung der Lehrer - Opening / Instructors Introduction | 9:00                                        | Chinkon gyo -                       |
|                                            |                                                                                                                                      | 9:15                                                                        | Chinkon gyo                                                             | 9:15                                        | Taiso (Aufwärmen - warm up) -       |
|                                            |                                                                                                                                      | 9:25                                                                        | Taiso (Aufwärmen - warm up)                                             | 9:30                                        | Tan en -                            |
|                                            |                                                                                                                                      | 9:40                                                                        | Kihon                                                                   | 10:00                                       | Pause - Break                       |
|                                            |                                                                                                                                      | 10:10                                                                       | Pause - Break                                                           | 10:10                                       | Technikprogramm - technical program |
|                                            |                                                                                                                                      | 10:20                                                                       | Technikprogramm - technical program                                     | 11:20                                       | Pause                               |
|                                            |                                                                                                                                      | 11:20                                                                       | Pause                                                                   | 11:30                                       | Gakka                               |
|                                            |                                                                                                                                      | 11:30                                                                       | Gakka                                                                   | 11:55                                       | Foto / Photo                        |
|                                            |                                                                                                                                      | 11:55                                                                       | Seiritsu (Aufstellung - line up)                                        | 12:00                                       | Seiritsu (Aufstellung - line up)    |
|                                            |                                                                                                                                      | 12:00                                                                       | Mittagessen - lunch                                                     | 12:00                                       | Mittagessen - lunch                 |
| 15:00                                      | Ankunft - arrival                                                                                                                    | 13:30                                                                       | Seiritsu (Aufstellung - line up)                                        | 13:30                                       | Seiritsu (Aufstellung - line up)    |
|                                            |                                                                                                                                      | 13:35                                                                       | Taiso (Aufwärmen - warm up)                                             | 13:35                                       | Taiso (Aufwärmen - warm up) -       |
|                                            |                                                                                                                                      | 13:40                                                                       | Technikprogramm - technical program                                     | 13:50                                       | Technikprogramm - technical program |
| 17:00                                      | Empfang im Rathaus Augsburg für Landesvertreter / Greeting in the town hall Augsburg for representatives of the country federations. | 14:40                                                                       | Seiritsu (Aufstellung - line up) letzte Infos                           | 15:00                                       | Ende - end                          |
|                                            |                                                                                                                                      | 15:00                                                                       | Jubiläumsgala / Anniversary Gala - public Shorinji Kempo demonstration  |                                             |                                     |
|                                            |                                                                                                                                      | 17:20                                                                       | Seiritsu (Aufstellung - line up) letzte Infos                           |                                             |                                     |
|                                            |                                                                                                                                      | 17:30                                                                       | Ende - end                                                              |                                             |                                     |
| 20:00                                      | Geschicklichkeits Übungen - dexterity exercises                                                                                      | 19:30                                                                       | Abendveranstaltung - dinner party                                       |                                             |                                     |
| 21:30                                      | Ende - end                                                                                                                           |                                                                             |                                                                         |                                             |                                     |