

April 2013

| WEEK 14 -- 01/04 t/m 07/04 | | |
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| Ma | 01 | Geen training (Uitrusten van de paaseierenzoektocht) |
| DO | 04 | Relaxatie/mediatie Gunter |
| DO | 28 | STT Tomonokai Zwijndrecht |

| WEEK 15 -- 08/04 t/m 14/04 | | |
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| MA | 08 | Klemmen Matthias |
| DO | 11 | Diagonaal door programma Matthias |

| WEEK 16 -- 15/04 t/m 21/04 | | |
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| MA | 15 | Wapens Rudi |
| WO | 13 | Kadertraining Tomonokai Wijnegem |
| DO | 18 | Sutemi-waza (Offerworpen) Matthias |
| ZO | 21 | Stage De Wit (namiddag) Stekene |

| WEEK 17 -- 22/04 t/m 29/04 | | |
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| MA | 22 | Afstand en nabijtechnieken Matthias |
| DO | 25 | Kadertraining - Ju-Jitsu-Do Kata (tot 22u!!!) Eigen dojo |

| WEEK 18 -- 29/04 t/m 05/05 | | |
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| MA | 29 | Programmatraining Matthias |
| DO | 25 | Stijltechnische training Zwijndrecht |
| DO | 02 | Karate Rudi |

