

# Instruktörsschema sommaren 2024

## INSTRUKTÖRER

<b>AB</b>	Ann Sofie Björk
<b>BL</b>	Börje Linden
<b>DL</b>	Dino Lidberg
<b>DW</b>	Daniella Wiener
<b>EN</b>	Emmeli Neivak
<b>FS</b>	Frippe Stenberg
<b>HE</b>	Hans Eriksson
<b>JL</b>	Jenny Lagerqvist
<b>KA</b>	Kevin Ahrlind
<b>MH</b>	Martin Hansson
<b>MSE</b>	Michael Sederlin
<b>PW</b>	Per Wallvide
<b>SD</b>	Stefan Derolf
<b>SF</b>	Sten Frödin
<b>SS</b>	Soma Szabo
<b>SÅ</b>	Sonny Ågren
<b>NO</b>	Nikolina Olofsson
<b>TH</b>	Tomas Hellsen
<b>UA</b>	Urban Aldenklint
<b>UL</b>	Ulf Linde
<b>VT</b>	Viktoria Thune
<b>ÅS</b>	Åsa Scherrer
<b>TONÅR:</b>	<b>GZ</b> Greta Zetterqvist

## Tavastgatan.

VECKA/ DATUM:	6.30 Må	18.30 Må	18.30 Ti	18.30 To
V23 3-9/6	TH	MH	KA	****
V24 10-16/6	TH	MH	SD	SD
V25 17-23/6	TH	MH	KA	****
V26 24-30/6	TH	MH	SF	UA
V27 1-7/7	***	*****	HE	BL
V28 8-14/7	***	*****	HE	MSE
V29 15-21/7	***	*****	UA	UA
V30 22-28/7	***	*****	HE	UA
V31 29/7-4/8	***	*****	BL	*****
V32 5-11/8	TH	UA	BL	UA
V33 12-18/8	TH	MH	HE	UA

## Allmänna pass

VECKA:	Attackformer	Jo/Bokken
V23 3-9/6	Ryotedori	Bokken Suburi 1-7
V24 10-16/6	Aihanmi-katatedori	Bokken 2-4-8 riktningar
V25 17-23/6	Shomenuchi	Bokken Awase 1-7
V26 24-30/6	Yokomenuchi	Jo Kihon: Tsuki, Men no Bu (10st)
V27 1-7/7	Gyakohanmi-katatedori	Jo Kihon: Hasso, Katate, Nagare no Bu (10st)
V28 8-14/7	Katadori, Sodedori	Kummitachi 1-5
V29 15-21/2	Munadori, Hijidori	Jo Kata 13
V30 22-28/7	Tsuki, Geri	Jo Kata 31
V31 29/7-4/8	Ushiro: ryotedori, ryokatadori, ryohijidori	Jo Kata 22
V32 5-11/8	Katateriyotedori	Jo Awase 1-8
V33 12-18/8	Katadori-menuchi	Kummi Jo 1-10