

Trainings- und Seminarprogramm

VERSION 2 – Änderungen vorbehalten – Neuigkeiten unter www.b-a-e.de/nordseecamp



| Wellcome to Schlicktown! | 40 Jahre BAE | | | Eintauchen! AquaDay | Wilhelm-Tell-Tag | | | DEPICE Day | | | Neverending Nippon | | | Bye Bye, Budo! | | | | | | | |
|------------------------------------|---|--------------------|--------------------|---------------------|---------------------|---------------------|--------------------|-----------------|----------------------------------|-----------------|------------------------|---------------------------|--------------------|------------------------------|----------------------|-----------------------|-----------------------------|-----------------------|--|------------------|---------|
| Sa. | Sonntag | | | Zeit | Montag | | | Dienstag | | | Mittwoch | | | Donnerstag | | | Freitag | | | | |
| | E1 | E2 | Kids | | E1 | E2 | Kids | E1 | E2 | Kids | E1 | E2 | Kids | E1 | E2 | Kids | E1 | E2 | Kids | | |
| | | | | 9.00 - 9.45 | Kick-Bo-Aero / PA | | Bo-Jitsu / JG | | art of balance / PT | Kick-Boxen / ND | Kick-Bo-Aero / PA | | Aufwärmen / ND | | Pilates / NW | Ajukate / SB | BBP / KK | | Jiu-Jitsu / CS / SB | | |
| Dan-Prüfungen Kyu-Prüfungen | Welcome + Shows | | | 10.00 - 11.00 | Jiu-Jitsu / JG | Ernährung / KK | Jiu-Jitsu / CS | Survival / PG | Sambo / TM | Dance / MA | ATK / PG | Aufwärmen / ND | PlayDay / CS / SB | Jiu-Jitsu / JG | Iaido / MS | Piratenfest / CS / SB | ASD Stretching + Kicks / ND | Groß + Klein Fun / JG | | | |
| | EDC: Konferenz, Qi Gong in Theorie und Praxis | Dance Warm-Up / MA | | Kadertraining / ND | Kung-Fu / UJ | 11.15 - 12.15 | Bo-Jitsu kurz / JG | Muay Thai / RK | active Kids / NW | Sambo / TM | Jiu-Jitsu Kampf / SB | Judo / AG | Kick-Boxen SK / ND | | Bo-Jitsu lang / JG | Tricking / MD | | ATK / CW | Dance / MA | Relaxx Kids / NF | |
| | | Kung-Fu / UJ | | | Ajukate / SB | 12.30 - 13.30 | ATK / UJ | Muay Boran / RK | [Essen] | Dance / MA | Judo / TM | [Essen] | Judo Kampf / AG | Kick-Boxen VK / UJ | [Essen] | Iaido / HN | Tricking / MD | [Essen] | GAST | Ajukate / HW | [Essen] |
| | | ATK / PG | Iaido Th. / HN | | JJ / CS | 13.30 - 15.00 | | | Mensch Ärger Dich LIVE / CS / SB | | | ab 14.00 Survival / PG | | Medien + Judo / AG bis 14.30 | Samurai Theorie / MS | | | Jiu-Jitsu / HW | Gemeinsames Abschlusstraining / JG / ND / SB / CS / HW | | |
| | art of balance / PT | Kick-Boxen / UJ | Schattenmalen / CS | 15.00 - 16.00 | ATK / PG | Krabi Krabong / RK | GAST | ATK / UJ | Parkour / Parkour Team | | ASD-Karate PUBLIC / ND | ATK / MS | ASD / PG | XMA / MD | Japanisch / KN | GAST | | | | | |
| | Duschen, schön machen, vorfreuen... :) | | | 16.15 - 17.15 | Kung-Fu / UJ | Muay Thai 2 / RK | | Ajukate / CW | | | ATK PUBLIC / HW | Samurai / MS | | ASD-Karate / ND | | | | | | | |
| ab 22.00 Casa-blanca Disco Abend | 40 Jahre BAE Gala Nautilus | | | 18.00 | Budo Schwimmturnier | | | Bogenschießen | | | Fußballturnier | | | Nippon Night: | | | Bonny's Diner | | | | |
| | | | | 20.00 | Böll-Abend | | | Parklücke | | | Pumpwerk / Orange | | | Sushi-Essen, Karaoke-Abend | | | Fun Disco Night | | | | |
| | | | | 23.00 | Midnight Budo | | | | | | | | | | | | | | | | |

AG - Alexander von der Groeben | CS - Christin Senf | CW - Claude Weiland | HN - Hajo Neumann | HW - Hanna Weiland | JG - Jörg Gerdes | KK - Katharina Kozak | KN - Keiko Niederstrasser | MA - Mara Sawalsky | MD - Marc Dresen | MS - Martin Sülz | ND - Nikolai Dumke | NF - Norbert Fritz | NW - Nico Weiland | PA - Petra Gevatter | PG - Peter Gevatter | PT - Petra Hirlbach-Thomsen | RK - Ralf Kussler | SB - Sascha Brückner | TM - Tadeusz Myczkiewicz | UJ - Uwe Johannsen | GAST - Gasttrainer