

# Stundenplan Goju Kan Bern ab 10. August 2026

| Montag                                       |                                                       | Dienstag                                                  |                                                              | Mittwoch                                |                                                  | Donnerstag                                   |                                                    | Freitag                                   |                                                           | Samstag                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                        |
|----------------------------------------------|-------------------------------------------------------|-----------------------------------------------------------|--------------------------------------------------------------|-----------------------------------------|--------------------------------------------------|----------------------------------------------|----------------------------------------------------|-------------------------------------------|-----------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------|
| grosses Dojo                                 | kleines Dojo                                          | grosses Dojo                                              | kleines Dojo                                                 | grosses Dojo                            | kleines Dojo                                     | grosses Dojo                                 | kleines Dojo                                       | grosses Dojo                              | kleines Dojo                                              | grosses Dojo                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | kleines Dojo                           |
|                                              |                                                       |                                                           |                                                              |                                         |                                                  |                                              |                                                    |                                           |                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                        |
|                                              |                                                       |                                                           |                                                              |                                         | Taiji Qigong<br>09.05-10.05<br>MG                |                                              | Taiji Qigong<br>09.05-10.05<br>MG                  |                                           |                                                           | Karate<br>Wettkampf-<br>Training<br>11.00-12.30<br>EG                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Kungfu<br>Kinder<br>11.00-12.00<br>EGr |
|                                              |                                                       |                                                           | Qigong<br>12.15-13.00<br>EG                                  |                                         |                                                  | Training<br>Taktvoll<br>11.00-12.00<br>NH/AG |                                                    |                                           |                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                        |
|                                              |                                                       |                                                           |                                                              | Kampfkunst kl. Kinder<br>14.30-15.15 DJ |                                                  | Krav Maga<br>Uni Bern<br>12.15-13.15         |                                                    |                                           |                                                           | <b>Schulleitung</b><br>Golowin Monika (MG)<br>Golowin Erik (EG)<br><br><b>Trainerinnen/Trainer</b><br>Berger Doris (DB)<br>Bosniak Nikolina (NB)<br>Emmenegger Nuria (NE)<br>Golowin Aurelia (AG)<br>Grebenarov Elena (EGr)<br>Haude Regina (RH)<br>David Hesse (DH)<br>Hofmann Verena (VH)<br>Hostettler Niklaus (NH)<br>Jacob Dayna (DJ)<br>Rittiner Benj (BR)<br>Sancar Mahir (MS)<br>Sigillò Nicola (NS)<br>Stucki Monika (MSt)<br>Wegmüller Jan (JW)<br>Weihmann Stefanie (SW)<br>Wicki Peter (PW)<br>Wyss Hans Peter (HW)<br><br><b>EFK = Einführungskurs</b> |                                        |
| Kungfu<br>Uni Bern<br>16.45-17.45            |                                                       | Wettkampf-<br>Training<br>Karate<br>17.00-18.00<br>EG     | Krav Maga<br>Uni Bern<br>16.45-18.00                         | Karate Kinder<br>16.45-17.45<br>MG/EG   |                                                  |                                              |                                                    | Karate Kinder<br>16.45-17.45<br>EG/MG/MSt |                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                        |
|                                              |                                                       |                                                           |                                                              |                                         |                                                  |                                              |                                                    |                                           |                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                        |
| Karate<br>18.00-19.15<br>DB                  | Krav Maga<br>18.00-19.00<br>AG/NH                     | Taiji<br>+ Bagua<br>18.05-19.05<br>div.<br>Unterrichtende | Kickboxen<br>Grundlagen/<br>Basic<br>18.00-19.00<br>VH/NE/NB | Karate<br>18.00-19.15<br>EG/PW          | Krav Maga<br>18.00-19.00<br>AG                   | Taiji<br>18.00-19.15<br>EG                   | Krav Maga<br>18.00-19.15<br>div.<br>Unterrichtende | Karate<br>18.00-19.30<br>EG/PW            | Kickboxen<br>Grundlagen/<br>Basic<br>18.00-19.00<br>VH/JW |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                        |
| Taiji Qigong<br>19.20-20.20<br>DH            | Bodenkampf<br>mit/ohne<br>Waffen<br>19.05-20.30<br>BR | Kungfu<br>19.05-20.35<br>Egr                              | Kickboxen<br>Advanced<br>19.05-20.40<br>NE/VH                | Kumite<br>19.30-21.00<br>NS             | Kickboxen<br>alle Stufen<br>19.05-20.35<br>VH/NE | Kungfu<br>19.20-20.20<br>EG                  | Schwert<br>19.20-20.20<br>MG/HW                    | Kungfu<br>19.30-21.00<br>EGr              | Kickboxen<br>Advanced<br>19.00-20.00<br>VH/JW             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                        |
| Training<br>Taktvoll<br>20.35-21.35<br>NH/AG |                                                       |                                                           |                                                              |                                         |                                                  |                                              |                                                    |                                           |                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                        |

**WICHTIG: VOR JEDEM TRAINING FÜSSE WASCHEN UND AUF DEN SCHWARZEN BÖDEN SCHLAPPEN TRAGEN**



Im Karate werden Kinder und Jugendliche nach den Grundsätzen von J+S unterrichtet und durch ausgewiesene Trainer:innen, die sich stetig weiterbilden, betreut.