

Month	Date	Activity	Organisator	Place	Country	Disciplines						
						PF	LC	KL	FC	LK	K1	MF
Jan	21. - 22.01	Golden Glove Cup	WAKO	Venice	Italy	PF	LC	KL	FC			
	21.01	LC Junior National Team, 1. Training, Time 10:00 - 12:00	Bernauer Stefan/Eichenberger Kevin	Burg	CH		LC					
	24.01	PF National Team Adults & Juniors, 1. Training, Time: 19:00 - 21:00	Bürge Riccardo/Faggiano Andrea/Gerini Omar	Wohlen/ Kickboxing Wohlen	CH	PF						
	28.01	LC National Team, 1. Training, Time 10:00 - 13:30	Francioni Roger/Elmiger Sabrina	Sursee/ Kickboxing Sursee	CH		LC	KL				
Feb	04.02	Pointtraining SCOS	SCOS	Solothurn	CH						LK	
	04. - 05.02	Athens Challenge	WAKO	Athen	Greece	PF	LC	KL		LK		MF
	10. - 12.02	Karlovac Open	WAKO	Karlovac	Croatia	PF	LC	KL	FC	LK		MF
	11.02	1. Self-Defense Course, Sursee, Time: 10:00 - 12:30	Siegrist Max	Sursee/ Kickboxing Sursee	CH	PF	LC	KL	FC	LK		MF
	11.02	Offener Bayern Pokal	WAKO	Rödingen	Germany	PF	LC	KL	FC	LK		MF
	14.02	PF National Team Adults & Juniors, 2. Training, Time: 19:00 - 21:00	Bürge Riccardo/Faggiano Andrea/Gerini Omar	Wohlen/ Kickboxing Wohlen	CH	PF						
	18. - 19.02	Offener Ebern Pokal	WAKO	Eberswalde	Germany	PF	LC	KL				
	25.02	1. Quali SCOS	SCOS/ Kickboxing Uzwil	Niederuzwil	CH						LK	
	25.02	Top Ten Open	WAKO	Lünen	Germany	PF						
	25.02	LC National Team, 2. Training, Time 10:00 - 13:30	Francioni Roger/Elmiger Sabrina	Sursee/ Kickboxing Sursee	CH		LC	KL				
25.02	Self-Defense Course 1, Bern, Time: 13:30 - 16:00	Santschi Andreas	Bern/ Nippon Bern	CH	PF	LC	KL	FC	LK		MF	
Mar	03. - 05.03	Irish Open	WAKO	Dublin	Ireland	PF	LC		FC		K1	MF
	04.03	2. Self-Defense Course, Sursee, Time: 10:00 - 12:30	Siegrist Max	Sursee/ Kickboxing Sursee	CH	PF	LC	KL	FC	LK		MF
	04.03	1. Kuatsu Course, Sursee, Time: 13:30 - 16:00	Siegrist Max	Sursee/ Kickboxing Sursee	CH	PF	LC	KL	FC	LK		MF
	04.03	1. Sparringtreff Low Kick	Gruber Franz/ Aliu Adrian	Nidau/Biel	CH						LK	
	11.03	Delegated Meeting (DV)	WAKO Switzerland	Zürich	CH							
	11.03	LC Junior National Team, 2. Training, Time 10:00 - 12:00	Bernauer Stefan	Burg	CH		LC					
	17. - 19.03	German Open	WAKO	München	Germany	PF	LC	KL	FC	LK	K1	MF
	19.03	40. Reinacher Cup, CH Meisterschaften & Quali Full Contact	WAKO/ Wymental Kickboxing Team	Reinach	CH	PF	LC	KL		LK		MF
	25. - 26.03	PF National Team Seminar	WAKO CH/ Faggiano Andrea/Bürge Riccardo	Wohlen/ Kickboxing Wohlen	CH	PF						
	25.03	2. Quali SCOS	SCOS/ Zensportsschule Illnau	Volketswil	CH						LK	
Apr	01.04	1. Mastergrade Pre-Exam	WAKO Switzerland	Sursee/ Kickboxing Sursee	CH	PF	LC	KL	FC	LK		MF
	01. - 02.04	Point Fighting Cup	WAKO	Milano	Italy	PF						
	01. - 02.04	LC National Team, 3. Training (condi-test), afternoon	Francioni Roger	Zürich/ MKC Zürich	CH		LC	KL				
	04.04	PF National Team Adults & Juniors, 3. Training, Time: 19:00 - 21:00	Bürge Riccardo/Faggiano Andrea/Gerini Omar	Wohlen/ Kickboxing Wohlen	CH	PF						
	04. - 09.04	Turkish Open	WAKO	Antalya	Turkey	PF	LC	KL	FC	LK		MF
	07. - 08.04	Yokoso Dutch Open	WAKO	Amstelveen	Netherlands	PF	LC					K1
	08.04	FC National Team, 1. Training Fitness Test (condition)	Gruber Franz	Brig/ StarForce Gym	CH						LK	K1
	15.04	FC National Team, 2. Training	Gruber Franz	Brig/ StarForce Gym	CH						LK	K1
	20. - 23.04	The Austrian Classics	WAKO	Innsbruck	Austria	PF	LC	KL	FC	LK		K1
	29.04	3. Self-Defense Course, Sursee, Time: 10:00 - 12:30	Siegrist Max	Sursee/ Kickboxing Sursee	CH	PF	LC	KL	FC	LK		MF
29.04	3. Quali SCOS	SCOS/ Fight Move Academy	Neuchâtel	CH						LK		
May	02.05	PF National Team Adults & Juniors, 4. Training, Time: 19:00 - 21:00	Bürge Riccardo/Faggiano Andrea/Gerini Omar	Wohlen/ Kickboxing Wohlen	CH	PF						
	06.05	LC National Team, 4. Training	Francioni Roger/Elmiger Sabrina	Sursee/ Kickboxing Sursee	CH		LC	KL				
	14.05	4. Sursee Cup, CH Meisterschaften & Quali Full Contact	WAKO/ Kickboxing Sursee	Sursee	CH	PF	LC	KL		LK		MF
	18. - 21.05	Hungarian World Cup	WAKO	Budapest	Hungary	PF	LC	KL	FC	LK	K1	MF
	20.05	Self-Defense Course 2, Bern, Time: 13:30 - 16:00	Santschi Andreas	Bern/ Nippon Bern	CH	PF	LC	KL	FC	LK		MF
	20.05	PF National Team Adults & Juniors, Kader-Training, Time: 10:00-16:00	Bürge Riccardo/Faggiano Andrea/Gerini Omar	Zürich/ Asia Sport Center	CH	PF						
	27.05	4. Self-Defense Course, Sursee, Time: 10:00 - 12:30	Siegrist Max	Sursee/ Kickboxing Sursee	CH	PF	LC	KL	FC	LK		MF
27.05	4. Quali SCOS	SCOS/ Raion Dojo Solothurn	Solothurn	CH						LK		
June	11.06	7. Cup di Ascona, CH Meisterschaften & Quali Full Contact	WAKO/ Kickboxing Ascona	Ascona	CH	PF	LC	KL		LK		MF
	16. - 18.06	Bestfighter	WAKO	Rimini	Italy	PF	LC	KL	FC	LK	K1	MF
	17.06	1. Mastergrade Main Exam	WAKO Switzerland	Sursee/ Kickboxing Sursee	CH	PF	LC	KL	FC	LK		MF
	17.06	5. Quali SCOS	SCOS/ Pitbull Möhlin	Brugg	CH						LK	
	20.06	PF National Team Adults & Juniors, 5. Training, Time: 19:00 - 21:00	Bürge Riccardo/Faggiano Andrea/Gerini Omar	Wohlen/ Kickboxing Wohlen	CH	PF						
	24.06	LC National Team, 5. Training	Francioni Roger/Elmiger Sabrina	Sursee/ Kickboxing Sursee	CH		LC	KL				
	25.06	7. Umer Cup, CH Meisterschaften & Quali Full Contact	WAKO/ Kampfsportsschule Uri	Uri	CH	PF	LC	KL		LK		MF
July	01. - 02.07	Heroes of Hamburg	WAKO	Barsbüttel	Germany	PF	LC	KL	FC	LK		MF
	24. - 28.07	WGA World Games (K1Rules)	WAKO	Wroclaw	Poland							K1
	29.07	LC Junior National Team, 4. Training EM, 10:00 - 12:00	Bernauer Stefan	Burg	CH		LC					
Aug	12.08	LC Junior National Team, 5. Training EM, 10:00 - 12:00	Bernauer Stefan	Burg	CH		LC					
	12.08	PF National Team Adults & Juniors, Kader-Training, Time: 10:00-16:00	Bürge Riccardo/Faggiano Andrea/Gerini Omar	Zürich/ Asia Sport Center	CH	PF						
	19.08	Self-Defense Course 3, Bern, Time: 13:30 - 16:00	Santschi Andreas	Bern/ Nippon Bern	CH	PF	LC	KL	FC	LK		MF
	26.08	LC National Team, 6. Training (condi-test) afternoon	Francioni Roger	Zürich/ MKC Zürich	CH		LC	KL				
26.08	LC Junior National Team, 6. Training EM, 10:00 - 12:00	Bernauer Stefan/Eichenberger Kevin	Burg	CH		LC						
Sept	02. - 10.09	European Championships Juniors & Cadets	WAKO	Skopje	F.Y.R. Macedonia	PF	LC	KL	FC	LK		MF
	02.09	5. Self-Defense Course, Sursee, Time: 10:00 - 12:30	Siegrist Max	Sursee/ Kickboxing Sursee	CH	PF	LC	KL	FC	LK		MF
	02.09	2. Kuatsu Course, Sursee, Time: 13:30 - 16:00	Siegrist Max	Sursee/ Kickboxing Sursee	CH	PF	LC	KL	FC	LK		MF
	09.09	LC National Team, 7. Training	Francioni Roger/Elmiger Sabrina	Sursee/ Kickboxing Sursee	CH		LC	KL				
	12.09	PF National Team Adults, 6. Training, Time: 19:00 - 21:00	Bürge Riccardo/Gerini Omar	Wohlen/ Kickboxing Wohlen	CH	PF						
	16. - 17.09	FC National Team, 3. Training Weekend	Gruber Franz	Brig	CH						LK	K1
	23.09	6. Quali SCOS	SCOS/ Zensportsschule Aardorf	Aardorf	CH						LK	
	26.09	PF National Team Adults, 7. Training, Time: 19:00 - 21:00	Bürge Riccardo/Gerini Omar	Wohlen/ Kickboxing Wohlen	CH	PF						
	27. - 30.09	K1 European Cup	WAKO	Prague	Czech Republic							K1
	Oct	01.10	3. Cup d'Yverdon, CH Meisterschaften & Quali Full Contact	WAKO/ Champions Boxing Yverdon	Yverdon	CH	PF	LC	KL		LK	
07.10 - 08.10		Flanders Cup	WAKO	Beveren	Belgium	PF						
14.10		LC National Team, 8. Training	Francioni Roger/Elmiger Sabrina	Sursee/ Kickboxing Sursee	CH		LC	KL				
14.10		6. Self-Defense Course, Sursee, Time: 10:00 - 12:30	Siegrist Max	Sursee/ Kickboxing Sursee	CH	PF	LC	KL	FC	LK		MF
14.10		Self-Defense Exam, Sursee, Time: 13:30	Siegrist Max & others	Sursee/ Kickboxing Sursee	CH	PF	LC	KL	FC	LK		MF
21.10		Bavarian Open	WAKO	Altötting	Germany	PF	LC	KL	FC	LK		MF
21. - 29.10		World Championships Light, Low Kick, K1	WAKO	Fortaleza	Brazil		LC				LK	K1
28.10		Full Contact Finale WAKO & Gala	WAKO/ StarForce Gym	Brig	CH						LK	
Nov	04.11	Finale SCOS	SCOS/ Star Gym Bern	Bern	CH						LK	
	07.11	PF National Team Adults, 8. Training, Time: 19:00 - 21:00	Bürge Riccardo/Gerini Omar	Wohlen/ Kickboxing Wohlen	CH	PF						
	11.11	PF National Team Adults, Kader-Training, Time: 10:00-16:00	Bürge Riccardo/Gerini Omar	Zürich/ Asia Sport Center	CH	PF						
	18.11	Self-Defense Course 4, Bern, Time: 13:30 - 16:00	Santschi Andreas	Bern/ Nippon Bern	CH	PF	LC	KL	FC	LK		MF
	18. - 26.11	World Championships PF, KL, FC, MF	WAKO	Budapest	Hungary	PF		KL	FC			MF
	25.11	LC Junior National Team, 7. Training, Time 10:00 - 12:00	Bernauer Stefan/Eichenberger Kevin	Burg	CH		LC					
Dec	09.12	Self-Defense Course 5, Bern, Time: 13:30 - 16:00	Santschi Andreas	Bern/ Nippon Bern	CH	PF	LC	KL	FC	LK		MF
	09.12	Self-Defense Exam, Bern, Time: 16:00	Santschi Andreas & others	Bern/ Nippon Bern	CH	PF	LC	KL	FC	LK		MF

PF	Point Fighting	International Tournaments
LC	Light Contact	European and World Championships
KL	Kick Light Contact	National Tournaments WAKO Switzerland: Swiss Cups & Swiss Championships
FC	Full Contact (without Low Kick)	National Tournaments WAKO Switzerland: Swiss Cups & Swiss Championships
LK	Low Kick (Full Contact with Low Kick)	National Tournaments SCOS: Full Contact with Low Kick. Registrations only via SCOS
K1	K1-rules	Activities of the Swiss National Teams
MF	Musical Forms	Education and training for members