# saison 2022-2023 stages dirigés par Patrick BENEZI shihan 7ème Dan

vacances scolaires zone C

| | Septembre | Octobre | Novembre | Décembre | | Janvier | Février | Mars | Avril | | Mai | Juin | Juillet | Août | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | | | | | 1 | | | | Metz | 1 | | | | | 1 |
| 2 | | | | | 2 | | | | Metz | 2 | | | | | 2 |
| 3 | | | | | 3 | | | | | 3 | | | | | 3 |
| 4 | | | | | 4 | | | | | 4 | | | | | 4 |
| 5 | | | | | 5 | | | | | 5 | | | | | 5 |
| 6 | | | Rennes | | 6 | | | | | 6 | | | | | 6 |
| 7 | | | | | 7 | Nord | | | | 7 | | | | | 7 |
| 8 | | | | | 8 | Nord | | | | 8 | | | | | 8 |
| 9 | | | | | 9 | | | | | 9 | | | | | 9 |
| 10 | Vincennes | | | Vincennes | 10 | | | | | 10 | | Vincennes | | | 10 |
| 11 | | | Vincennes | Prepa grades | 11 | | Vincennes | Vincennes | | 11 | | | | | 11 |
| 12 | | | Vincennes | | 12 | | Prepa grades | Prepa grades | | 12 | | | | | 12 |
| 13 | | | Vincennes | | 13 | | | | | 13 | Vincennes | | | | 13 |
| 14 | | | | | 14 | Vincennes | | | | 14 | Prepa grades | | Stage | | 14 |
| 15 | | Vincennes | | | 15 | Prepa grades | | | Vincennes | 15 | | | D' | | 15 |
| 16 | | | | | 16 | | | | Prepa grades | 16 | | | été | | 16 |
| 17 | | | | | 17 | | | | | 17 | | | à | | 17 |
| 18 | | | | | 18 | | | | | 18 | Stage | | | | 18 |
| 19 | | | | | 19 | | | | | 19 | Aikido | | Fouesnant | | 19 |
| 20 | | | Prepa grades | | 20 | | | | | 20 | Armes | | en | | 20 |
| 21 | | | | | 21 | | | | | 21 | Cognin 73 | | Bretagne | Stage | 21 |
| 22 | | | | | 22 | | | | | 22 | | | | | 22 |
| 23 | | Prepa grades | | | 23 | | | | | 23 | | | | D' été | 23 |
| 24 | | | | | 24 | | | | | 24 | | | | à | 24 |
| 25 | | | | | 25 | | | | | 25 | | | | | 25 |
| 26 | | | | Stage | 26 | | | | | 26 | | | | Paris | 26 |
| 27 | | | | De | 27 | | | | | 27 | Vincennes | | | Vincennes | 27 |
| 28 | | | | Noël | 28 | | | | | 28 | Vincennes | | | | 28 |
| 29 | | | | à | 29 | | | | | 29 | Vincennes | | | | 29 |
| 30 | | | | Paris | 30 | | | | | 30 | | | | | 30 |
| 31 | | | | Vincennes | 31 | | | | | | | | | | 31 |