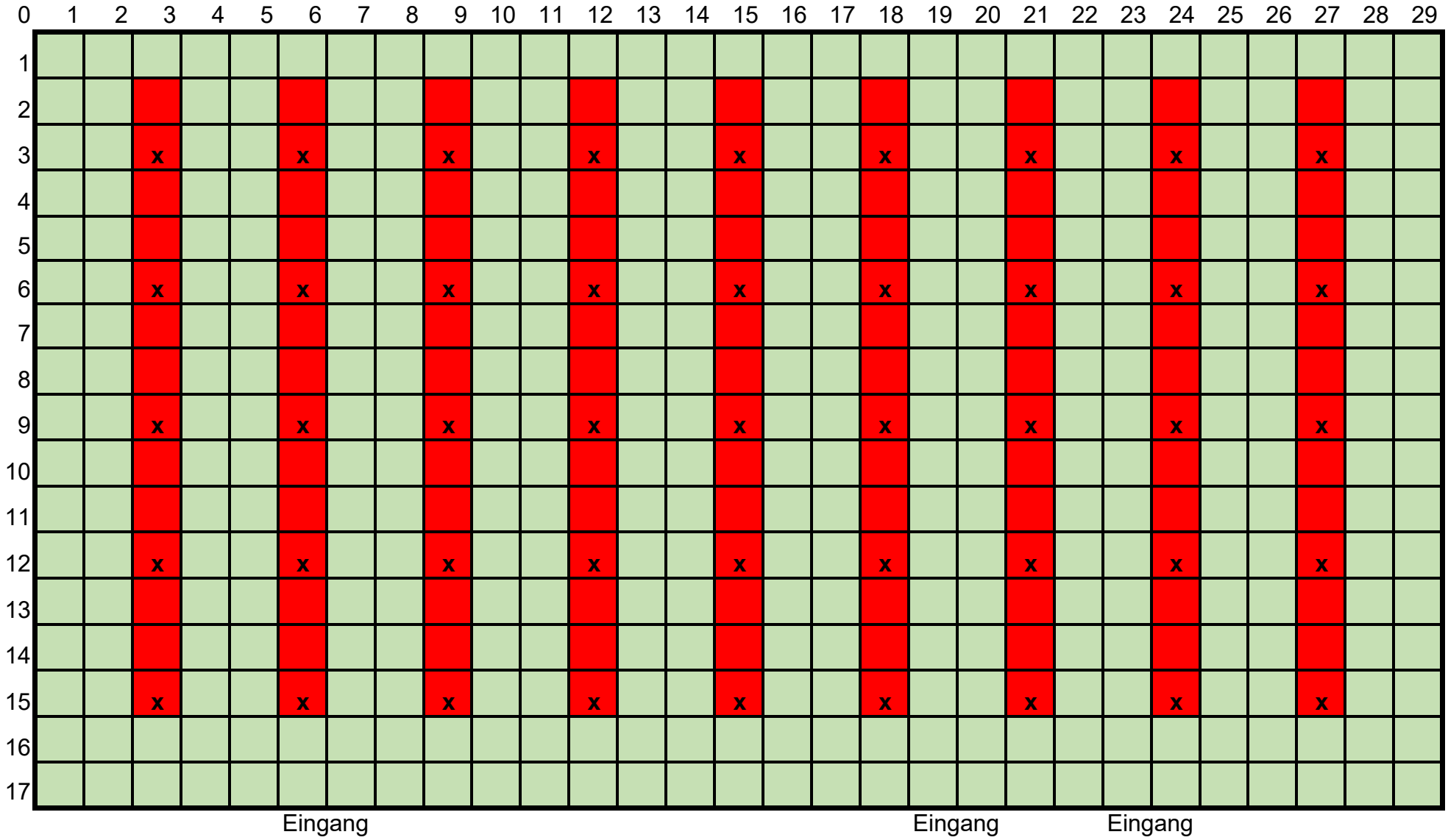Anlage 2
Möglicher Mattenplan für das Karate-Training