

# Auckland Seido Karate Club - 2021 Class Timetable

New members welcome - Free trial classes

www.seidoauckland.org.nz

seido@seidoauckland.org.nz

	Time	Class	Age Group	Lead Instructor(s)
<b>Mon</b>	6:15 a.m.	Black Belt	Adult 13+	Kyoshi Scott
	5:00 p.m.	Beginner / White Belt / Blue Belt	Children (7-12)	Senpai Michael (assisted by Sp. Dom and Bob)
	6:00 p.m.	Beginner / General	Adult 13+	Sensei Shane / Kyoshi Marion
	7:00 - 8:30 p.m.	Green Belt	Adult 13+	Kyoshi Lou
<b>Tue</b>	5:00 p.m.	Yellow Belt / Green Belt / Brown Belt	Children (7-12)	Sensei Julie (assisted by Senpai Tania)
	6:00 p.m.	Kata - Graded	Adult 13+	Kyoshi Scott
	7:00 p.m.	Blue Belt / Yellow Belt	Adult 13+	Senpai David
<b>Wed</b>	4:15 p.m.	Brat Pack	Children (5-6)	Kyoshi Mark
	5:00 p.m.	Beginner / White Belt / Blue Belt	Children (7-12)	Kyoshi Mark
	6:00 - 7:30 p.m.	Black Belt^	Adult 13+	Jun Shihan Patrick
	7:30 - 8:30 p.m.	Ground Wrestling*		
<b>Thu</b>	5:00 p.m.	Yellow Belt / Green Belt / Brown Belt	Children (7-12)	Kyoshi Ed (assisted by Senpai Phil)
	6:00 p.m.	Beginner / General	Adult 13+	Senpai Peter
	7:00 - 8:30 p.m.	Brown Belt	Adult 13+	Jun Shihan Patrick
<b>Fri</b>	6:00 p.m.	Tai Chi*		
<b>Sat</b>	8:00 a.m.	Fitness - Graded (Gi pants / T Shirt / Bag gloves)	Adult 13+	Kyoshi Mark / Black belts
	9:30 a.m.	Family class - Beginner / General	Adult/Child (7-12)	Kyoshi Mark
	10:30 a.m.	Open Dojo - Graded (Gi pants / T Shirt)	Adult 13+	Kyoshi Mark
<b>Sun</b>	8:30 - 10:00 a.m.	Tai Chi*		
	10:30 - 1:30 p.m.	Shamisen*- 2nd and 4th Sunday of the month		
	2:00 p.m.	Open Dojo - Graded (Gi pants / T Shirt)	Adult 13+	Brown Belts
	3:00 p.m.	Sparring / Sparring techniques - Graded	Adult 13+	Senpai Ian
	4:00 p.m.	Black Belt sparring	Adult 13+	Senpai John

*^First Wed of month alternates with Devonport dojo*

*Brat Pack / Child / Weekday lunchtime classes stop during school holidays*

*\* Non karate activities (additional fee may apply, non Seido Karate members welcome)*

Tai Chi (Chinese martial art)			Instructor / Contact details
<b>Fri</b>	6:00 - 7:00 p.m.		Kyoshi Nhi Huynh
<b>Sun</b>	8:30 - 10:00 a.m.		seidojuku@gmail.com

Ground Wrestling			Instructor / Contact details
<b>Wed</b>	7:30 - 8:30 p.m.		Senpai John

Shamisen (Japanese banjo) - Auckland Tsugaru Shamisen			Instructor / Contact details
<b>Sun</b>	10:30 - 1:30 p.m.	2nd and 4th Sunday of the month	Sayuri Ichiba sayurin1974@gmail.com