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	Instructor / Assistant
Mon	6:15 a.m.	Black Belt	Adult	Kyoshi Scott
	5:00 p.m.	Beginner / White Belt	Children (7+)[a]	Senpai Michael / Senpai Barbara
	6:00 p.m.	Beginner / General	Adult	Kyoshi Marion / Senpai Michael
	7:00 - 8:30 p.m.	Green Belt (incl. sparring)	Adult	Kyoshi Shane / Kyoshi Lou
Tue	5:00 p.m.	Blue Belt +	Children (7+)[a]	Senpai Tania
	6:00 p.m.	Kata - Graded	Adult	Kyoshi Scott
	7:00 p.m.	Blue Belt / Yellow Belt	Adult	Senpai David
Wed	4:15 p.m.	Brat Pack	Children (5-6)[a]	Senpai Vivian
	5:00 p.m.	Beginner / White Belt	Children (7+)[a]	Senpai Vivian
	6:00 - 7:30 p.m.	Black Belt[b]	Adult	Jun Shihan Patrick
Thu	5:00 p.m.	Yellow Belt +	Children (7+)[a]	Sensei Julie
	6:00 p.m.	Beginner / General	Adult	Senpai Peter
	7:00 - 8:30 p.m.	Brown Belt (incl. sparring)	Adult	Jun Shihan Patrick
Fri	12:30 p.m.	Beginner / General	Adult	Senpai Kirk
	6:00 p.m.	Tai Chi*		
Sat	8:00 a.m.	Fitness - Graded (Gi pants / T Shirt / Bag gloves)	Adult	Black Belt Rotation
	9:30 a.m.	Whānau/Family class - Beginner / General	Adult/Child (7+)	Kyoshi Lou / Gareth F
	10:30 a.m.	Open Dojo - Graded (Gi pants / T Shirt)	Adult	Gareth F
Sun	8:30 - 10:00 a.m.	Tai Chi*		
	10:30 - 1:30 p.m.	Shamisen*		
	2:00 p.m.	Open Dojo - Graded (Gi pants / T Shirt)	Adult	Brown Belts
	3:00 p.m.	Sparring / Sparring techniques - Graded	Adult	Senpai Ian / Senpai Paul
	4:00 p.m.	Black Belt sparring	Adult	Senpai John

[a] *Brat Pack & Children's classes during school term only (children welcome to train with parents at adult classes during holidays)*

[b] *First Wed of month alternates with Bayswater dojo*

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

Tai Chi (Chinese martial art)			**Instructor / Contact details**
Fri	6:00 - 7:00 p.m.	All levels adult	Kyoshi Nhi
Sun	8:30 - 10:00 a.m.	All levels adult	seidojuku@gmail.com
Shamisen (Japanese banjo) - Auckland Tsugaru Shamisen[1]			**Instructor / Contact details**
Sun[c]	10:30 a.m. - 1:30 p.m.	Advanced	Sayuri Ichiba / sayurin1974@gmail.com

[c] *Classes held on the 2nd & 4th Sunday of the month only*