

# Auckland Seido Karate Club - 2022 Class Timetable

New members welcome - Free trial classes

www.seidoauckland.org.nz

seido@seidoauckland.org.nz

	Time	Class	Age Group	Instructor / Assistant
<b>Mon</b>	6:15 a.m.	Black Belt	Adult	Jun Shihan Scott
	5:00 p.m.	Beginner / White Belt	Children (7+) <sup>a</sup>	Senpai Nicola
	6:00 p.m.	Beginner / General	Adult	Kyoshi Marion / Senpai Michael
	7:00 - 8:30 p.m.	Green Belt (incl. sparring)	Adult	Kyoshi Shane
<b>Tue</b>	5:00 p.m.	Blue Belt +	Children (7+) <sup>a</sup>	Senpai Tania / Senpai Phil
	6:00 p.m.	Kata - Graded	Adult	Jun Shihan Scott
	7:00 p.m.	Blue Belt / Yellow Belt	Adult	Senpai David
<b>Wed</b>	12.30 p.m.	Beginners <sup>a</sup>	Adult <sup>a</sup>	Senpai Kirk
	4:15 p.m.	Brat Pack <sup>a</sup>	Children (5-6) <sup>a</sup>	Senpai Vivian
	5:00 p.m.	Beginner / White Belt <sup>a</sup>	Children (7+) <sup>a</sup>	Senpai Vivian
	6:00 - 7:30 p.m.	Black Belt <sup>b</sup>		Jun Shihan Patrick
	7:30 p.m.	Sparring (Green belts and above)	Adult	Senpai John
<b>Thu</b>	5:00 p.m.	Yellow Belt +	Children (7+) <sup>a</sup>	Kyoshi Julie
	6:00 p.m.	Beginner / General	Adult	Senpai Peter
	7:00 - 8:30 p.m.	Brown Belt (incl. sparring)	Adult	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	Black Belt rotation
	9:30 a.m.	Whānau/Family class - Beginner / General	Adult/Child (7+)	Jun Shihan Lou
	10:30 a.m.	Open Dojo - Graded (Gi pants / T Shirt)	Adult	Gareth Facer
<b>Sun</b>	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- Rob Tinholt
	3:00 p.m.	Sparring / Sparring techniques - Graded	Adult	Senpai Paul (Term 1)/ Senpai Ian (Term 2)
	4:00 p.m.	Black Belt sparring	Adult	Senpai John

<sup>a</sup> Brat Pack, Children's & Wednesday lunchtime beginner classes during school term only (children welcome to train with parents at adult classes during holidays)

<sup>b</sup> 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
<b>Fri</b>	6:00 - 7:00 p.m.	All levels adult	Jun Shihan Nhi
<b>Sun</b>	8:30 - 10:00 a.m.	All levels adult	seidojuku@gmail.com
Shamisen (Japanese banjo) - Auckland Tsugaru Shamisen			Instructor / Contact details
<b>Sun<sup>c</sup></b>	10:30 a.m. - 1:30 p.m.	Advanced	Miyuki Takano myu0209@gmail.com

<sup>c</sup> Classes held on the 2nd & 4th Sunday of the month only