

Auckland Seido Karate Club - 2023 Class Timetable

New members welcome - Free trial classes

www.seidoauckland.org.nz

seido@seidoauckland.org.nz

	Time	Class	Age Group	Instructor / Assistant
Monday	6:15 a.m.	Black Belt	Adult	Jun Shihan Scott
	5:00 p.m.	Beginner / White Belt	Children (7+) ^a	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
Tuesday	5:00 p.m.	Blue Belt +	Children (7+) ^a	Senpai Tania / Senpai Phil
	6:00 p.m.	Kata - Graded	Adult	Kyoshi Ed
	7:00 p.m.	Blue Belt / Yellow Belt	Adult	Senpai David
Wednesday	12:30 p.m.	Beginner / General (school term time only)	Adult and Children	Senpai Kirk
	4:15 p.m.	Brat Pack ^a	Children (5-6) ^a	Senpai Vivian
	5:00 p.m.	Beginner / White Belt ^a	Children (7+) ^a	Senpai Vivian
	6:00 - 7:30 p.m.	Black Belt ^b		Jun Shihan Patrick
	7:30 p.m.	Sparring / Sparring techniques - Graded ^c	Adult	Senpai John
Thursday	5:00 p.m.	Yellow Belt +	Children (7+) ^a	Kyoshi Julie
	6:00 p.m.	Beginner / General	Adult	Senpai Peter
	7:00 - 8:30 p.m.	Brown Belt (incl. sparring)	Adult	Jun Shihan Scott
Friday	6:00 p.m.	Tai Chi*		
Saturday	8:00 a.m.	Fitness - Graded (Gi pants / T Shirt / Bag gloves)	Adult	Black Belt rotation
	9:00 a.m.	Beginner / General / Whānau Class	Adult and Children	Jun Shihan Lou
Sunday	8:30 - 10:00 a.m.	Tai Chi*		
	10:30 - 1:30 p.m.	Shamisen*		
	3:00 p.m.	Sparring / Sparring techniques - Graded ^d	Adult	Senpai Paul (Term 1)/ Senpai Ian (Term 2)
	4:00 p.m.	Black Belt sparring ^d	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 ^c From 25 January 2023 ^d From 19 February 2023

* 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^e	10:30 a.m. - 1:30 p.m.	Advanced	Sayuri Ichiba / sayurin1974@gmail.com

¹ Classes held on the 2nd & 4th Sunday of the month only