

## Auckland Seido Karate Club - 2024 Trial First Term Class Timetable

Day	Time	Class	Grade / Age	Instructor / Assistant	Classes Held
Monday	6:15 a.m.	Black Belt	Black Belts	Jun Shihan Scott	
	5:00 p.m.	Beginner / White Belt	Children (7+)	Senpai Nicola	30 Jan - 12 Apr
	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	6:15 a.m.	Bag Class (Gi pants / T Shirt / Bag gloves)	12+ years	Jun Shihan Scott	From 13 Feb
	5:00 p.m.	Blue Belt +	Children (7+)	Senpai Tania / Senpai Phil	30 Jan - 12 Apr
	6:00 p.m.	Kata - Graded	Adult	Kyoshi Ed	
	7:00 p.m.	Blue Belt / Yellow Belt	Adult	Sensei David	
Wednesday	12:30 p.m.	Beginner / General (school term time only)	Adult and Children	Senpai Kirk	30 Jan - 12 Apr
	4:15 p.m.	Brat Pack	Children (5-6)	Senpai Vivian	30 Jan - 12 Apr
	5:00 p.m.	Beginner / White Belt	Children (7+)	Senpai Vivian	30 Jan - 12 Apr
	6:00 p.m.	Black Belt - Sho dan +	Black Belts <sup>a</sup>	Jun Shihan Lou	<sup>a</sup>
	7:00 p.m.	Black Belt - San dan +	Black Belts <sup>a</sup>	Jun Shihan Patrick	<sup>a</sup>
Thursday	5:00 p.m.	Blue Belt +	Children (7+)	Kyoshi Julie	30 Jan - 12 Apr
	6:00 p.m.	Beginner / General	Adult	Sensei Peter	
	7:00 - 8:30 p.m.	Brown Belt (incl. sparring)	Adult	Jun Shihan Scott	
Friday	6:15 a.m.	Black Belt weapons	Black Belts	Jun Shihan Lou	From 16 Feb
	6:00 p.m.	<i>Tai Chi</i> *			
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	Senpai Gareth & 2nd Kyu Crew	
	10:00 a.m.	Collegiate class	High School	Senpai Emily / Senpai Asmara	30 Jan - 12 Apr
	11:00 a.m.	Masters Class (limited to 10 registered students)	Adult	Michael K	10 Feb - 27 Apr
Sunday	8:30 - 10:00 a.m.	<i>Tai Chi</i> *			
	10:30 - 1:30 p.m.	<i>Shamisen</i> *			
	3:00 p.m.	Sparring / Sparring techniques - Graded	Adult	Senpai Paul / Senpai Ian	From date TBA
	4:00 p.m.	Black Belt sparring	Adult	Senpai John	From date TBA

<sup>a</sup> First Wednesday of month 7 pm is a combined black belt class (all dan grades train) in alternate locations: Feb, Apr, Jun, Aug, Oct, Dec - Morningside dojo // Mar, May, Jul, Sep, Nov - Bayswater dojo

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

*Tai Chi (Chinese martial art)			Instructor / Contact details	Classes Held
Friday	6:00 - 7:00 p.m.	All levels adult	Jun Shihan Nhi / seidojuku@gmail.com	
Sunday	8:30 - 10:00 a.m.	All levels adult	Jun Shihan Nhi / seidojuku@gmail.com	

*Shamisen (Japanese banjo) - Auckland Tsugaru Shamisen			Instructor / Contact details	Classes Held
Sunday	10:30 a.m. - 1:30 p.m.	Advanced	Greg Wong / tsugarushamisenneo@gmail.com	2nd & 4th Sunday of month only