

## Auckland Seido Karate Club - 2025 Term 1 Class Timetable

Day	Time	Class / Grade	Age	Instructors	Classes Held
Monday	6:15 a.m.	Black Belt	Adult	Sensei Murray / Sensei David	
	5:00 p.m.	Beginner / White Belt	Children (7+)	Senpai Nicola	3 Feb - 11 Apr
	6:00 p.m.	Beginner / General	Adult	Kyoshi Marion / Senpai Michael	
	7:00 - 8:00 p.m.	Green Belt	Adult	Kyoshi Shane	
	8:00 - 8:30 p.m.	Sparring Class (Green belt +)	Adult	Senpai Jack	
Tuesday	6:15 a.m.	Bag Class (Gi pants / T Shirt / Bag gloves)	12+ years	Senpai Tony	
	5:00 p.m.	Blue Belt +	Children (7+)	Senpai Phil	3 Feb - 11 Apr
	6:00 p.m.	Kata - Graded	Adult	Sensei David	
	7:00 p.m.	Blue Belt / Yellow Belt	Adult	Senpai Tania	
Wednesday	12:30 p.m.	Beginner / General	All ages (from 7+)	Senpai Kirk / Gary	
	4:15 p.m.	Tamariki Tigers	Young Children (5-6)	Senpai Vivian	3 Feb - 11 Apr
	5:00 p.m.	Beginner / White Belt	Children (7+)	Senpai Vivian	3 Feb - 11 Apr
	6:00 p.m.	Black Belt - Sho dan / Ni dan +	Adult <sup>a</sup>	Jun Shihan Lou	<sup>a</sup> See notes re combined class
	7:00 p.m.	Black Belt - San dan +	Adult <sup>a</sup>	Jun Shihan Patrick	<sup>a</sup> See notes re combined class
Thursday	6:15 a.m.	Bag Class (Gi pants / T Shirt / Bag gloves)	12+ years	Senpai Tony	
	5:00 p.m.	Blue Belt +	Children (7+)	Kyoshi Julie	3 Feb - 11 Apr
	6:00 p.m.	Beginner / General	Adult	Sensei Peter	
	7:00 - 8:30 p.m.	Brown Belt (incl. sparring)	Adult	Kyoshi Ed	
Friday	6:00 p.m.	<i>Tai Chi</i> *			
Saturday	7:00 a.m.	Black Belt weapons	Adult	Jun Shihan Lou	
	8:00 a.m.	Fitness - Graded (Gi pants / T Shirt / Bag gloves)	Adult	Sensei Peter & black belts	
	9:00 a.m.	Beginner / General / Whānau Class	All ages (from 7+)	Senpai Gareth & 1st Kyu Crew	
	10:00 a.m.	Collegiate class	High School	Senpai Alexander / Senpai Adriana	3 Feb - 11 Apr
	11:00 a.m.	Masters Class (limited to 10 registered students)	Adult	Michael K / Gary	8 Feb - 12 Apr
Sunday	8:30 - 10:00 a.m.	<i>Tai Chi</i> *			
	10:30 - 1:30 p.m.	<i>Shamisen</i> **			

<sup>a</sup> First Wednesday of month is a combined black belt class (all dan grades train) in alternate locations: Feb, Apr, Jun, Aug, Oct, Dec - 6 pm bag class, 7 pm bb class at Morningside dojo // Mar, May, Jul, Sep, Nov - 7 pm 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