

Auckland Seido Karate Club - 2025 Term 3 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	14 Jul - 19 Sep
	6:00 p.m.	Beginner / General	Adult	Kyoshi Marion / Senpai Michael	
	7:00 - 8:00 p.m.	Green Belt	Adult	Kyoshi Shane	
	8:00 - 9:00 p.m.	Sparring Class (Green belt +)	Adult	Senpai Jack	
Tuesday	6:00 a.m.	Bag Class (Gi pants / T Shirt / Bag gloves)	12+ years	Senpai Tony	
	5:00 p.m.	Blue Belt +	Children (7+)	Senpai Phil	14 Jul - 19 Sep
	6:00 p.m.	Kata - Graded	Adult	Sensei David	
	7:00 p.m.	Blue Belt / Yellow Belt	Adult	Senpai Tania	
	8:00 - 8:30 p.m.	Punch Plus (Blue belt +)	Adult	Jun Shihan Lou	14 Jul - 19 Sep
Wednesday	12:30 p.m.	Beginner / General	All ages (from 7+)	Senpai Kirk / Gary	Check WhatsApp Group
	4:15 p.m.	Tamariki Tigers	Young Children (5-6)	Senpai Viv	14 Jul - 19 Sep
	5:00 p.m.	Beginner / White Belt	Children (7+)	Senpai Viv	14 Jul - 19 Sep
	6:00 p.m.	Black Belt - Shodan / Nidan +	Adult	Jun Shihan Lou	See notes ^{a,b}
	7:00 p.m.	Black Belt - Sandan +	Adult	Jun Shihan Patrick	See note ^a
Thursday	6:00 a.m.	Bag Class (Gi pants / T Shirt / Bag gloves)	12+ years	Senpai Tony	First 3 Thursdays of the month only
	5:00 p.m.	Blue Belt +	Children (7+)	Kyoshi Julie	14 Jul - 19 Sep
	6:00 p.m.	Beginner / General	Adult	Jun Shihan Scott	
	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	Senpai Paul & black belts	
	9:00 a.m.	Beginner / General / Whānau Class	All ages (from 7+)	Senpai Alexander & 1st Kyu Crew	
	10:00 a.m.	Sparring Technique Class (Green belt +)	Adult	Senpai Jack	
	11:00 a.m.	Collegiate class	High School	Senpai Adriana / Senpai Alexander	14 Jul - 19 Sep
Sunday	8:30 - 10:00 a.m.	<i>Tai Chi*</i>			
	10:30 - 1:30 p.m.	<i>Shamisen**</i>			

^a 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

^b Last Wednesday of month is sparring class for shodan & nidan+

Classes on during term time only

* 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