

JCCH KENSHIKAN DOJO SCHEDULE - OCTOBER 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday 7AM - 7PM	Sunday 7AM - 7PM
7:00	7:00 - 8:30 am Meikyokan (Jon Shishido)	7:00 - 8:30 am Meikyokan (Jon Shishido)	7:00 - 8:30 am Meikyokan (Jon Shishido)	7:00 - 8:30 am Meikyokan (Jon Shishido)	7:00 - 8:00 am Meikyokan (Jon Shishido)		
8:00						8:00 - 9:30 am Institute of Zen Studies (Sonya Miyashiro)	8:00 - 10:00 am Jikishin Dojo LLC (Alan Suyama)
9:00							
10:00						10:00am - 12noon Kenshikan Kendo Club (Garrett Matsumoto)	10:30 - 11:30 am Japan Karate Shotokai - Hawaii (Charles Lee)
11:00							
12:00							
1:00							
2:00							
3:00							
4:00							
5:00						5:00 - 7:00 pm	5:00 - 7:30 pm
6:00			5:30 - 6:30 pm Japan Karate Shotokai - HI (Charles Lee)	6:00 - 8:00 pm Shotokan Karate-Do Int'l. Fed. (Les Nishikawa)	5:30 - 6:30 pm Japan Karate Shotokai - Hawaii (Charles Lee)	Island Ki (Hisae (Ishii-Chang))	Shotokan Karate-Do Int'l. Fed. (Les Nishikawa)
7:00		7:00 - 9:00 pm Kenshikan Kendo Club (Garrett Matsumoto)	7:00 - 9:00 pm Kenshikan Kendo Club (Garrett Matsumoto)				
8:00							
9:00							

Time available	Budō	Name	School Name	Phone	E-mail	Website
For more info about the various martial arts classes that are held in the Kenshikan Dojo, please contact any one of the Sensei to the right:	Iaido	Dr. Alan Suyama	Jikishin Dojo LLC	478-8288	asuyama808@gmail.com	www.izs.org
	Zen	Sonya Miyashiro	Institute of Zen Studies	566-7222	sonya@regaltravel.com	
	Karate	Charles Lee	Japan Karate Shotokai Hawaii	265-9285	lee.charles21@yahoo.com	jkshawaii.com
	Karate	G. Hisae Ishii-Chang	Island Ki	220-1032	island.ki.hawaii@gmail.com	
	Karate	Les Nishikawa	Shotokan Karate-do Int'l Fed.	497-0626	shotokanhawaii@gmail.com	shotokanhawaii.com
	Kendō	Garrett Matsumoto	Kenshikan Kendo Club	721-7337	gkmatsu79@gmail.com	
	Kendō	Jon Shishido	Meikyokan	636-1695	jkshishido@gmail.com	