

JCCH KENSHIKAN DOJO SCHEDULE

Effective 6-1-2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 AM	Meikyokan (Jon Shishido)	Meikyokan (Jon Shishido)	Meikyokan (Jon Shishido)	Meikyokan (Jon Shishido)	Meikyokan (Jon Shishido)		
7:30 AM							
8:00 AM						Institute of Zen Studies (Sonya Miyashiro)	
8:30 AM							
9:00 AM							
9:30 AM							
10:00 AM						Kenshikan Kendo Club (Garrett Matsumoto)	Japan Karate Shotokai - Hawaii (Charles Lee)
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM			Japan Karate Shotokai - Hawaii (Charles Lee)		Japan Karate Shotokai - Hawaii (Charles Lee)	Island Ki (Hisae Ishii-Ching)	Shotokan Karate-Do Int'l Fed (Les Nishikawa)
6:00 PM							
6:30 PM							
7:00 PM		Kenshikan Kendo Club (Garrett Matsumoto)	Shotokan Karate-Do Int'l Fed (Les Nishikawa)	Kenshikan Kendo Club (Garrett Matsumoto)	Ken Yu Kai (Kathleen Nekomoto)		
7:30 PM							
8:00 PM							
8:30 PM							
9:00 PM							
9:30 PM							
10:00 PM							

JCCH KENSHIKAN DOJO SCHEDULE

Effective 6-1-2021

Times Available

For more information about the various that are held in the Kenshikan Dojo, one of the Sensei to the right:

PRIME

Budō	Name	School Name	Phone	E-mail	Website
Aikido	G. Hisae Ishii-Chang	Island Ki	220-1032	hisae444@hawaii.rr.com	
Naginata/Iaido	Dr. Alan Suyama	Jikishin Dojo LLC	478-8288	asuyama@808@gmail.com	www.izs.org
Zen	Sonya Miyashiro	Institute of Zen Studies	566-7222	sonya@regaltravel.com	
Karate	Alan Sekiguchi	Hawaii Shotokan Karate	988-7128 225-3678	hskarate@gmail.com	www.hawaiishotokankarate.com
Karate	Charles Lee	Japan Karate Shotokai Hawaii	265-9285	lee.charles21@yahoo.com	jkshawaii.com
Karate	Les Nishikawa	Shotokan Karate-do Int'l Fede	497-0626	shotokanhawaii@gmail.com	shotokanhawaii.com
Kendō	Garrett Matsumoto	Kenshikan Kendo Club	721-7337	gkmatsu79@gmail.com	
Kendō	Jon Shishido	Meikyokan	636-1695	meikyokan.org	
Kendō	Kathy Nekomoto	Ken Yu Kai	551-9892	kathleenn0326@gmail.com	