

JCCH Kenshikan Dojo Schedule - Effective 10/1/17

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00	7:00 - 8:30 am Meikyokan (Jon Shishido)	7:00 - 8:00 am Meikyokan (Jon Shishido)	7:00 - 8:30 am Meikyokan (Jon Shishido)	7:00 - 8:00 am Meikyokan (Jon Shishido)	7:00 - 8:00 am Meikyokan (Jon Shishido)		
8:00						7:45 - 9:15 am Institute of Zen Studies (Sonya Miyashiro)	8:00 - 10:00 am Institute of Zen Studies (Dr. Alan Suyama)
9:00							
10:00						9:30 - 11:30 am Kenshikan Kendo Club (Garrett Matsumoto)	10:30 - 11:30 am Japan Karate Shotokai - Hawaii (Charles Lee)
11:00							
12:00						11:45 - 1:15 pm Noelani Ki Aikido (Dr. Donald Enoki)	
1:00							
2:00						1:30 - 3:30 pm Hawaii Shotokan Karate (Alan Sekiguchi)	
3:00							
4:00							
5:00		5:00 - 5:30 pm Children's Class		5:00 - 5:30 pm Children's Class		5:00 - 7:00 pm	5:00 - 7:00 pm
6:00	5:30 - 7:30 pm Hawaii Shotokan Karate (Alan Sekiguchi)	5:30 - 7:00 pm Pacific Shotokan Shotokan Karate-Do (Harry Tagomori)	5:30 - 6:30 pm Japan Karate Shotokai - Hawaii (Charles Lee)	5:30 - 7:00 pm Pacific Shotokan Karate-Do (Harry Tagomori)	5:30 - 6:30 pm Japan Karate Shotokai - Hawaii (Charles Lee)	Island Ki (Hisae Ishii-Chang)	Tangentz Performance Group (Lori Ohtani)
7:00			6:30 - 7:30 pm SKIF (Les Nishikawa)		6:30 - 7:30 pm SKIF (Les Nishikawa)		
8:00		7:30 - 9:30 pm Kenshikan Kendo Club (Garrett Matsumoto)	7:30 - 9:30 pm Kenshikan Kendo Club (Garrett Matsumoto)	7:15 - 8:15 pm Noelani Ki Aikido (Dr. Donald Enoki)	7:30 - 9:00 pm Ken Yu Kai (Kathleen Nekomoto)	7:30 - 9:30 pm Reiun Kenkai Kendo (Henry Smalls)	7:00 - 9:30 pm SKIF Shotokan Karate-Do Int'l Federation (Les Nishikawa)
9:00							
9:30							

 Times Available

For more information about the various martial arts classes that are held in the Kenshikan Dojo, please contact any one of the Sensei to the right:

PRIME TIME

Budō	Name	School Name	Phone	E-mail	Website
Kendō	Garrett Matsumoto	Kenshikan Kendo Club	721-7337	gkmatsu79@gmail.com	
Butoh	Lori Ohtani	Tangentz Performance Group	387-4861	lori@butoh.net	www.butoh.net
Karate	Harry Tagomori	Pacific Shotokan Karate-Do	445-7368	tagomori@hawaii.edu	
Karate	Charles Lee	Japan Karate Shotokai Hawaii	487-7500	leec026@hawaii.rr.com	jkshawaii.com
Aikidō	Donald Y. Enoki	Noelani Ki Aikido Club	533-4658	donenoki@hawaii.rr.com	www.akachawaii.com
Kendō	Kathy Nekomoto	Ken Yu Kai	551-9892	kathleenn0326@gmail.com	
Karate	G. Hisae Ishii-Chang	Island Ki	220-1032	hisae444@hawaii.rr.com	
Kendō	Henry Smalls	Reiun Kenkai Kendo	561-6683	henrysmalls@hotmail.com	
Zen	Dr. Alan Suyama	Institute of Zen Studies		asuyama@hawaii.rr.com	www.izs.org
Karate	Les Nishikawa	Shotokan Karate-do Int'l Federa	497-0626	shotokanhawaii@gmail.com	shotokanhawaii.com
Zen	Sonya Miyashiro	Institute of Zen Studies	566-7222	sonya@regaltravel.com	
Karate	Alan Sekiguchi	Hawaii Shotokan Karate	988-7128	hskarate@gmail.com	www.hawaiishotokankarate.com
Kendō	Jon Shishido	Meikyokan	636-1695	meikyokan.org	

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