

JCCH KENSHIKAN DOJO SCHEDULE OCTOBER 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday 7AM - 7PM	Sunday 7AM - 7PM
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						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						1:30 - 3:30 pm Hawaii Shotokan Karate (Alan Sekiguchi)	
3:00							
4:00							
5:00						5:00 - 7:00 pm Island Ki (Hisae (Ishii-Chang))	5:00 - 7:00 pm Shotokan Karate-Do Int'l. Fed. (Les Nishikawa)
6:00	5:30 - 7:30 pm Hawaii Shotokan Karate (Alan Sekiguchi)		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)		
7:00		7:00 - 9:00 pm Kenshikan Kendo Club (Garrett Matsumoto)	7:00 - 9:00 pm Kenshikan Kendo Club (Garrett Matsumoto)		7:00 - 8:30 pm Funakoshi Shotokan Karate Assn. (Alden Kam)		
8:00							
9:00							

Budō	Name	School Name	Phone	E-mail	Website
Naginata/Iaido	Dr. Alan Suyama	Jikishin Dojo LLC	████████	asuyama808@gmail.com	www.izs.org
Zen	Sonya Miyashiro	Institute of Zen Studies	████████	sonya@regaltravel.com	
Karate	Alan Sekiguchi	Hawaii Shotokan Karate	████████	hskarate@gmail.com	www.hawaiishotokankarate.com
Karate	Charles Lee	Japan Karate Shotokai Hawaii	████████	lee.charles21@yahoo.com	jkshawaii.com
Karate	G. Hisae Ishii-Chang	Island Ki	████████	hisae444@hawaii.rr.com	
Karate	Les Nishikawa	Shotokan Karate-do Int'l Fed.	████████	shotokanhawaii@gmail.com	shotokanhawaii.com
Kendō	Garrett Matsumoto	Kenshikan Kendo Club	████████	gkmatsu79@gmail.com	
Kendō	Jon Shishido	Meikyokan	████████	jkshishido@gmail.com	
Karate	Alden Kam	Funakoshi Shotokan Karate Assn.	████████	fskahonolulu@hawaii.rr.com	