

JCCH KENSHIKAN DOJO SCHEDULE JULY 2023

| | 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 - Kenshikan Kendo Club (Garrett Matsumoto) | 10:30 - 11:30 am Japan Karate Shotokai - Hawaii (Charles Lee) |
| 11:00 | | | | | | | |
| 12:00 | | | | | | | |
| 1:00 | | | | | | | |
| 2:00 | | | | | | 2:00 - 4:00 pm Lokahi Ki Aikido (Charles Bover) | |
| 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 - 8:00 pm Shorin-ryu Hawaii Seibukan (Masakazu Teruya) | 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 | Budo | Name | School Name | Phone | E-mail | Website |
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| 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: | Naginata/Iaido | Dr. Alan Suyama | Jikishin Dojo LLC | 478-8288 | asuyama808@gmail.com | www.jzs.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 | jshawaii.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 | gmatsto79@gmail.com | |
| | Kendō | Jon Shishido | Meikyokan | 636-1695 | jshishido@gmail.com | |
| | Aikido | Charles Bover | Lokahi Ki Aikido | 489-5255 | lokahi.aikido@gmail.com | |
| | Karate | Masakazu Teruya | Shorin-ryu Hawaii Seibukan | 808-781-6819 | shorinryuamimotobudo0171@gmail.com | |