

JCCH KENSHIKAN DOJO SCHEDULE EFFECTIVE JUNE 2025

	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)			
8:00						8:00 - 9:30 am	8:00 - 10:00 am
9:00		9:00 - 9:50 AM Safe Falling Kupuna Aikido				Institute of Zen Studies (Sonya Miyashiro)	Jikishin Dojo LLC (Alan Suyama)
9:30	9:30 - 11:00 AM Scholars Way (Raymond Luong)	10:00 - 10:50 AM Safe Falling Kupuna Aikido	9:30 - 11:00 AM Scholars Way (Raymond Luong)		9:30 - 11:00 AM Scholars Way (Raymond Luong)		
10:00						10:00am - 12noon	10:30 - 11:30 am Japan Karate Shotokai - Hawaii (Charles Lee)
11:00						Kenshikan Kendo Club (Garrett Matsumoto)	
12:00							
1:00						12:30 - 1:30 pm Aranami Dojo (Ryan Layman)	
2:00							
3:00						2:00 - 4:00 pm Lokahi Ki Aikido (Vernon Loo)	
4:00							
5:00						5:00 - 7:00 pm	5:00 - 7:30 pm
6:00	5:30 - 6:30 pm Aranami Dojo (Ryan Layman)		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)		7:00 - 8:30 pm Scholars Way (Raymond Luong)		
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:	Aikido	Vernon Loo	Lokahi Ki Aikido	808-864-4093	sensei@lokahiki.org	lokahiki.org
	Karate	Ryan Layman	Aranami Dojo		ryan@aranami-dojo.com	www.aranami-dojo.com
	Karate	G. Hisae Ishii-Chang	Island Ki	808-220-1032	island.ki.hawaii@gmail.com	
	Karate	Charles Lee	Japan Karate Shotokai Hawaii	808-265-9285	lee.charles21@yahoo.com	jkshawaii.com
	Karate	Masakazu Teruya	Shorin-ryu Hawaii Seibukan	808-781-6819	shorinryuhawaiiiseibukan1971@gmail.com	
	Karate	Les Nishikawa	Shotokan Karate-do Int'l Fed.	808-497-0626	shotokanhawaii@gmail.com	shotokanhawaii.com
	Kobang Qigong	Raymond Luong	Scholars Way	808-384-6859	raymond.n.luong@gmail.com	daosource.com
	Kendō	Garrett Matsumoto	Kenshikan Kendo Club	808-721-7337	gkmatsu79@gmail.com	
	Kendō	Jon Shishido	Meikyokan	808-636-1695	jkshishido@gmail.com	
	Naginata/laido	Dr. Alan Suyama	Jikishin Dojo LLC	808-478-8288	asuyama808@gmail.com	www.izs.org
	Safe Failing	Bill Doi	Kupuna Aikido	808-218-7304	808wdoi@gmail.com	https://www.kupunaaikido.org/
	Zen	Sonya Miyashiro	Institute of Zen Studies	808-566-7222	sonya@regaltravel.com	