

# JCCH KENSHIKAN DOJO SCHEDULE

## EFFECTIVE AUGUST 2025

|       | Monday                                                                   | Tuesday                                                                           | Wednesday                                                            | Thursday                                                                   | Friday                                                                   | Saturday 7AM - 7PM                                                     | Sunday 7AM - 7PM                                                           |
|-------|--------------------------------------------------------------------------|-----------------------------------------------------------------------------------|----------------------------------------------------------------------|----------------------------------------------------------------------------|--------------------------------------------------------------------------|------------------------------------------------------------------------|----------------------------------------------------------------------------|
| 7:00  | 7:00 - 8:30 am<br><b>Meikyokan</b><br>(Jon Shishido)                     | 7:00 - 8:30 am<br><b>Meikyokan</b><br>(Jon Shishido)                              | 7:00 - 8:30 am<br><b>Meikyokan</b><br>(Jon Shishido)                 | 7:00 - 8:30 am<br><b>Meikyokan</b><br>(Jon Shishido)                       |                                                                          |                                                                        |                                                                            |
| 8:00  |                                                                          |                                                                                   |                                                                      |                                                                            |                                                                          | 8:00 - 9:30 am<br><b>Institute of Zen Studies</b><br>(Sonya Miyashiro) | 8:00 - 10:00 am<br><b>Jikishin Dojo LLC</b><br>(Alan Suyama)               |
| 9:00  |                                                                          | 9:00 - 9:50 AM<br><b>Safe Falling</b><br>Kupuna Aikido                            |                                                                      |                                                                            |                                                                          |                                                                        |                                                                            |
| 10:00 | 9:30 - 11:00 AM<br><b>Traditional Pathways</b><br>(Raymond Luong)        | 10:00 - 10:50 AM<br><b>Safe Falling</b><br>Kupuna Aikido<br>(4/15-6/3, 8/12-9/30) | 9:30 - 11:00 AM<br><b>Traditional Pathways</b><br>(Raymond Luong)    |                                                                            | 9:30 - 11:00 AM<br><b>Traditional Pathways</b><br>(Raymond Luong)        | 10:00am - 12noon<br><b>Kenshikan Kendo Club</b><br>(Garrett Matsumoto) | 10:30 - 11:30 am<br><b>Japan Karate Shotokai - Hawaii</b><br>(Charles Lee) |
| 11:00 |                                                                          |                                                                                   |                                                                      |                                                                            |                                                                          |                                                                        |                                                                            |
| 12:00 |                                                                          |                                                                                   |                                                                      |                                                                            |                                                                          |                                                                        |                                                                            |
| 1:00  |                                                                          |                                                                                   |                                                                      |                                                                            |                                                                          | 12:30 - 1:30 pm<br><b>Aranami Dojo</b><br>(Ryan Layman )               |                                                                            |
| 2:00  |                                                                          |                                                                                   |                                                                      |                                                                            |                                                                          | 2:00 - 4:00 pm<br><b>Lokahi Ki Aikido</b><br>(Vernon Loo)              |                                                                            |
| 3:00  |                                                                          |                                                                                   |                                                                      |                                                                            | 2:30 - 3:30 am<br><b>Yoga with Tammy Lynn</b><br>(Tammy Lynn Faci)       |                                                                        |                                                                            |
| 4:00  |                                                                          |                                                                                   |                                                                      |                                                                            |                                                                          |                                                                        |                                                                            |
| 5:00  |                                                                          |                                                                                   |                                                                      |                                                                            |                                                                          | 5:00 - 7:00 pm<br><b>Island Ki</b><br>(Hisae Ishii-Chang)              | 5:00 - 7:30 pm<br><b>Shotokan Karate-Do Int'l. Fed.</b><br>(Les Nishikawa) |
| 6:00  | 5:30 - 6:30 pm<br><b>Aranami Dojo</b><br>(Ryan Layman )                  |                                                                                   | 5:30 - 6:30 pm<br><b>Japan Karate Shotokai - HI</b><br>(Charles Lee) | 6:00 - 8:00 pm<br><b>Shotokan Karate-Do Int'l. Fed.</b><br>(Les Nishikawa) | 5:30 - 6:30 pm<br><b>Japan Karate Shotokai - Hawaii</b><br>(Charles Lee) |                                                                        |                                                                            |
| 7:00  | 7:00 - 8:00 pm<br><b>Shorin-ryu Hawaii Seibukan</b><br>(Masakazu Teruya) | 7:00 - 9:00 pm<br><b>Kenshikan Kendo Club</b><br>(Garrett Matsumoto)              | 7:00 - 9:00 pm<br><b>Kenshikan Kendo Club</b><br>(Garrett Matsumoto) |                                                                            | 7:00 - 8:30 pm<br><b>Traditional Pathways</b><br>(Raymond Luong)         |                                                                        |                                                                            |
| 8:00  |                                                                          |                                                                                   |                                                                      |                                                                            |                                                                          |                                                                        |                                                                            |
| 9:00  |                                                                          |                                                                                   |                                                                      |                                                                            |                                                                          |                                                                        |                                                                            |

| Time available                                                                                                                               | Budō           | Name                 | School Name                  | Phone          | Email                                  | 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) 863-4093 | lokahikiaikido@gmail.com               |                              |
|                                                                                                                                              | Karate         | Ryan Layman          | Aranami Dojo                 | (808) 498-6587 | 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 Hawa   | (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        | Traditional Pathways         | (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/Iaido | Dr. Alan Suyama      | Jikishin Dojo LLC            | (808) 478-8288 | asuyama808@gmail.com                   | www.izs.org                  |
|                                                                                                                                              | Safe Failling  | Bill Doi             | Kupuna Aikido                | (808) 218-7304 | 808wdoi@gmail.com                      | www.kupunaaikido.org/        |
|                                                                                                                                              | Yoga           | Tammy Lynn Faci      | Yoga with Tammy Lynn         | (808) 797-0634 | tammyfaci@gmail.com                    | www.instagram.com/lovecyoga/ |
|                                                                                                                                              | Zen            | Sonya Miyashiro      | Institute of Zen Studies     | (808) 566-7222 | sonya@regaltravel.com                  |                              |