

JCCH KENSHIKAN DOJO SCHEDULE EFFECTIVE MAY 2026

	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 Institute of Zen Studies (Sonya Miyashiro)	8:00 - 10:00 am Jikishin Dojo LLC (Alan Suyama)
9:00		9:30 - 11:30 am Safe Falling Kupuna Aikido (Debra Bolosan) <small>05/12/2026 to 06/30/2026</small>					
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						12:30 - 1:30 pm Aranami Dojo (Ryan Layman)	12:30 - 1:30 pm Aranami Dojo (Ryan Layman)
2:00						2:00 - 4:00 pm Lokahi Ki Aikido (Vernon Loo)	
3:00			3:00 - 5:00 pm Stillness School of T'ai Chi Ch'uan (Vicki Valentine)				
4:00							
5:00						5:00 - 7:00 pm Island Ki (Hisae (Ishii-Chang)	5:00 - 7:30 pm Shotokan Karate-Do Int'l. Fed. (Les Nishikawa)
6:00	5:30 - 6:30 pm Aranami Dojo (Ryan Layman)	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)		
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)			7:30 - 8:30 pm Meikyokan (Jon Shishido)	
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
	Kendō	Garrett Matsumoto	Kenshikan Kendo Club	(808) 721-7337	gkmatsu79@gmail.com	
	Kendō	Jon Shishido	Meikyokan	(808) 636-1695	jkshishido@gmail.com	
	Zen and Budo	Dr. Alan Suyama	Jikishin Dojo LLC			
	Safe Failling	Debra Bolosan	Kupuna Aikido	(808) 228-7118		
	Tai Chi	Vicki Valentine	Stillness/T'ai Chi Ch'uan	(415) 255-2444	vicki@taichistillness.com	www.taichistillness.com
	Zen	Sonya Miyashiro	Institute of Zen Studies	(808) 566-7222	sonya@regaltravel.com	