

# JCCH KENSHIKAN DOJO SCHEDULE OCTOBER 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday 7AM - 7PM	Sunday 7AM - 7PM
7:00	7:00 - 8:30 am <b>Meikyokan</b> (Jon Shishido)	7:00 - 8:30 am <b>Meikyokan</b> (Jon Shishido)	7:00 - 8:30 am <b>Meikyokan</b> (Jon Shishido)	7:00 - 8:30 am <b>Meikyokan</b> (Jon Shishido)			
8:00						8:00 - 9:30 am <b>Institute of Zen Studies</b> (Sonya Miyashiro)	8:00 - 10:00 am <b>Jikishin Dojo LLC</b> (Alan Suyama)
9:00		9:00 - 9:50 AM <b>Safe Falling</b> Kupuna Aikido					
10:00	9:30 - 11:00 AM <b>Scholars Way</b> (Raymond Luong)	10:00 - 10:50 AM <b>Safe Falling</b> Kupuna Aikido	9:30 - 11:00 AM <b>Scholars Way</b> (Raymond Luong)		9:30 - 11:00 AM <b>Scholars Way</b> (Raymond Luong)	10:00am - 12noon <b>Kenshikan Kendo Club</b> (Garrett Matsumoto)	10:30 - 11:30 am <b>Japan Karate Shotokai - Hawaii</b> (Charles Lee)
11:00							
12:00							
1:00							
2:00						2:00 - 4:00 pm <b>Lokahi Ki Aikido</b> (Vernon Loo)	
3:00							
4:00							
5:00						5:00 - 7:00 pm <b>Island Ki</b> (Hisae Ishii-Chang)	5:00 - 7:30 pm <b>Shotokan Karate-Do Int'l. Fed.</b> (Les Nishikawa)
6:00			5:30 - 6:30 pm <b>Japan Karate Shotokai - HI</b> (Charles Lee)	6:00 - 8:00 pm <b>Shotokan Karate-Do Int'l. Fed.</b> (Les Nishikawa)	5:30 - 6:30 pm <b>Japan Karate Shotokai - Hawaii</b> (Charles Lee)		
7:00	7:00 - 8:00 pm <b>Shorin-ryu Hawaii Seibukan</b> (Masakazu Teruya)	7:00 - 9:00 pm <b>Kenshikan Kendo Club</b> (Garrett Matsumoto)	7:00 - 9:00 pm <b>Kenshikan Kendo Club</b> (Garrett Matsumoto)		7:00 - 8:30 pm <b>Scholars Way</b> (Raymond Luong)		
8:00						7:30 - 9:00 pm <b>Meikyokan</b> (Jon Shishido)	
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	864-4093	<a href="mailto:admin@lokahiki.org">admin@lokahiki.org</a>	<a href="http://lokahiki.org">lokahiki.org</a>
	Karate	G. Hisae Ishii-Chang	Island Ki	220-1032	<a href="mailto:island.ki.hawaii@gmail.com">island.ki.hawaii@gmail.com</a>	
	Karate	Charles Lee	Japan Karate Shotokai Hawaii	265-9285	<a href="mailto:lee.charles21@yahoo.com">lee.charles21@yahoo.com</a>	<a href="http://jkshawaii.com">jkshawaii.com</a>
	Karate	Masakazu Teruya	Shorin-ryu Hawaii Seibukan	808-781-6819	<a href="mailto:shorinryuhawaiiaseibukan1971@gmail.com">shorinryuhawaiiaseibukan1971@gmail.com</a>	
	Karate	Les Nishikawa	Shotokan Karate-do Int'l Fed.	497-0626	<a href="mailto:shotokanhawaii@gmail.com">shotokanhawaii@gmail.com</a>	<a href="http://shotokanhawaii.com">shotokanhawaii.com</a>
	Kobang Qigong	Raymond Luong	Scholars Way	(808)384-6859	<a href="mailto:raymond.n.luong@gmail.com">raymond.n.luong@gmail.com</a>	<a href="http://daosource.com">daosource.com</a>
	Kendō	Garrett Matsumoto	Kenshikan Kendo Club	721-7337	<a href="mailto:gkmatsu79@gmail.com">gkmatsu79@gmail.com</a>	
	Kendō	Jon Shishido	Meikyokan	636-1695	<a href="mailto:jkshishido@gmail.com">jkshishido@gmail.com</a>	
	Naginata/Iaido	Dr. Alan Suyama	Jikishin Dojo LLC	478-8288	<a href="mailto:asuyama808@gmail.com">asuyama808@gmail.com</a>	<a href="http://www.izs.org">www.izs.org</a>
	Safe Failing	Bill Doi	Kupuna Aikido	218-7304	<a href="mailto:808wdoi@gmail.com">808wdoi@gmail.com</a>	<a href="https://www.kupunaaikido.org/">https://www.kupunaaikido.org/</a>
	Zen	Sonya Miyashiro	Institute of Zen Studies	566-7222	<a href="mailto:sonya@regaltravel.com">sonya@regaltravel.com</a>	