



# MARTIAL ART CLASS HOURS

**September-to-December 2022**

## MONDAY

- 5:00 pm **Shotokan Karate by Sensei Lucas Nguyen** (*All ages & skill levels*)  
6:00 pm **Iaido – Adults & Youth** (*Instructor: Lucas Nguyen*)

## TUESDAY

- 4:15 pm **Yushin-juku Karate by Sensei Ruka Shimizu** (*Beginner Children*)  
5:00 pm **Yushin-juku Karate by Sensei Ruka Shimizu** (*Intermediate/Advanced Children & Youth*)  
6:00 pm **Okinawan Karate & Kobudo by Sensei Meltem Pekin, Shorin-ryu** (*Adults & Youth*)

## WEDNESDAY

- 6:15 pm **Shotokan Karate by Sensei Danny Chin, CKA** (*Children*)  
7:00 pm **Shotokan Karate by Kyoshi Lindquist, CKA** (*Youth & Adults*)

## THURSDAY

- 6:15 pm **Okinawan Karate by Sensei Meltem Pekin, Shorin-ryu** (*Beginner Children*)  
7:00 pm **Okinawan Karate by Sensei Meltem Pekin, Shorin-ryu** (*Int/Advanced Children & Youth*)  
8:00 pm **Yushin-juku Karate by Sensei Eric DeLaurentis** (*Adults & Youth*)

## FRIDAY

no class

## SATURDAY

- 9:00 am **Aikido** (*Instructor: Bruce Mendenhall*)  
10:00 am **Kyudo** (*Instructor: Stephen Scott*)  
4:00 pm **Kendo – General Practice** (*Instructor: Eugene Chang*)

## SUNDAY

- 10:15 am **Shotokan Karate by Sensei Steve Lucchesi, Satsuma Dojo** (*Children*)  
11:00 am **Shotokan Karate by Sensei Steve Lucchesi, Satsuma Dojo** (*Youth & Adults*)

**Japanese Art & Cultural Center**

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