



MARTIAL ART CLASS HOURS

Updated: June 2022

MONDAY

4:00 pm **Karate** – General Practice (*Instructor: Lucas Nguyen, for all ages & skill levels*)

TUESDAY

4:15 pm **Karate** - Beginner Children (*Instructor: Ruka Shimizu*)

5:00 pm **Karate** - Intermediate/Advanced Children (*Instructor: Ruka Shimizu*)

6:00 pm **Okinawan Karate & Kobudo** - (*Instructor: Meltem Pekin*)

WEDNESDAY

4:00 pm **Karate** – General Practice (*Instructor: Lucas Nguyen, for all ages & skill levels*)

5:00 pm **Iaido** – Adults & Youth (*Instructor: Lucas Nguyen; for 13-year old & up*)

THURSDAY

6:15 pm **Karate** - Beginner Children (*Instructors: Eric DeLaurentis/Kiet Nguyen*)

7:00 pm **Karate** - Intermediate Children (*Instructors: Eric DeLaurentis/Kiet Nguyen*)

8:00 pm **Karate** - Adults (*Instructor: Eric DeLaurentis*)

SATURDAY

9:00 am **Aikido** (*Instructor: Bruce Mendenhall*)

10:00 am **Kyudo** (*Instructor: Stephen Scott*)

4:00 pm **Kendo** (*Instructor: Eugene Chang*)

SUNDAY

11:15 am **Karate** - Beginner Children (*Instructor: Kenneth Harada*)

12:00 pm **Karate** - Intermediate Children (*Instructor: Kenneth Harada*)

1:00 pm **Karate** - Adults (*Instructor: Kenneth Harada*)

Japanese Art & Cultural Center

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