

MARTIAL ARTS CLASS SCHEDULE

July & August, 2026

Free trial lessons available. Simply walk in and join.

MONDAY

7:00 pm **Karate** by Dr. Colin Kageyama

TUESDAY

4:15 pm **Children's Karate** by Sensei Ruka Shimizu (Beginners)

5:00 pm **Children's Karate** by Sensei Ruka Shimizu (Intermediate/Advanced)

7:00 pm **Zen Meditation** with Conne Ralls

WEDNESDAY

6:00 pm **Karate** by Sensei Daniel Chin

7:00 pm **Karate & Kobudo** by Kyoshi Lindquist

THURSDAY

5:00 pm **Children's Karate** by Sensei Charles Alexander (All levels)

6:00 pm **Aikido** by Sensei Cory White

7:00 pm **Karate** by Dr. Colin Kageyama

8:00 pm **Karate** by Sensei Eric DeLaurentis

FRIDAY *no class*

SATURDAY

8:30 am **Aikido** by Sensei Bruce Mendenhall

10:00 am **Iaido for Beginners** by Erik & Zachary Lau

2:30 pm **Iaido** by Sensei Mark Hollingshead

4:30 pm **Kendo** by Sensei Mark Hollingshead

SUNDAY

10:15 am **Karate** by Sensei David Yang

11:00 am **Karate** by Sensei David Yang

1:00 pm **Aikido** by Sensei Saiyou Ohshima

2:30 pm **Kendo** by Sensei Sangil Lee

4:00 pm **Kyudo** by Sensei Stephen Scott



Japanese Art & Cultural Center

4334 Moorpark Ave., San Jose, CA 95129 • (408)418-3535 • staff@jpnarts.org • www.jpnarts.org