




# World Seido Karate Headquarters

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Schedule Effective: December 11, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Dojo Opens 7am	Dojo Opens 7am	Dojo Opens 7am	Dojo Opens 7am	Dojo Opens 9:30am	Dojo Opens 9:30am	Dojo Opens 10am
7:30–8:30am White Belt & Up <u>Sei Shihan Walter</u>	7:30–8:30am Color Belts <u>Sei Shihan Walter</u> White Belts <u>Sensei William Kelly</u>	7:30–8:30am White Belt & Up <u>Sei Shihan Walter</u>	7:30–8:30am Color Belts <u>Sei Shihan Walter</u> White Belts <u>Sensei William Kelly</u>	9:30–12:30pm Open Floor	10:00–11:00am All Children <u>Sensei Simon</u> <u>Senpai Gav</u>	10:25–11:05am PeeWee <u>Sensei Luis</u>
	8:30–9:15am Basic Kumite <u>Sei Shihan Walter</u> <u>Jun Shihan John</u>		8:30–9:15am Kumite <u>Sei Shihan Walter</u>		11:00am–12:00pm Children's Kumite (Green & Up) <u>Sensei Simon</u>	11:00am–12:00pm Junior & Youth <u>Sensei Luis</u>
10:00–11:00am Adv White & Up <u>Sei Shihan Walter</u>	10:00–11:00am Adv White & Up <u>Sei Shihan Walter</u>	10:00–11:00am Adv White & Up <u>Sei Shihan Walter</u>	10:00–11:00am Adv White & Up <u>Sei Shihan Walter</u>		11:00–12:00pm Visually Impaired/ Blind <u>Senpai Susan</u> <u>Senpai Rachael</u>	12:00pm–1:00pm Children's Kumite (Green & Up) <u>Sensei Luis</u>
11:00am–12:30pm Open Floor	11:00am–12:30pm Open Floor	11:00am–12:30pm Open Floor	11:00am–12:30pm Open Floor			
12:30–1:30pm Color Belts <u>Kaicho</u>  White Belts <u>Kyoshi Greg</u>	12:30–1:30pm Color Belts Nidaime  White Belts <u>Senpai Jenn</u>	12:30–1:30pm Color Belts Nidaime  White Belts <u>Kyoshi Greg</u>	12:30–1:30pm Kata <u>Sei Shihan Walter</u>  White Belts <u>Senpai Jenn</u>	12:30–1:30pm Color Belts Nidaime <u>Kyoshi Greg</u>  White Belts <u>Kyoshi Greg</u>	12:00–1:00pm Color Belts <u>Sensei Kaoru</u>  White Belts <u>Senpai Max</u>	12:00–1:00pm White Belts <u>Senpai Kat</u>
1:30–2:30pm Black Belts <u>Kaicho</u>		1:30–2:15pm Kumite (Green & Up) Nidaime		1:30–2:00pm Meditation* Nidaime	1:00–1:45pm Kata (Adv White & Up) <u>Sensei Kaoru</u>	1:00–2:00pm Color Belts <u>Jun Shihan David</u>
4:00–4:30pm PeeWee <u>Kyoshi Greg</u>		4:00–4:45pm Jr/Youth Endurance (Adv White & Up) <u>Kyoshi Greg</u>		4:00–4:30pm PeeWee <u>Kyoshi Greg</u>	2:00–2:45pm Endurance <u>Senpai Simon Jr.</u>	2:00–2:45pm Kata (Adv White & Up) <u>Jun Shihan David</u>
4:30–5:30pm Junior <u>Kyoshi Greg</u>	4:30–5:00pm PeeWee <u>Kyoshi Luke</u>	4:45–5:00pm Jr/Youth Kumite <u>Kyoshi Greg</u>	4:30–5:00pm PeeWee <u>Kyoshi Susie</u>	4:30–5:30pm Junior/Youth <u>Kyoshi Greg</u>	2:00–3:00pm Teen (ages 13 & Up) <u>Sensei Simon</u>	
4:30–5:30pm Youth <u>Kyoshi Greg</u>	5:00–6:00pm Junior & Youth <u>Kyoshi Luke</u>	4:45–5:45pm Teen (ages 13 & Up) <u>Sensei Simon</u>	5:00–6:00pm Junior & Youth <u>Senpai Gav</u>	Senior Review Class (Brown & Up) <u>Senpai Yukie</u>	3:00–3:45pm Basic Kumite (Green & Up) <u>Sensei Simon</u>	
4:30–5:30pm Teen (ages 13 & Up) <u>Senpai Joel</u> / <u>Senpai Toru</u>	5:15–6:00pm Yoga <u>Kyoshi Susie</u>	5:45–6:00pm Senior Kids Review (Brown & Up) <u>Sensei Simon</u>	5:15–6:00pm Visually Impaired/ Blind <u>Senpai Colin</u>	Teen Class <u>Sensei Simon</u>		
6:00–7:00pm Color Belts <u>Jun Shihan David</u>  White Belts <u>Sei Shihan Debra</u>	6:00–7:00pm Kata/Color Belts Nidaime <u>JS Matthew / K Luke</u>  White Belts <u>Sei Shihan Debra</u>	5:00–6:00pm Visually Impaired/ Blind Conditioning <u>Kyoshi Chris</u>	6:00–7:00pm Color Belts <u>Sensei Simon</u> <u>Sensei Horace</u>  White Belts <u>Sei Shihan Debra</u>	5:15–5:30pm Junior Black Belts Nidaime	Dojo Closes 4pm / Dojo Closes 3pm	
7:00–7:45pm Green & Up <u>Kaicho</u> <u>Jun Shihan David</u>  Kata (Adv White - Adv Yellow) <u>Sei Shihan Debra</u>	7:00–7:45pm Contact Kumite 2*** (Adv.Green & Up) (Approval by Nidaime) Nidaime	6:00–7:00pm Color Belts Nidaime  White Belts <u>Sensei Simon</u>	7:00–7:45pm Contact Kumite** (Green & Up) <u>Sensei Horace</u>	5:45pm - 6:45pm Color Belts Nidaime	<b>KEY:</b>  = core classes  = non-core classes  = children's classes  <b>For all Students:</b> In order to promote, ¾ of the minimum number of required classes must be core classes (example: 15 core classes for every 20 required)	
	7:00–7:45pm Kumite & Strategy (All Belts) <u>Kyoshi Luke</u>	7:00–8:00pm Shodan & Up Nidaime	7:00–7:45pm Self Defense <u>Sensei Simon</u>	5:45pm - 6:45pm White Belts <u>Sensei Tom</u>		
7:45pm - 8:30pm Meditation* <u>Kaicho</u>	7:45–8:30pm Blue – Adv Yellow <u>Kyoshi Luke</u>  White Belts <u>Senpai Derek</u>		7:45pm - 8:30pm White Belts <u>Sensei Horace</u>	6:45pm - 7:30pm Weapons Nidaime	<b>NOTE:</b>  *Meditation lectures every 3rd Monday and Friday of each month.  **Contact Kumite 1 requires 10 Kumite classes in order to attend.  ***Contact Kumite 2 requires 10 Contact Kumite 1 classes in order to attend.	
	7:45–8:30pm Senior Kata Review (Green & Up) <u>Sei Shihan Debra</u>		7:45pm - 8:30pm Kumite (Green Belt and Up) <u>Sensei George</u>			
Dojo Closes 8:45pm	Dojo Closes 9pm	Dojo Closes 9pm	Dojo Closes 9pm	Dojo Closes 8pm		