



WORLD SEIDO KARATE HONZAN (SEIDO JOHSHIN, INC.)

1 PARKWAY PLAZA, ELMSFORD, NY 10523

(914) 909-5000 | seido.com

Effective January 1, 2018

FULL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dojo Opens 9am	Dojo Opens 11am	Dojo Opens 11am	Dojo Opens 11am	Dojo Opens 11am	Dojo Opens 9:30am
9:45am – 10:45am All Belts <u>Nidaime</u>					10:30am – 11:30am White Belts <u>Senpai Ed</u>
					10:30am – 11:15am+ Pee Wee & Junior <u>Senpai Carl</u>
12:30pm – 1:30pm All Belts <u>Senpai Nadav</u>	12:30pm – 1:15pm Kata (Adv. White & Above) <u>Sensei Rich</u>	12:30pm – 1:30pm Adv. White & Above <u>Kaicho</u>	12:30pm – 1:15pm Black Belts <u>Nidaime</u>	12:30pm – 1:30pm All Belts <u>Senpai Nadav</u>	11:15am – 12:15pm+ Youth <u>Senpai Carl</u>
					11:30am – 12:30pm Color Belts <u>Senpai Ed</u>
					Dojo Closes 1:30pm
4:30pm – 5:00pm+ Pee Wee 4:30pm – 5:15pm+ Junior <u>Senpai Nadav</u>	4:30pm – 5:00pm+ Pee Wee 4:30pm – 5:15pm+ Junior <u>Senpai Nadav</u>	4:30pm – 5:30pm+ Youth <u>Senpai Paul</u>	4:15pm – 4:45pm+ Pee Wee 4:15pm – 5:00pm+ Junior <u>Nidaime</u>	4:30pm – 5:00pm+ Junior/Youth Endurance <u>Senpai Nadav</u>	KEY: <div style="display: flex; align-items: center; margin-bottom: 5px;"> <div style="width: 20px; height: 20px; border: 1px solid black; background-color: white; margin-right: 5px;"></div> = core classes </div> <div style="display: flex; align-items: center; margin-bottom: 5px;"> <div style="width: 20px; height: 20px; border: 1px solid black; background-color: #cccccc; margin-right: 5px;"></div> = non-core classes </div> <div style="display: flex; align-items: center; margin-bottom: 5px;"> <div style="width: 20px; height: 20px; border: 1px solid black; background-color: #808080; margin-right: 5px;"></div> = children's classes </div> <p>For all Students: In order to promote, ¾ of the minimum number of required classes must be core classes (example: 15 core classes for every 20 required)</p>
5:15pm – 6:15pm+ Youth <u>Senpai Nadav</u>	5:15pm – 6:15pm+ Youth <u>Senpai Nadav</u>	5:30pm – 6:00pm+ Pee Wee 5:30pm – 6:15pm+ Junior <u>Senpai Paul</u>	5:00pm – 6:00pm+ Youth <u>Nidaime</u>	5:00pm – 5:30pm+ Youth Kata (Blue & Above) Junior Kata (Yellow & Above) <u>Senpai Nadav</u>	
5:00pm – 6:15pm Open floor (3 rd floor) 6:15pm – 7:15pm All Belts <u>Senpai Ed</u> Open floor (1 st floor)	6:30pm – 7:30pm All Belts <u>Senpai Nadav</u>	5:00pm – 6:15pm Open floor (3 rd floor) 6:15pm – 8:00pm Seido Instructor Training Session/ Seminars (INSTRUCTORS ONLY)	6:00pm – 6:30pm+ Open Floor for Bag Work	5:00pm – 6:30pm Open floor (3 rd floor) 6:30pm – 7:30pm Adv. White & Above <u>Kaicho</u>	
7:15pm – 8:00pm Kumite Conditioning (Adv. Yellow & Above) <u>Senpai Ed</u>	7:30pm – 8:15pm Conditioning <u>Senpai Nadav</u>		6:30pm-7:30pm Adv. White & Above <u>Nidaime</u>	7:30pm – 8:00pm Kumite* (Green & Above) *except every 3 rd Fri <u>Kaicho</u> 7:30pm – 8:15pm Meditation Class** (All Belts) **every 3 rd Fri <u>Kaicho</u>	
Dojo Closes 7:30pm	Dojo Closes 8:30pm	Dojo Closes 6:15pm	Dojo Closes 8:00pm	Dojo Closes 8:15pm	

NOTE:

+ Indicates classes that are held on the first floor.

Underlined names indicate instructor(s) for each class.