

NEW DOJO TRAINING TIMES AS FROM THE 1st JANUARY 2009



Zanshin Dojo

Affiliated to JKR-UK, EKF, JKR & WKF.

JKR-UK Hombu
(Head Dojo United Kingdom)

<u>DAY</u>	<u>Start Time</u>	<u>Finish Time</u>	<u>Class Direction</u>
<i>Monday</i>	07:00pm	08:00pm	Karate All Grades Class Adults
<i>Monday</i>	08:00pm	9:00pm	Kenjitsu, Iaijitsu & Tanto-jitsu
<i>Tuesday</i>	07:00pm	08:30pm	Karate Beginners
<i>Tuesday</i>	08:30pm	09:00pm	Kobujitsu Beginners
<i>Wednesday</i>	07:30pm	08:30pm	Karate All Grades Class Adults
<i>Wednesday</i>	08:30pm	09:00pm	Kobujitsu
<i>Thursday</i>	06:00pm	07:00pm	Karate Children Beginners.
<i>Thursday</i>	07:00pm	08:00pm	Karate Children 7 th Kyu upwards
<i>Thursday</i>	08:00pm	09:00pm	Karate All Grades Class Adults
<i>Friday</i>	9:30am	10:30am	Karate All Grades Class Adults
<i>Friday</i>	10:30am	11:30am	Self Defence Class
<i>Friday</i>	07:00pm	08:30pm	Kata Bunkai, Oyo & Henka All Grades
<i>Friday</i>	08:30pm	09:00pm	Kenjitsu, Iaijitsu & Tanto-jitsu
<i>Saturday</i>	10:00am	11:00am	Karate ZANSHIN TIGER, under 8 years old class.
<i>Saturday</i>	11:00am	12:00pm	Children Beginners
<i>Saturday</i>	12:00pm	01:00pm	Children 7 th Kyu upwards
<i>Saturday</i>	01:00pm	02:00pm	Children 6 th Kyu upwards
<i>Saturday</i>	02:00pm	03:00pm	SQUAD CLASS (Check on dates)
<i>Sunday</i>	10:00am	11:00am	Karate All Grades Class Adults
<i>Sunday</i>	11:00am	12:30pm	Advanced Karate, Kata & Oyo
<i>Sunday</i>	12:30pm	1:00pm	Advanced Kobujitsu

PLEASE NOTE

- PRIVATE CLASSES CAN BE ARRANGED WITH OLIVER SENSEI DIRECT
- THE SCHEDULE MAY CHANGE DUE TO SPECIAL EVENTS AT THE DOJO
- BEFORE ATTENDING ANY CLASS PLEASE CHECK WITH THE DOJO ADMINISTRATOR THAT YOU ARE ELIGIBLE.