



Schedule Effective 1/1/2026

Monday

5:15-5:45 **Grasshopper Class**
 5:45-6:30 All Rank Juniors
 6:30-7:00 SPARRING



Tuesday

5:00-5:45 **Beginner/Novice** Juniors
 5:45-6:30 **Intermediate/Advanced** Juniors
 6:30-6:45 **Doshi Kai**
 6:45-7:45 Teen/Adult and Instructor Junior Black Belts



Wednesday

5:15-5:45 **Grasshopper Class**
 5:45-6:30 All Rank Juniors
 6:30-7:00 **KOBUDO**
 7:15-8:15 **SELF DEFENSE** (Open to all current students & Kaizen Self-Defense Members*)

Thursday

5:00-5:45 **Beginner/Novice** Juniors
 5:45-6:30 **Intermediate/Advanced** Juniors
 6:30-6:45 **Doshi Kai**
 6:45-7:45 Teen/Adult All Rank and Instructor Junior Black Belts

Friday

Testing by Invitation

Saturday

10:00-11:00 **Tai Chi**
Special Events – See Calendar

Beginner = White, Purple, Yellow
Novice = Orange, Blue
Intermediate = Green, First 2 Brown
Advanced = last Brown and Black

*See Waka Shihan for more information about the Kaizen Self-Defense Membership