

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
11:00		Technical Class (Nanjo) 11:00~12:00			Technical Class (Nanjo) 11:00~12:00		Shinjuku branch (Takahashi) (Twice a month) 10:00~12:00
12:00		For beginners (Basic/Ido Geiko)		Free Training	For beginners (Basic/Ido Geiko)		
13:00		Technical Practice/ Light Sparring 12:00~13:00			Technical Practice/ Light Sparring 12:00~13:00	Technical Practice (Throwing or Ground tech; every other week) (Black belt instructor) 12:00~14:00	
14:00						For beginners (Basic/Ido Geiko)	
15:00						Junior, Childhood Class (Shimizu, Iwasaki) 14:00~15:30	Technical Class (Mitts workout + Throwing or Ground techniques) + Sparring class (Yamazaki or HQ Dan Holder) 14:00~16:00 ****
16:00							For beginners (Basic/Ido Geiko)
17:00		Free Training			Free Training	Senior Class ("Businessman Class") (Matsubara) 16:00~19:00	
18:00	Junior Class (Shimizu, Iwasaki) 17:30~19:00		Junior, Childhood Class (Shimizu, Iwasaki) 17:00~18:30			For beginners (Basic/Ido Geiko)	
19:00					Technical Practice/Grappling (Kaneko or Shimizu) + Ground techniques Skill-up training (Notoya or Nakai; every other week) 19:00~22:00 *		
20:00	Technical Class (Inagaki) 19:30~21:30	Technical Class (Sparring Focused) (Ryota Shimizu) 19:30~21:30	Technical Class (Striking/Throwing techniques) Shimizu 19:30~21:30 ****	Technical Class (Iwasaki) 19:30~21:30		Free Training	2F Dojo (Black belt instructor) 19:30~21:00 or Ayase-Arakawa branch **
21:00	For beginners (Basic/Ido Geiko)		For beginners (Basic/Ido Geiko)	For beginners (Basic/Ido Geiko)	For beginners (Basic/Ido Geiko)		
22:00							
23:00							

● In blank time zones, you can use the training room on the 1st floor and the Dojo on the 2nd floor for free training. However, this will not be add to requirement days for your Kyu/Dan examination.

● When national holidays fall on Technical class (Mon–Thu at 19:30/Fri 19:00), these classes are held at 14:00. However, when national holidays fall on Saturday, classes are held as usual.

* 【Instructors of ground techniques (Friday at 20:00)】 [Odd-numbered week] Notoya [Even-numbered week] Nakai (Founder of PARAESTRA)

** 【2nd Floor Dojo (Saturday at 19:30)】 When the Ayase–Arakawa branch is held, this class is held on the 3rd Floor Dojo, and no Dojo is open for free training on this day.

When you would like to know the schedules of this class, please conatact Headquarters (phone: 03-5953-1860)

*** 【Judo class (Tuesday at 20:00)】 Judo class by Judo instructor for the beginners. The aim of this class is to learn and develop throwing techniques which are a part of requirements for belt examination.

The Judo class schedule is to be informed on the Daidojuku website monthly.

****【Instructors on Sunday (at 14:00)】 The schedule is to be informed on the Daidojuku website monthly.

Regarding the schedules of Shinjuku branch class (Sunday at 10:00), please ask the HQ (phone:03-5953-1860).

We accept participants in the HQ classes from other branches. (Please contact the HQ in advance)