

Headquarters Training Schedule at basement Dojo

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
10:00	FREE 10:00~17:00	10:00~11:00	FREE 10:00~16:30	FREE 10:00~18:30	10:00~11:00	FREE 10:00~11:00	KUDO Jouhou Class <Takahashi> 10:00~12:00 ※ 5	10:00	
11:00		Regular Class 11:00~12:00 (Holiday as per usual)			Regular Class 11:00~12:00 (Holiday as per usual)	Regular Class 11:00~12:00 (Holiday as per usual)		11:00	
12:00	FREE 10:00~17:00	FREE 12:00~18:30	FREE 10:00~16:30	FREE 10:00~18:30	FREE 12:00~18:30	Regular Class <Black Belt Volunteers> 11:30~13:30	FREE 12:00~13:30	12:00	
13:00						FREE 12:00~18:30	FREE 10:00~16:30	FREE 10:00~18:30	FREE 12:00~18:30
14:00	FREE 10:00~17:00	FREE 12:00~18:30	FREE 10:00~16:30	FREE 10:00~18:30	FREE 12:00~18:30	13:30~14:30	Junior/Childhood Class <Shimizu · Iwasaki> 14:00~16:00 ※ 6	Regular Class <Yamazaki · HQ Black Belt> 14:00~16:00 ※ 6	14:00
15:00						FREE 12:00~18:30		FREE 10:00~16:30	FREE 10:00~18:30
16:00	FREE 10:00~17:00	FREE 12:00~18:30	FREE 10:00~16:30	FREE 10:00~18:30	FREE 12:00~18:30	16:00~17:00	Junior/Childhood Class <Shimizu · Iwasaki> 17:00~18:30 (Closed on holiday)	Businessman Class <Matsubara> 16:30~19:00	16:00
17:00						FREE 12:00~18:30			FREE 10:00~16:30
18:00	FREE 10:00~17:00	FREE 12:00~18:30	FREE 10:00~16:30	FREE 10:00~18:30	FREE 12:00~18:30	Junior Class <Shimizu · Iwasaki> 17:30~19:00 (Closed on holiday)	Businessman Class <Matsubara> 16:30~19:00	17:00 CLOSE	18:00
19:00	FREE 10:00~17:00					FREE 12:00~18:30			FREE 10:00~16:30
20:00	Regular Class <Inagaki> 19:30~21:30 (Holiday 14:00~16:00)	Beginners Class <Shimizu> 19:00~20:00 (Holiday 13:30~14:30)	Beginners Class <Shimizu> 19:00~20:00 (Holiday 13:30~14:30)	Regular Class <Kaneko · Iwasaki> 19:00~20:30 (Holiday 13:00~14:30) ※ 2	Beginners Class <Shimizu> 19:00~20:00 (Holiday 13:00~14:00)	FREE 19:00~20:00	20:00 CLOSE	17:00 CLOSE	20:00
21:00		Regular Class <Inagaki> 19:30~21:30 (Holiday 14:00~16:00)	Sparring Class <Shimizu> 20:00~21:30 (Holiday 14:30~16:00) ※ 1	Regular Class <Shimizu> 20:00~21:30 (Holiday 14:30~16:00)	Judo Beginners Class <Judo high-ranking Dan instructor> 20:30~22:00 (Holiday 14:30~16:00) ※ 3	Ground Techniques Class <Nakai · Notoya> 20:00~22:00 (Holiday 14:00~16:00) ※ 4			FREE 19:00~20:00
22:00	FREE 21:30~23:00	FREE 21:30~23:00	FREE 21:30~23:00	FREE 21:30~23:00	FREE 22:00~23:00	FREE 22:00~23:00	20:00 CLOSE	17:00 CLOSE	22:00
23:00									FREE 21:30~23:00
23:00 CLOSE									

※ When public holidays fall on Saturday and Sunday, classes are held as usual. on Monday and Wednesday, Junior/Childhood classes are closed. on weekdays, closing time is 17:00

You can use Dojo for free training. However, this will not be added to requirement days for your Kyu/Dan examination.

General classes for all members. From warm-up to basic exercises. The contents are divided by day of week.

These classes are targeted over 35 years old mainly.

These classes are targeted Junior and Childhood.

These classes are targeted beginners. You can study Basic/Ido Geiko and basic techniques of Punching & Grappling.

“Jouhou” class for all members

Please make a swift exit until exit time as noted.

※ 1 【Sparring class on Tuesday at 20:00】 Warm-up, Basic exercises, Sparring of punching/grappling/ground techniques Shimizu Ryota(HQ Instructor)

※ 2 【Instructors of regular class on Thursday at 19:00】 <Odd-numbered week> Iwasaki Taiga(HQ Instructor) <Even-numbered week> Kaneko Tetsuya(Shinjukunishi Branch Chief)

※ 3 【Beginners class on Thursday at 20:30】 Judo-beginners class by JUDO high-ranking Dan-Instructor

※ 4 【Instructors of ground techniques on Friday at 20:00】 <Odd-numbered week> Notoya Yoshiaki(Souka Branch Chief/Rep of PARAESTRASouka) <Even-numbered week> Nakai Yuuki (Founder of PARAESTRASouka)

※ 5 【KUDO Jouhou class on Sunday at 10:00】 Twice a month, even-numbered week.

※ 6 【Instructors of regular class on Sunday at 14:00】 The schedule is to informed on the Daidojuku website.