

FSA KENSHINKAN SOHONBU (Headquarters) Class Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
8:30	Training	Free Training	Grading		Grading		Grading	8:30	
12:00								12:00	
13:00				Private Lessons Branch Chief Candidates	Free Training	Private Lessons Branch Chief Candidates	Free Training	Free Training	13:00
14:00	•Regular Seminars Selected Kids Training •Training for Tournaments								14:00
15:00								15:00	
16:00				Pre School Class 16:00~17:00		Pre School Class 16:00~17:00		16:00	
17:00				Kids Class A 17:00~18:30		Kids Class A 17:00~18:30	Instruction for Belt Grading	17:00	
18:00	Kids Class A 18:00~19:00			Kids Class Elementary/J HS 18:00~19:00		Kids Class Elementary/J HS 18:00~19:00		18:00	
19:00	Kids Class B with Adults General Class 19:00~21:00	General Class	General Class 19:00~20:30	General Class	General Class 19:00~20:30	General Class		19:00	
20:00		Beginners to Intermediate Training for Gradings		CHAOS Skills Training (including CHAOS safety) Coaching Mitt		Karate Skills Training, Sparring, and Coaching Mitt		20:00	
21:00			Evening Class 21:00~22:30		Evening Class 21:00~22:30			21:00	
22:00		Class generally from runs from 19:00~ 20:30 After that time class may continue or students may do free training.		Class generally from runs from 19:00~ 20:30 After that time class may continue or students may do free training.		Class generally from runs from 19:00~ 20:30 After that time class may continue or students may do free training.		22:00	
23:00					Advanced Training 22:30~			23:00	

*Training on Sundays is at Mabashi Elementary School Gymnasium. The dojo is open between 12:00 and 17:00.

- Training is held at the dojo from Monday to Friday.
 - Training is generally held at Mabashi Elementary School on Sunday.
 - Those who wish to may train with a coaching mitt in any class.
 - Weight Training is possible between 19:00 and 22:30.
- Beginners will receive guidance and have an individual training program designed.
- It is possible to participate in as many classes per week or per day as you like.
 - It is possible to join a class midway through.
 - Free training is permitted during free time.
 - Please contact a teacher in advance if you wish to do free training.