



# SHORINJI KEMPO SEPTEMBER 2020 SCHEDULE

CHILDREN CLASSES 6:00pm-7:00pm - ADULT CLASSES 7:00pm-8:00pm <http://sk-oc.org>

Gassho! We have begun to phase into in-person classes gradually in order to ensure the safety of our students. As we begin to carry out our plan to go back to normal practice, practices will still be held LIVE on Zoom.

For the below dates, use the link: <https://bit.ly/2OSFuRZ>

SEPTEMBER 2<sup>nd</sup> Wednesday CHILDREN 6:00pm-7:00pm / ADULTS 7:00pm-8:00pm

SEPTEMBER 4<sup>th</sup> Friday CHILDREN 6:00pm-7:00pm / ADULTS 7:00pm-8:00pm

SEPTEMBER 7<sup>th</sup> Monday CHILDREN 6:00pm-7:00pm / ADULTS 7:00pm-8:00pm

SEPTEMBER 9<sup>th</sup> Wednesday CHILDREN 6:00pm-7:00pm / ADULTS 7:00pm-8:00pm

SEPTEMBER 11<sup>th</sup> Friday CHILDREN 6:00pm-7:00pm / ADULTS 7:00pm-8:00pm

SEPTEMBER 14<sup>th</sup> Monday CHILDREN 6:00pm-7:00pm / ADULTS 7:00pm-8:00pm

SEPTEMBER 16<sup>th</sup> Wednesday CHILDREN 6:00pm-7:00pm / ADULTS 7:00pm-8:00pm

SEPTEMBER 18<sup>th</sup> Friday CHILDREN 6:00pm-7:00pm / ADULTS 7:00pm-8:00pm

## SEPTEMBER 19th SATURDAY

10AM – 11AM SHORINJI KEMPO PRACTICE

11AM – 12PM CHARITY CAR WASH !!!

ALL PROCEEDS WILL BE DONATED TO A NON-PROFIT ORGANIZATION !!!

SEPTEMBER 21<sup>st</sup> Monday CHILDREN 6:00pm-7:00pm / ADULTS 7:00pm-8:00pm

SEPTEMBER 23<sup>rd</sup> Wednesday CHILDREN 6:00pm-7:00pm / ADULTS 7:00pm-8:00pm

SEPTEMBER 25<sup>th</sup> Friday CHILDREN 6:00pm-7:00pm / ADULTS 7:00pm-8:00pm

SEPTEMBER 28<sup>th</sup> Monday CHILDREN 6:00pm-7:00pm / ADULTS 7:00pm-8:00pm

SEPTEMBER 30<sup>th</sup> Wednesday CHILDREN 6:00pm-7:00pm / ADULTS 7:00pm-8:00pm **EXAM DAY !!**



# SHORINJI KEMPO AUGUST 2020 SCHEDULE

CHILDREN CLASSES 6:00pm-7:00pm - ADULT CLASSES 7:00pm-8:00pm <http://sk-oc.org>

Gassho! We have begun to phase into in-person classes gradually in order to ensure the safety of our students. As we begin to carry out our plan to go back to normal practice, practices will still be held LIVE on Zoom.

For the below dates, use the link: <https://bit.ly/2OSFuRZ>

~~AUGUST 3<sup>rd</sup> Monday~~ **PHYSICAL CLASS CANCELLED! ! ZOOM ONLY**

AUGUST 5<sup>th</sup> Wednesday **CHILDREN** 6:00pm-7:00pm / **ADULTS** 7:00pm-8:00pm

AUGUST 7<sup>th</sup> Friday **CHILDREN** 6:00pm-7:00pm / **ADULTS** 7:00pm-8:00pm

AUGUST 10<sup>th</sup> Monday **CHILDREN** 6:00pm-7:00pm / **ADULTS** 7:00pm-8:00pm

AUGUST 12<sup>th</sup> Wednesday **CHILDREN** 6:00pm-7:00pm / **ADULTS** 7:00pm-8:00pm

AUGUST 14<sup>th</sup> Friday **CHILDREN** 6:00pm-7:00pm / **ADULTS** 7:00pm-8:00pm

AUGUST 17<sup>th</sup> Monday **CHILDREN** 6:00pm-7:00pm / **ADULTS** 7:00pm-8:00pm **EXAM DAY ! !**

AUGUST 19<sup>th</sup> Wednesday **CHILDREN** 6:00pm-7:00pm / **ADULTS** 7:00pm-8:00pm

AUGUST 21<sup>st</sup> Friday **CHILDREN** 6:00pm-7:00pm / **ADULTS** 7:00pm-8:00pm

AUGUST 24<sup>th</sup> Monday **CHILDREN** 6:00pm-7:00pm / **ADULTS** 7:00pm-8:00pm

AUGUST 26<sup>th</sup> Wednesday **CHILDREN** 6:00pm-7:00pm / **ADULTS** 7:00pm-8:00pm

AUGUST 28<sup>th</sup> Friday **CHILDREN** 6:00pm-7:00pm / **ADULTS** 7:00pm-8:00pm

AUGUST 31<sup>st</sup> Monday **CHILDREN** 6:00pm-7:00pm / **ADULTS** 7:00pm-8:00pm



# SHORINJI KEMPO JULY 2020 SCHEDULE

CHILDREN CLASSES 6:00pm-7:00pm - ADULT CLASSES 7:00pm-8:00pm <http://sk-oc.org>

Gassho! We have begun to phase into in-person classes gradually in order to ensure the safety of our students. As we begin to carry out our plan to go back to normal practice, practices will still be held LIVE on Zoom.

For the below dates, use the link <https://uci.zoom.us/j/821665501> (link subject to change) !!

**JULY 1<sup>st</sup> Wednesday** CHILDREN 6:00pm-7:00pm / ADULTS 7:00pm-8:00pm

**JULY 3<sup>rd</sup> Friday** CHILDREN 6:00pm-7:00pm / ADULTS 7:00pm-8:00pm

**JULY 6<sup>th</sup> Monday** CHILDREN 6:00pm-7:00pm / ADULTS 7:00pm-8:00pm

**JULY 8<sup>th</sup> Wednesday** CHILDREN 6:00pm-7:00pm / ADULTS 7:00pm-8:00pm

**JULY 10<sup>th</sup> Friday** CHILDREN 6:00pm-7:00pm / ADULTS 7:00pm-8:00pm

**JULY 13<sup>th</sup> Monday** CHILDREN 6:00pm-7:00pm / ADULTS 7:00pm-8:00pm

**JULY 15<sup>th</sup> Wednesday** CHILDREN 6:00pm-7:00pm / ADULTS 7:00pm-8:00pm

**JULY 17<sup>th</sup> Friday** CHILDREN 6:00pm-7:00pm / ADULTS 7:00pm-8:00pm

**JULY 20<sup>th</sup> Monday** CHILDREN 6:00pm-7:00pm / ADULTS 7:00pm-8:00pm

**JULY 22<sup>nd</sup> Wednesday** CHILDREN 6:00pm-7:00pm / ADULTS 7:00pm-8:00pm

**JULY 24<sup>th</sup> Friday** CHILDREN 6:00pm-7:00pm / ADULTS 7:00pm-8:00pm

**JULY 27<sup>th</sup> Monday** CHILDREN 6:00pm-7:00pm / ADULTS 7:00pm-8:00pm

**JULY 29<sup>nd</sup> Wednesday** CHILDREN 6:00pm-7:00pm / ADULTS 7:00pm-8:00pm

**JULY 31<sup>st</sup> Friday** CHILDREN 6:00pm-7:00pm / ADULTS 7:00pm-8:00pm



# SHORINJI KEMPO JUNE 2020 SCHEDULE

<http://sk-oc.org>

## **ZOOM PRACTICES ! ! ! !**

**Gassho! Due to the current situation with the Covid-19 pandemic, we will be hosting virtual practices over Zoom!**

**For the below dates, use the link <https://uci.zoom.us/j/821665501> (link subject to change) ! !**

**JUNE 1<sup>st</sup> Monday ALL STUDENTS 6:00pm-6:45pm / Black Belts ONLY 6:45pm-7:30pm**

**JUNE 3<sup>rd</sup> Wednesday ALL STUDENTS 6:00pm-6:45pm / Black Belts ONLY 6:45pm-7:30pm**

**JUNE 5<sup>th</sup> Friday ALL STUDENTS 6:00pm-6:45pm / Black Belts ONLY 6:45pm-7:30pm**

**JUNE 8<sup>th</sup> Monday ALL STUDENTS 6:00pm-6:45pm / Black Belts ONLY 6:45pm-7:30pm**

**JUNE 10<sup>th</sup> Wednesday ALL STUDENTS 6:00pm-6:45pm / Black Belts ONLY 6:45pm-7:30pm**

**JUNE 12<sup>th</sup> Friday ALL STUDENTS 6:00pm-6:45pm / Black Belts ONLY 6:45pm-7:30pm**

**JUNE 15<sup>th</sup> Monday ALL STUDENTS 6:00pm-6:45pm / Black Belts ONLY 6:45pm-7:30pm**

**JUNE 17<sup>th</sup> Wednesday ALL STUDENTS 6:00pm-6:45pm / Black Belts ONLY 6:45pm-7:30pm**

**JUNE 19<sup>th</sup> Friday ALL STUDENTS 6:00pm-6:45pm / Black Belts ONLY 6:45pm-7:30pm**

**JUNE 22<sup>nd</sup> Monday ALL STUDENTS 6:00pm-6:45pm / Black Belts ONLY 6:45pm-7:30pm**

**JUNE 24<sup>th</sup> Wednesday ALL STUDENTS 6:00pm-6:45pm / Black Belts ONLY 6:45pm-7:30pm**

**JUNE 26<sup>nd</sup> Friday ALL STUDENTS 6:00pm-6:45pm / Black Belts ONLY 6:45pm-7:30pm**

**JUNE 29<sup>th</sup> Monday ALL STUDENTS 6:00pm-6:45pm / Black Belts ONLY 6:45pm-7:30pm**



# SHORINJI KEMPO MAY 2020 SCHEDULE

<http://sk-oc.org>

## ZOOM PRACTICES ! ! ! !

**Gassho! Due to the current situation with the Covid-19 pandemic, we will be hosting virtual practices over Zoom!**

**For the below dates, use the link <https://uci.zoom.us/j/821665501> ! !**

**MAY 1<sup>st</sup> Friday** ALL STUDENTS 6:00pm-6:45pm / Black Belts ONLY 6:45pm-7:30pm

**MAY 4<sup>th</sup> Monday** ALL STUDENTS 6:00pm-6:45pm / Black Belts ONLY 6:45pm-7:30pm

**MAY 6<sup>th</sup> Wednesday** ALL STUDENTS 6:00pm-6:45pm / Black Belts ONLY 6:45pm-7:30pm

**MAY 8<sup>th</sup> Friday** ALL STUDENTS 6:00pm-6:45pm / Black Belts ONLY 6:45pm-7:30pm

**MAY 11<sup>th</sup> Monday** ALL STUDENTS 6:00pm-6:45pm / Black Belts ONLY 6:45pm-7:30pm

**MAY 13<sup>th</sup> Wednesday** ALL STUDENTS 6:00pm-6:45pm / Black Belts ONLY 6:45pm-7:30pm

**MAY 15<sup>th</sup> Friday** ALL STUDENTS 6:00pm-6:45pm / Black Belts ONLY 6:45pm-7:30pm

**MAY 18<sup>th</sup> Monday** ALL STUDENTS 6:00pm-6:45pm / Black Belts ONLY 6:45pm-7:30pm

**MAY 20<sup>th</sup> Wednesday** ALL STUDENTS 6:00pm-6:45pm / Black Belts ONLY 6:45pm-7:30pm

**MAY 22<sup>nd</sup> Friday** ALL STUDENTS 6:00pm-6:45pm / Black Belts ONLY 6:45pm-7:30pm

**MAY 25<sup>th</sup> Monday** ALL STUDENTS 6:00pm-6:45pm / Black Belts ONLY 6:45pm-7:30pm

**MAY 27<sup>th</sup> Wednesday** ALL STUDENTS 6:00pm-6:45pm / Black Belts ONLY 6:45pm-7:30pm

**MAY 29<sup>nd</sup> Friday** ALL STUDENTS 6:00pm-6:45pm / Black Belts ONLY 6:45pm-7:30pm



# SHORINJI KEMPO APRIL 2020 SCHEDULE

<http://sk-oc.org>

## ZOOM PRACTICES ! ! ! !

**Gassho! Due to the current situation with the Covid-19 pandemic, we will be hosting virtual practices over Zoom!**

**For the below dates, use the link <https://uci.zoom.us/j/821665501> ! !**

**APRIL 1<sup>st</sup> Wednesday ALL STUDENTS 6:00pm-6:45pm / Black Belts ONLY 6:45pm-7:30pm**

**APRIL 3<sup>rd</sup> Friday ALL STUDENTS 6:00pm-6:45pm / Black Belts ONLY 6:45pm-7:30pm**

**APRIL 6<sup>th</sup> Monday ALL STUDENTS 6:00pm-6:45pm / Black Belts ONLY 6:45pm-7:30pm**

**APRIL 8<sup>th</sup> Wednesday ALL STUDENTS 6:00pm-6:45pm / Black Belts ONLY 6:45pm-7:30pm**

**APRIL 10<sup>th</sup> Friday ALL STUDENTS 6:00pm-6:45pm / Black Belts ONLY 6:45pm-7:30pm**

**APRIL 13<sup>th</sup> Monday ALL STUDENTS 6:00pm-6:45pm / Black Belts ONLY 6:45pm-7:30pm**

**APRIL 15<sup>th</sup> Wednesday ALL STUDENTS 6:00pm-6:45pm / Black Belts ONLY 6:45pm-7:30pm**

**APRIL 17<sup>th</sup> Friday ALL STUDENTS 6:00pm-6:45pm / Black Belts ONLY 6:45pm-7:30pm**

**APRIL 20<sup>th</sup> Monday ALL STUDENTS 6:00pm-6:45pm / Black Belts ONLY 6:45pm-7:30pm**

**APRIL 22<sup>nd</sup> Wednesday ALL STUDENTS 6:00pm-6:45pm / Black Belts ONLY 6:45pm-7:30pm**

**APRIL 24<sup>th</sup> Friday ALL STUDENTS 6:00pm-6:45pm / Black Belts ONLY 6:45pm-7:30pm**

**APRIL 27<sup>th</sup> Monday ALL STUDENTS 6:00pm-6:45pm / Black Belts ONLY 6:45pm-7:30pm**

**APRIL 29<sup>th</sup> Wednesday ALL STUDENTS 6:00pm-6:45pm / Black Belts ONLY 6:45pm-7:30pm**



# SHORINJI KEMPO MARCH 2020 SCHEDULE

CHILDREN CLASSES 6:00PM-7:30PM - ADULT CLASSES 7:30PM-9:00PM <http://sk-oc.org>

**MARCH 2<sup>nd</sup> Monday Children 6:00pm-7:30pm / Adults 7:30pm-9:00pm**

**MARCH 4<sup>th</sup> Wednesday Children 6:00pm-7:30pm / Adults 7:30pm-9:00pm**

**MARCH 6<sup>th</sup> Friday 7:00pm-8:30pm ALL LEVELS**

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**MARCH 9<sup>th</sup> Monday Children 6:00pm-7:30pm / Adults 7:30pm-9:00pm**

**MARCH 11<sup>th</sup> Wednesday Children 6:00pm-7:30pm / Adults 7:30pm-9:00pm**

**MARCH 13<sup>th</sup> Friday 7:00pm-8:30pm ALL LEVELS CANCELLED DUE TO CORONA VIRUS**

## **PARENTS SELF DEFENSE CLASS**

**MARCH 15<sup>th</sup> Sunday 10am-12noon !!!**

**(Will also be covering Pressure Points to alleviate body aches and pain)**

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**~~MARCH 16<sup>th</sup> Monday Children 6:00pm-7:30pm / Adults 7:30pm-9:00pm~~ CANCELLED CORONA VIRUS**

**~~MARCH 18<sup>th</sup> Wednesday Children 6:00pm-7:30pm / Adults 7:30pm-9:00pm~~ CANCELLED CORONA VIRUS**

## **ZOOM PRACTICES ! ! ! !**

**For the below dates, use the link <https://uci.zoom.us/j/821665501> !!**

**MARCH 23<sup>th</sup> Monday 6:00pm-7:30pm**

**MARCH 25<sup>th</sup> Wednesday 6:00pm-7:30pm**

**MARCH 27<sup>th</sup> Friday 6:00pm-7:30pm**

**MARCH 30<sup>th</sup> Monday 6:00pm-7:30pm**

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**APRIL 15 & 17<sup>th</sup> 7:00pm-8:30pm ALL LEVELS CHARITY BAZAR**

**All students are encouraged to bring**

**un-broken new or used items to sell \$1, \$3, \$5 and \$10+ All donations earned will go to  
a NON-PROFIT Organization**



# SHORINJI KEMPO FEBRUARY 2020 SCHEDULE

CHILDREN CLASSES 6:00PM-7:30PM - ADULT CLASSES 7:30PM-9:00PM <http://sk-oc.org>

FEBRUARY 3<sup>rd</sup> Monday Children 6:00pm-7:30pm / Adults 7:30pm-9:00pm

FEBRUARY 5<sup>th</sup> Wednesday Children 6:00pm-7:30pm / Adults 7:30pm-9:00pm

~~FEBRUARY 7<sup>th</sup> Friday 7:00pm-8:30pm NO CLASS - FACILITY NOT AVAILABLE~~

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FEBRUARY 10<sup>th</sup> Monday Children 6:00pm-7:30pm / Adults 7:30pm-9:00pm **EXAM DAY !!**

FEBRUARY 12<sup>th</sup> Wednesday Children 6:00pm-7:30pm / Adults 7:30pm-9:00pm **EXAM DAY !!**

FEBRUARY 14<sup>th</sup> Friday 7:00pm-8:30pm **EXAM DAY !!**

## FEBRUARY 15<sup>th</sup>, 2020 LONG BEACH CHARITY WALK-JOG-RUN AT 7:30AM !!!!

5400 East Ocean Blvd., Long Beach, CA

Cost is \$12. Orange County Shorinji Kempo will donate the same amount for each person that signs up to a local non-profit organization. Please support the community you live in and take care of your health. Registration deadline is by FEBRUARY 12<sup>th</sup>, 2020.

Sign up at <https://www.abetterworldrunning.com/shorinji-kempo-21520-lb>.

Password is: shorinji

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FEBRUARY 17<sup>th</sup> Monday Children 6:00pm-7:30pm / Adults 7:30pm-9:00pm

FEBRUARY 19<sup>rd</sup> Wednesday Children 6:00pm-7:30pm / Adults 7:30pm-9:00pm

FEBRUARY 21<sup>st</sup> Friday 7:00pm-8:30pm **ALL LEVELS**

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FEBRUARY 24<sup>th</sup> Monday Children 6:00pm-7:30pm / Adults 7:30pm-9:00pm

FEBRUARY 26<sup>th</sup> Wednesday Children 6:00pm-7:30pm / Adults 7:30pm-9:00pm

FEBRUARY 28<sup>th</sup> Friday 7:00pm-8:30pm **ALL LEVELS**

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## FEBRUARY 10<sup>th</sup>/12<sup>th</sup>/14<sup>th</sup> EXAM DATES KYU AND DAN

FEB 10<sup>th</sup>/12<sup>th</sup> White/Yellow Belts - FEB 14<sup>th</sup> Green/Brown/Black Belts

We are holding extra Shorinji Kempo classes on Friday to aid students with the February 10<sup>th</sup>/12<sup>th</sup>/14<sup>th</sup> examinations. Please take advantage of these extra classes and manage your time between school/work and 2 hrs of Shorinji Kempo practice. Stay focused on understanding and repeating the techniques. Please submit your 2-4 written homework questions 1 week prior to the exam.





# **SHORINJI KEMPO JANUARY 2020 SCHEDULE**

CHILDREN CLASSES 6:00PM-7:30PM - ADULT CLASSES 7:30PM-9:00PM <http://sk-oc.org>

**JANUARY 3<sup>rd</sup> Friday 7:00pm-8:30pm ALL LEVELS**

**JANUARY 6<sup>th</sup> Monday Children 6:00pm-7:30pm / Adults 7:30pm-9:00pm**

**JANUARY 8<sup>th</sup> Wednesday Children 6:00pm-7:30pm / Adults 7:30pm-9:00pm**

**JANUARY 10<sup>th</sup> Friday 7:00pm-8:30pm ALL LEVELS**

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**JANUARY 13<sup>th</sup> Monday Children 6:00pm-7:30pm / Adults 7:30pm-9:00pm**

**JANUARY 15<sup>th</sup> Wednesday Children 6:00pm-7:30pm / Adults 7:30pm-9:00pm**

**JANUARY 17<sup>th</sup> Friday 7:00pm-8:30pm ALL LEVELS**

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**JANUARY 20<sup>th</sup> Monday Children 6:00pm-7:30pm / Adults 7:30pm-9:00pm**

**JANUARY 22<sup>nd</sup> Wednesday Children 6:00pm-7:30pm / Adults 7:30pm-9:00pm**

**JANUARY 24<sup>th</sup> Friday 7:00pm-8:30pm ALL LEVELS**

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**JANUARY 27<sup>th</sup> Monday Children 6:00pm-7:30pm / Adults 7:30pm-9:00pm**

**JANUARY 29<sup>th</sup> Wednesday Children 6:00pm-7:30pm / Adults 7:30pm-9:00pm**

**JANUARY 31<sup>st</sup> Friday 7:00pm-8:30pm ALL LEVELS**

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## **FEBRUARY 10<sup>th</sup>/13<sup>th</sup>/14<sup>th</sup> EXAM DATES KYU AND DAN**

FEB 10<sup>th</sup>/13<sup>th</sup> White/Yellow Belts - FEB 14<sup>th</sup> Green/Brown/Black Belts

We are holding extra Shorinji Kempo classes on Fridays – 5 days in the month of January to aid the students with the February 10<sup>th</sup>/13<sup>th</sup>/14<sup>th</sup> examinations. Please take advantage of these extra classes and manage your time between school/work and 2 hrs of Shorinji Kempo practice. Stay focused on understanding and repeating the techniques. Please submit your 2-4 written homework questions 1 week prior to the exam.

## **FEBRUARY 15<sup>th</sup>, 2020 LONG BEACH CHARITY WALK-JOG-RUN AT 7:30AM !!!!**

**5400 East Ocean Blvd., Long Beach, CA**

Cost is \$12. Orange County Shorinji Kempo will donate the same amount for each person that signs up to a local non-profit organization. Please support the community you live in and take care of your health. Registration deadline is by January 25<sup>th</sup>, 2020.

Sign up at <https://www.abetterworldrunning.com/shorinji-kempo-21520-lb>.

Password is: shorinji.