



SHORINJI KEMPO MARCH 2020 SCHEDULE

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

MARCH 2nd Monday Children 6:00pm-7:30pm / Adults 7:30pm-9:00pm

MARCH 4th Wednesday Children 6:00pm-7:30pm / Adults 7:30pm-9:00pm

MARCH 6th Friday 7:00pm-8:30pm ALL LEVELS

MARCH 9th Monday Children 6:00pm-7:30pm / Adults 7:30pm-9:00pm

MARCH 11th Wednesday Children 6:00pm-7:30pm / Adults 7:30pm-9:00pm

MARCH 13th Friday 7:00pm-8:30pm ALL LEVELS CANCELLED DUE TO CORONA VIRUS

PARENTS SELF DEFENSE CLASS

MARCH 15th Sunday 10am-12noon !!!

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

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

~~**MARCH 18th 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 23th Monday 6:00pm-7:30pm

MARCH 25th Wednesday 6:00pm-7:30pm

MARCH 27th Friday 6:00pm-7:30pm

MARCH 30th Monday 6:00pm-7:30pm

APRIL 15 & 17th 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 3rd Monday Children 6:00pm-7:30pm / Adults 7:30pm-9:00pm

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

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

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

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

FEBRUARY 14th Friday 7:00pm-8:30pm EXAM DAY !!

FEBRUARY 15th, 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 12th, 2020.

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

Password is: shorinji

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

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

FEBRUARY 21st Friday 7:00pm-8:30pm ALL LEVELS

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

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

FEBRUARY 28th Friday 7:00pm-8:30pm ALL LEVELS

FEBRUARY 10th/12th/14th EXAM DATES KYU AND DAN

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

We are holding extra Shorinji Kempo classes on Friday to aid students with the February 10th/12th/14th 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 3rd Friday 7:00pm-8:30pm ALL LEVELS

JANUARY 6th Monday Children 6:00pm-7:30pm / Adults 7:30pm-9:00pm

JANUARY 8th Wednesday Children 6:00pm-7:30pm / Adults 7:30pm-9:00pm

JANUARY 10th Friday 7:00pm-8:30pm ALL LEVELS

JANUARY 13th Monday Children 6:00pm-7:30pm / Adults 7:30pm-9:00pm

JANUARY 15th Wednesday Children 6:00pm-7:30pm / Adults 7:30pm-9:00pm

JANUARY 17th Friday 7:00pm-8:30pm ALL LEVELS

JANUARY 20th Monday Children 6:00pm-7:30pm / Adults 7:30pm-9:00pm

JANUARY 22nd Wednesday Children 6:00pm-7:30pm / Adults 7:30pm-9:00pm

JANUARY 24th Friday 7:00pm-8:30pm ALL LEVELS

JANUARY 27th Monday Children 6:00pm-7:30pm / Adults 7:30pm-9:00pm

JANUARY 29th Wednesday Children 6:00pm-7:30pm / Adults 7:30pm-9:00pm

JANUARY 31st Friday 7:00pm-8:30pm ALL LEVELS

FEBRUARY 10th/13th/14th EXAM DATES KYU AND DAN

FEB 10th/13th White/Yellow Belts - FEB 14th 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 10th/13th/14th 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 15th, 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 25th, 2020.

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

Password is: shorinji.