

SHUSWAP DOJO MONTHLY INSTRUCTOR SCHEDULE
FOR HELPERS AND WARM-UP/KIHON
SPRING 2023 SESSION – APRIL
(dated 31 Mar 2023)

DATES (see page 4 for class structure)	CLASSES		
	6:00 pm - 6:30 pm	6:00 pm - 7:00 pm	7:15 pm - 8:30 pm
	5-6 years old	7-11 years old	Youths (12+)/adults
	Helpers (Russ Sensei is lead instructor)	Instructor conducting warm-up/kihon Helpers	Instructor conducting warm-up/kihon
Tuesday 4 Apr	Maureen Sensei	Jean-Luc Sensei Vic Shihan Skip Sensei George Sensei	Vic Shihan
	Alicia Senpai		All Black Belts attend this warm-up/kihon
	Cody Senpai		
	Ryleigh		
	Sajjad		
Thursday 6 Apr	George Sensei	Vic Shihan Jean-Luc Sensei Maureen Sensei Skip Sensei	Alicia Senpai
	Kimberly Senpai		All other Black Belts practice upstairs
	Ewan Senpai		
	Noah Senpai		
	Ryleigh		
	Sajjad		
Tuesday 11 Apr	Jean-Luc Sensei	Skip Sensei Vic Shihan Maureen Sensei George Sensei	Kimberly Senpai
	Alicia Senpai		All other Black Belts practice upstairs
	Cody Senpai		
	Ryleigh		
	Sajjad		
Thursday 13 Apr	Vic Sensei	George Sensei Jean-Luc Sensei Maureen Sensei Skip Sensei	Cody Senpai
	Kimberly Senpai		All other Black Belts practice upstairs
	Ewan Senpai		
	Noah Senpai		
	Ryleigh		
	Sajjad		

DATES (see page 4 for class structure)	CLASSES		
	6:00 pm - 6:30 pm	6:00 pm - 7:00 pm	7:15 pm - 8:30 pm
	5-6 years old	7-11 years old	Youths (12+)/adults
	Helpers (Russ Sensei is lead instructor)	Instructor conducting warm-up/kihon Helpers	Instructor conducting warm-up/kihon
Tuesday 18 Apr	Skip Sensei	Maureen Sensei Vic Shihan Jean-Luc Sensei George Sensei	Ewan Senpai All other Black Belts practice upstairs
	Alicia Senpai		
	Cody Senpai		
	Ryleigh		
	Sajjad		
Thursday 20 Apr	Maureen Sensei	Jean-Luc Sensei Vic Shihan Skip Sensei George Sensei	Noah Senpai All other Black Belts practice upstairs
	Kimberly Senpai		
	Ewan Senpai		
	Noah Senpai		
	Ryleigh		
	Sajjad		
Tuesday 25 Apr	George Sensei	Skip Sensei Jean-Luc Sensei Maureen Sensei	Jean-Luc Sensei All other Black Belts practice upstairs
	Alicia Senpai		
	Cody Senpai		
	Raina		
	Ryleigh		
	Sajjad		
Thursday 27 Apr	Jean-Luc Sensei	George Sensei Maureen Sensei Skip Sensei	Maureen Sensei All other Black Belts practice upstairs
	Kimberly Senpai		
	Ewan Senpai		
	Noah Senpai		
	Raina		
	Ryleigh		
	Sajjad		

NOTES:

- 1. If you are unavailable, it is your responsibility to arrange for a replacement.**
- 2. The above schedule ensures that there is at least one Black Belt present for each class.**

**AVAILABILITY as HELPERS
and/or to CONDUCT WARM-UP/KIHONS
FEB 2023**

#	NAME	TUESDAY		THURSDAY		NOTES
		6:00 pm	7:15 pm	6:00 pm	7:15 pm	
1	Vic Shihan					Away 24 Apr – 1 May
2	Jack Shihan					Fill-in as required.
3	Steve Shihan					When available.
4	Jean-Luc Sensei					
5	Maureen Sensei					
6	Russ Sensei					Lead instructor for 5-6 year old class. No youths (12+)/adults subjects group assigned.
7	Jack Sensei					When available.
8	Skip Sensei					
9	George Sensei					
10	Haden Sensei					When available.
11	Alicia Senpai					Helping on Tuesdays.
12	Cody Senpai					Helping on Tuesdays.
13	Kimberly Senpai					Helping on Thursdays.
14	Ewan Senpai					Helping on Thursdays
15	Noah Senpai					Helping on Thursdays
16	Raina					Helping with the 5-6 years old & 7-11 years old classes. Away 1 – 23 Apr.
17	Ryleigh					Helping with the 5-6 years old & 7-11 years old classes.
18	Sajjad					Helping with the 5-6 years old & 7-11 years old classes.

CLASS STRUCTURE

(UPDATED 7 JAN 2023)

6:00 PM	6:00 PM	7:15 PM
5-6 years old	7-11 years old	Youths(12+)/adults
UPSTAIRS	DOWNSTAIRS & UPSTAIRS	DOWNSTAIRS & UPSTAIRS
<p><u>Instructors</u></p> <ul style="list-style-type: none"> ➤ Lead instructor: Russ Sensei (Tues and Thurs). ➤ Plus 2 or 3 helpers per class on a rotational basis. 	<p><u>Instructors</u></p> <ul style="list-style-type: none"> ➤ Warm-up/kihon (downstairs): 1 instructor for both on a rotational basis. ➤ Subjects (downstairs and upstairs): 1 instructor (and helper as available) pre-assigned to each belt/stripes group for the full session. 	<p><u>Instructors</u></p> <ul style="list-style-type: none"> ➤ Warm-up/kihon (downstairs): <ul style="list-style-type: none"> ○ 1 instructor for both on a rotational basis. ○ All other Black Belts practice their subjects upstairs. ➤ Subjects (downstairs and upstairs): Instructors assigned to each belt/stripes group during class.
6:00 – 6:02 Opening ceremony	6:00 – 6:02 Opening ceremony	7:15 – 7:17 Opening ceremony
6:02 – 6:28 Warm-up Game Kihon Subjects (as applicable)	6:02 – 6:15 Warm-up	7:17 – 7:30 Warm-up
	6:15 – 6:28 Kihon and self-defence (Thurs)	7:30 – 7:43 Kihon and self-defence (Thurs)
	6:28 – 6:30 Water break	7:43 – 7:45 Water break
	6:30 – 6:55 Belt/stripes subjects	7:45 – 8:25 Belt/stripes subjects
	6:55 – 6:58 Demonstrations	8:25 – 8:28 Demonstrations Tensho (Tues) Sanchin (Thurs)
6:28 – 6:30 Closing ceremony	6:58 – 7:00 Closing ceremony	8:28 – 8:30 Closing ceremony
Exit	Exit	Exit