

SHUSWAP DOJO MONTHLY INSTRUCTOR SCHEDULE
FOR HELPERS AND WARM-UP/KIHON
SPRING 2023 SESSION – MAY
(dated 30 Apr 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 2 May	Maureen Sensei	Jean-Luc Sensei Vic Shihan Skip Sensei George Sensei	Vic Shihan
	Alicia/Cody Senpais		All Black Belts attend this warm-up/kihon
	Ewan/Noah Senpais		
	Ryleigh/Sajjad		
	Raina/Ivan		
Thursday 4 May	George Sensei	Vic Shihan Jean-Luc Sensei Maureen Sensei Skip Sensei	Alicia Senpai
	Kimberly Senpai		All other Black Belts practice upstairs
	Ewan/Noah Senpais		
	Ryleigh/Sajjad		
	Raina/Ivan		
Tuesday 9 May	Jean-Luc Sensei	Skip Sensei Vic Shihan Maureen Sensei George Sensei	Kimberly Senpai
	Alicia/Cody Senpais		All other Black Belts practice upstairs
	Ewan/Noah Senpais		
	Ryleigh/Sajjad		
	Raina/Ivan		
Thursday 11 May	Vic Sensei	George Sensei Jean-Luc Sensei Maureen Sensei Skip Sensei	Cody Senpai
	Kimberly Senpai		All other Black Belts practice upstairs
	Ewan/Noah Senpais		
	Ryleigh/Sajjad		
	Raina/Ivan		

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	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 16 May	Skip Sensei		
	Alicia/Cody Senpais	Vic Shihan	Ewan Senpai
	Ewan/Noah Senpais	Maureen Sensei	All other Black Belts practice upstairs
	Ryleigh/Sajjad	Jean-Luc Sensei	
	Raina/Ivan	George Sensei	
Thursday 18 May	Maureen Sensei		
	Kimberly Senpai		Noah Senpai
	Ewan/Noah Senpais	Jean-Luc Sensei	All other Black Belts practice upstairs
	Ryleigh/Sajjad	Vic Shihan	
	Raina/Ivan	Skip Sensei George Sensei	
TUESDAY 23 MAY	NO CLASSES		
Thursday 25 May	Jean-Luc Sensei		
	Kimberly Senpai	Skip Sensei	Jean-Luc Sensei
	Ewan/Noah Senpais	Vic Shihan	All other Black Belts practice upstairs
	Ryleigh/Sajjad	Maureen Sensei	
	Raina/Ivan	George Sensei	
Tuesday 30 May	Jean-Luc Sensei		
	Alicia/Cody Senpais	George Sensei	Vic Shihan
	Ewan/Noah Senpais	Vic Shihan	All other Black Belts practice upstairs
	Ryleigh/Sajjad	Maureen Sensei	
	Raina/Ivan	Skip Sensei	

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
MAY 2023**

#	NAME	TUESDAY		THURSDAY		NOTES
		6:00 pm	7:15 pm	6:00 pm	7:15 pm	
1	Vic Shihan					
2	Jack Shihan					Fill-in as required.
3	Steve Shihan					When available.
4	Jean-Luc Sensei					
5	Maureen Sensei					
6	Russ Sensei					<ul style="list-style-type: none"> ➤ Lead instructor for 5-6 year old class. ➤ Away 23 May – 4 Jun. ➤ 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 with the 5-6 years old & 7-11 years old classes.
12	Cody Senpai					Helping on Tuesdays with the 5-6 years old & 7-11 years old classes.
13	Kimberly Senpai					Helping on Thursdays with the 5-6 years old & 7-11 years old classes.
14	Ewan Senpai					Helping on Tues and Thurs with the 5-6 years old & 7-11 years old classes.
15	Noah Senpai					Helping on Thurs and Thurs with the 5-6 years old & 7-11 years old classes.
16	Raina					Helping on Tues and Thurs with the 5-6 years old & 7-11 years old classes.
17	Ivan					Helping on Tues and Thurs with the 5-6 years old & 7-11 years old classes.
18	Ryleigh					Helping on Tues and Thurs with the 5-6 years old & 7-11 years old classes.
19	Sajjad					Helping on Tues and Thurs 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