

# Kenzen Karate

## JANUARY 2026

Note: 3:30pm Monday to Friday Junior classes are held during school weeks September to June

"Kenzen Office" phone/text 250-857-5907  
 contact@kenzenkarate.com  
 www.kenzenkarate.com  
 UPDATED JAN 7, 2026

MON	TUE	WED	THU	FRI	SAT	SUN
29-Dec-25	30-Dec	31-Dec	1-Jan	2-Jan	3-Jan	4-Jan
CLUB CLOSED DEC 22 TO JAN 4						
	12-1p ADULTS JIU-JITSU					
5-Jan	6-Jan	7-Jan	8-Jan	9-Jan	10-Jan	11-Jan
CLUB RE-OPENS	12-1p ADULTS JIU-JITSU		12-1p ADULTS JIU-JITSU		8:30a TEENS & ADULTS 9:40a JRS ORANGE-BROWN 10:50a JRS WHITE-YELLOW 12p SAMURAI 1-2p YOUTH JIU-JITSU	
3:30p JRS ORANGE-BROWN 4:45p SAMURAI 5:10p JRS WHITE-YELLOW 6:20p JRS ORANGE-BROWN 7:30p TEENS 12-15yrs	3:30p JRS WHITE-YELLOW 4:45p SAMURAI 5:10p JRS ORANGE-BROWN 6:20p JRS WHITE-YELLOW 7:30p ADULTS	3:30p JRS ORANGE-BROWN 4:45p SAMURAI 5:10p JRS WHITE-YELLOW 6:20p JRS ORANGE-BROWN 7:30p TEENS 12-15yrs	3:30p JRS WHITE-YELLOW 4:45p SAMURAI 5:10p JRS ORANGE-BROWN 6:20p JRS WHITE-YELLOW 7:30p ADULTS	3:30p JRS ALL RANKS 4:30pm ELITE KATA 4:45p SAMURAI 5:30p SPORTS KARATE	BC Team Selections & Training, Chilliwack	
12-Jan	13-Jan	14-Jan	15-Jan	16-Jan	17-Jan	18-Jan
3:30p JRS ORANGE-BROWN 4:45p SAMURAI 5:10p JRS WHITE-YELLOW 6:20p JRS ORANGE-BROWN 7:30p TEENS 12-15yrs	3:30p JRS WHITE-YELLOW 4:45p SAMURAI 5:10p JRS ORANGE-BROWN 6:20p JRS WHITE-YELLOW 7:30p ADULTS	3:30p JRS ORANGE-BROWN 4:45p SAMURAI 5:10p JRS WHITE-YELLOW 6:20p JRS ORANGE-BROWN 7:30p TEENS 12-15yrs	3:30p JRS WHITE-YELLOW 4:45p SAMURAI 5:10p JRS ORANGE-BROWN 6:20p JRS WHITE-YELLOW 7:30p ADULTS	3:30p JRS ALL RANKS 4:30pm ELITE KATA 4:45p SAMURAI 5:30p SPORTS KARATE	8:30a TEENS & ADULTS 9:40a JRS ORANGE-BROWN 10:50a JRS WHITE-YELLOW 12p SAMURAI 1-2p YOUTH JIU-JITSU	
19-Jan	20-Jan	21-Jan	22-Jan	23-Jan	24-Jan	25-Jan
JAN 19-24 SAMURAI KIDS COLOUR STRIPE TEST WEEK						
	12-1p ADULTS JIU-JITSU	JAN 21+22: JUNIORS, TEENS & ADULTS 2ND STRIPE CHECKS				
3:30p JRS ORANGE-BROWN 4:45p SAMURAI 5:10p JRS WHITE-YELLOW 6:20p JRS ORANGE-BROWN 7:30p TEENS 12-15yrs	3:30p JRS WHITE-YELLOW 4:45p SAMURAI 5:10p JRS ORANGE-BROWN 6:20p JRS WHITE-YELLOW 7:30p ADULTS	3:30p JRS ORANGE-BROWN 4:45p SAMURAI 5:10p JRS WHITE-YELLOW 6:20p JRS ORANGE-BROWN 7:30p TEENS 12-15yrs	3:30p JRS WHITE-YELLOW 4:45p SAMURAI 5:10p JRS ORANGE-BROWN 6:20p JRS WHITE-YELLOW 7:30p ADULTS	3:30p JRS ALL RANKS 4:30pm ELITE KATA 4:45p SAMURAI 5:30p SPORTS KARATE 6:30-8pm BROWN/BLACK BELT CLUB	8:30a TEENS & ADULTS 9:40a JRS ORANGE-BROWN 10:50a JRS WHITE-YELLOW 12p SAMURAI 1-2p YOUTH JIU-JITSU	
26-Jan	27-Jan	28-Jan	29-Jan	30-Jan	31-Jan	1-Feb
3:30p JRS YE-BL 4:45p SAMURAI 5:10p JRS WHITE 6:20p JRS YE-BL 7:30p TEENS 12-15yrs	12-1p GRACIE JIU-JITSU 3:30p JRS WHITE 4:45p SAMURAI 5:10p JRS YE-BL 6:20p JRS WHITE 7:30p ADULTS	3:30p JRS YE-BL 4:45p SAMURAI 5:10p JRS WHITE 6:20p JRS YE-BL 7:30p TEENS 12-15yrs	12-1p GRACIE JIU-JITSU 3:30p JRS WHITE 4:45p SAMURAI 5:10p JRS YE-BL 6:20p JRS WHITE 7:30p ADULTS	3:30p ALL JUNIORS RANKS 4:45p SAMURAI 5:30p SPORTS KARATE 6:45-7:45 Bring a Buddy + Pizza! (7-15 yrs)	8:30a TEENS & ADULTS 9:40a JRS ORANGE-BROWN 10:50a JRS WHITE-YELLOW 12p SAMURAI 1-2p YOUTH JIU-JITSU	