



24 Hour Training, Southwest Washington Shotokan, April 29, 2000

# February 2019

Katas of the Month:  
*Heian Nidan, Sandan  
 Gojushiho Dai*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18 Presidents Day (Dojo closed)	19	20	21	22	23
24	25	26	27	28		