



Camp Elphinstone, BC, September 10, 2000

# September

Katas of the Month:  
*Heian Nidan, Yondan*  
*Meikyo, Jiin*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Boot Camp III Bellevue, WA
2 Boot Camp III Bellevue, WA	3 <b>Labor Day</b> (Dojo closed)	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						