



The future of the Northwest region at the ISKF U.S. Nationals in Las Vegas, NV, November 17, 2019

# April 2022

Katas of the Month:  
*Heian Godan,*  
*Empi, Tekki Sandan*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9 Dan Exam Bellevue, WA — Mercado, Napa
10	11	12	13	14	15	16
17	18	19	20	21	22	23
<b>Easter</b>						
24	25	26	27	28	29	30 Haight San Francisco