



Red Barn Shotokan Karate Club, Sensei Neal Yoshioka, Petaluma, CA

August 2022

Katas of the Month:
Kanku Dai,
Sochin, Nijushiho

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6 Dan Exam Bellevue, WA
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



Association for Shotokan Karate of Napa, Sensei Chela Morales-Placone and Sensei Rick Placone, Napa, CA

July 2022

Katas of the Month:
Taikyoku Sandan,
Bassai Dai, Jiin

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Independence Day (Dojo closed)	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
31						



Academy of Martial Arts Shotokan, Sensei Joji Mercado, South San Francisco, CA

September 2022

Katas of the Month:
Heian Yondan,
Bassai Sho

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 Labor Day (Dojo closed)	6	7	8	9	10
11 Instructor Training Bellevue, WA	12	13	14	15	16	17 Regional Training Sat or Sun TBD Bellevue / Zoom
18	19	20 C. Cline's Birthday	21	22	23	24
25	26	27	28	29	30	



ISKF of Seattle, Sensei Kris Haight with Sensei Allie Adams and Sensei John Lane, Seattle, WA

June 2022

Katas of the Month:
Taikyoku 1-2,
Hangetsu, 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
19	20	21	22	23	24	25
Father's Day			T. Okazaki's Birthday			Regional Training Sat or Sun TBD Bellevue / Zoom
26	27	28	29	30		



Southwest Washington Shotokan Karate Club, Sensei Ken Kraisler, Vancouver, WA

October 2022

Katas of the Month:
Heian Godan,
Kanku Sho

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Cline San Francisco
2 Cline San Francisco	3	4	5	6	7	8
9	10 Indigenous People's Day (Dojo closed)	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31 Halloween					



Northwest power at the ISKF U.S. Nationals in Las Vegas, NV, November 17, 2019

May 2022

Katas of the Month:
*Tekki Shodan,
Jitte, Chinte*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Haight San Francisco	2	3	4	5	6	7
8 Mother's Day	9	10	11	12	13	14
15	16	17	18	19	20	21
22 Instructor Training Bellevue, WA	23	24	25	26	27	28
29	30 Memorial Day (Dojo closed)	31				



Bellevue Boot Camp IV with Sensei Mark Tarrant, May 18, 2019

November

Katas of the Month:
Heian Sandan,
Gojushiho Sho

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
					Veteran's Day	
13	14	15	16	17	18	19
Instructor Training Bellevue, WA	Y. Yaguchi's Birthday				U.S. Nationals Philadelphia, PA	U.S. Nationals Philadelphia, PA
20	21	22	23	24	25	26
U.S. Nationals Philadelphia, PA				Thanksgiving (Dojo closed)	Thanksgiving (Dojo closed)	Thanksgiving (Dojo closed)
27	28	29	30			



Columbia Basin Shotokan, Sensei John Jaffe, Richland, WA

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 Easter	18	19	20	21	22	23
24	25	26	27	28	29	30 Haight San Francisco



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

December 2022

Katas of the Month:
Heian Nidan,
Meikyo, Wankan

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 Dan Exam Bellevue, WA
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24 Christmas Eve (Dojo closed)
25 Christmas (Dojo closed)	26 Boxing Day (Dojo closed)	27	28	29	30	31 New Years Eve (Dojo closed)



Western Washington Shotokan Karate Club, Sensei Cathy Cline, Bellevue, WA

March 2022

Katas of the Month:
Heian Yondan,
Jion

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	19
20	21	22	23	24	25	26
Regional Training Zoom						
27	28	29	30	31		



Sensei Cathy Cline seminar at AMAS, March 30, 2019

January 2023

Katas of the Month:
Heian Shodan,
Unsu, Tekki Nidan

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Regional Training Bellevue / Zoom	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16 MLK Day (Dojo closed)	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



Kaizen Shotokan Karate Club, Sensei Monica Tieu, Bonney Lake, WA



Dojo Kun

*Seek perfection of character
Be faithful
Endeavor
Respect others
Refrain from violent behavior*

*Jinkaku kansei ni tsutomuru koto
Makoto no michi o mamoru koto
Doryoku no seishin o yashinau koto
Reigi o omonzuru koto
Kekki no yu o imashimuru koto*



常に思念工夫せよ

Yaguchi Sensei goes up to the Mountain

February 2023

Katas of the Month:
Heian 1-3,
Gankaku

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
19	20 Presidents Day (Dojo closed)	21	22	23	24	25
26	27	28				



Northwest Region Training Calendar 2022

ISKF Northwest Honbu Dojo

Western Washington
Shotokan Karate Group

12611 Northup Way
Bellevue, WA 98005

Mon	6:30 pm – 7:30pm	Adults, All Ranks
Wed	5:15 pm – 6:00 pm 6:30 pm – 7:30 pm	Kids Zoom/In-person Adults, All Ranks
Sat	9:30 am – 10:15 am 10:30 am – 11:30 am	Kids Adults, Green & Above



Kris Haight, Director
(425) 281-6949
Kris.Haight@iskfnw.org



Cathy Cline, Chief Instructor
(425) 765-9161
Cathy.Cline@iskfnw.org



Mission:
To preserve and spread
traditional Japanese karate
through exceptional instruction.

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Photos by: Many people over the years —Thank you!