



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