



Okinawan Karate-do

JUNE 2018

*With the tongue we praise our Lord and
 Father, and with it we curse men, who
 have been made in God's image. Out of
 the same mouth come praise and cursing.
 My brothers, this should not be.
 James 3:9-10*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Speed Drills	5 Yakusoku Kumite	6	7 Take Downs/ Sweeps	8	9 Beach Party Daytona 10-5
10	11	12 Kobudo	13	14	15 Makiwara/ Bag Drills	16
17	18	19 Bunkai/YK	20 Blackbelt Class 6:30	21 Judo \$3 donation	22 Blockers	23
24	25 Sign-off	26 Sign-off	27	28	29	30 Testing July 14th

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