



Okinawan Karate-do

NOVEMBER 2017

Give thanks to Him and praise His name.

*For the Lord is good
and His love endures forever.*

Psalm 100:4

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7 BB class	8	9	10 Bag work/ Makiwara	11
12	13 Self-defense techniques	14 Kobudo	15 Blackbelt class 6:30	16 Judo \$3 donation	17	18
19	20	21 Open class	22	23 Dojo Closed	24 Dojo closed	25
26	27	28 Passai	29	30	Parents Night Out Tonight! 12/1	Demo is December 9th