

# AUGUST 2019





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Sun	Mon	Tues	Wed	Thurs	Fri	Sat
BUNKAI AND YAKUSOKU KUMITE	New TSHIRTS Are in			1 Recommendations for study contest begins	2	3
4 Self Defense	5	6 	7 BRING A FRIEND	8	9	10 ★HAPPY★ BIRTHDAY! James
11 KATA	12 8/12/1945 Remembering Soke Nagamine On his date of birth	13 	14	15 BRING A FRIEND	16	17
18 Kumite	19	20 	21	22 ★HAPPY★ BIRTHDAY! Quincy	23	24
25 Fitness & Footwork	26	27 	28	29	30	31 Closed

