



ISKF of MT

INTERNATIONAL SHOTOKAN KARATE FEDERATION OF MONTANA

SPECIAL ANNOUNCEMENT KANGEIKO

January 20 – January 25, 2020

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|-------------------|--------------------------|--------------------------------|
| Jan 20, Monday | 5:30 – 7:30 pm | Kihon, Kata, Kumite |
| Jan 21, Tuesday | 5:30 – 7:30 pm | Kihon, Kata, Kumite |
| Jan 22, Wednesday | 5:30 – 7:30 pm | Kihon, Kata, Kumite |
| Jan 23, Thursday | 5:30 – 7:30 pm | Kihon, Kata, Kumite |
| Jan 24, Friday | 5:30 – 7:30? pm 7:30? | Tournament (Modified) Pizza |
| Jan 25, Saturday | 8:00 – 9:30 am | 26 Kata |

Kata's for the week **Empi for kyu belts and Kanku Sho for Black belts**

During Kangeiko week be prepared and come ready to work out. Bring Water.