



# January, 2020

*World Shorin-Ryu Karate-Do Federation*



**“Karate-Do may be referred to as the conflict between yourself, or a life-long marathon which can be won only through self-discipline, hard training, and your own creative efforts.” Grand Master Nagamine**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 HAPPY NEW YEAR	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17 Black/Brown Belt Class Troy Dojo 7:30-9:30 pm	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

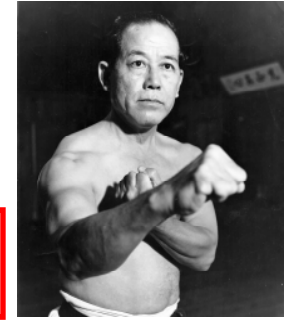
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[www.shorin-ryu.net](http://www.shorin-ryu.net)

## AGE OF NAGAMINE



# February, 2020

*World Shorin-Ryu Karate-Do Federation*



**“Even after many years, kata practice is never finished for there is always something new to be learned about executing a movement.” Grand Master Nagamine**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14  Valentines' Day	15
16	17  PRESIDENTS DAY	18	19	20	21 Black/Brown Belt Class Troy Dojo 7:30-9:30 pm	22
23	24	25	26	27	28	29

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## AGE OF NAGAMINE



# March, 2020

*World Shorin-Ryu Karate-Do Federation*



**“Karate-Do is definitely a martial way, and its identity lies in Do or Principles. Any martial art without proper training of the mind turns into beastly behavior.” Grand Master Nagamine.**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20 Black/Brown Belt Class Troy Dojo 7:30-9:30 pm	21 Kuro Obi Kai Troy Dojo 9 am-12 pm
22	23	24	25	26	27	28
29	30	31				

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## AGE OF NAGAMINE



# April, 2020

*World Shorin-Ryu Karate-Do Federation*



**“The dojo is the place where courage is fostered and superior human nature is bred through the ecstasy of sweating in hard work. It is the sacred place where the human spirit is polished.” Grand Master Nagamine**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12 	13	14	15	16	17 Black/Brown Belt Class Troy Dojo 7:30-9:30 pm	18
19	20	21	22	23	24	25
26	27	28	29	30		

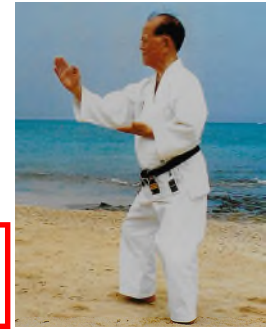
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## AGE OF NAGAMINE



# May, 2020

## World Shorin-Ryu Karate-Do Federation



**“Karate ultimately produces in the individual a vital concentration of energy that expands to heroic proportions in times of crisis.” Grand Master Nagamine**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15 Black/Brown Belt Class Troy Dojo 7:30-9:30 pm	16
17	18	19	20	21	22	23
24	25 MEMORIAL DAY 	26	27	28	29	30
31						

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# AGE OF NAGAMINE





# June, 2020

## World Shorin-Ryu Karate-Do Federation



Once when asked for a brief definition of a good Karate person, O'sensei Shoshin Nagamine replied *"Kisshu fushin, Onite hotoke kokoro."* A demon's hand, a saint's heart.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14  <b>FLAG DAY</b>	15	16	17	18	19 Black/Brown Belt Class Troy Dojo 7:30-9:30 pm	20
21 <b>HAPPY BIRTHDAY HANSHI</b> 	22	23	24	25	26	27
28	29	30				

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# AGE OF NAGAMINE



# July, 2020

*World Shorin-Ryu Karate-Do Federation*



**“Where there is movement, - there is weakness.” Hanshi Grant**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 
5	6 <b>WSKF Internationals Florida</b>	7 <b>WSKF Internationals Florida</b>	8 <b>WSKF Internationals Florida</b>	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

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## AGE OF HANSHI



# August, 2020

*World Shorin-Ryu Karate-Do Federation*



**“Kata does not teach you how to fight, it teaches you how to move.” Hanshi Grant**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21 Black/Brown Belt Class Troy Dojo 7:30-9:30 pm	22
23	24	25	26	27	28	29
30	31					

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## AGE OF HANSHI

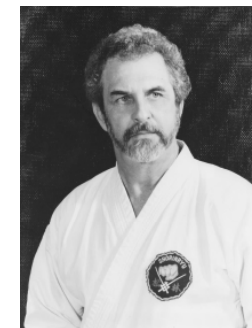




# September, 2020

*World Shorin-Ryu Karate-Do Federation*

**“Where there is speed, there is power.” Hanshi Grant**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7 	8	9	10	11	12
13	14	15	16	17	18 Black/Brown Belt Class Troy Dojo 7:30-9:30 pm	19 Kuro Obi Kai Troy Dojo 9 am-12 pm
20	21	22	23	24	25	26
27	28	29	30			

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## AGE OF HANSHI



# October, 2020

*World Shorin-Ryu Karate-Do Federation*



**“Let the technique do it’s job.” Hanshi Grant**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12 	13	14	15	16 Black/Brown Belt Class Troy Dojo 7:30-9:30 pm	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31 Halloween 

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## AGE OF HANSHI



# November, 2020

*World Shorin-Ryu Karate-Do Federation*

**“Kata is a living, breathing thing.” Hanshi Grant**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20 Embu Tai Kai Troy Dojo 7:30-9:30 pm	21 Kuro Obi Kai Troy Dojo 9 am-12:00 pm
22	23	24	25	26 Thanksgiving Day Workout 8AM 	27	28
29	30					

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## AGE OF HANSHI





# December, 2020

*World Shorin-Ryu Karate-Do Federation*



**“Not my problem.” Hanshi Grant**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11 Black/Brown Belt Class Troy Dojo	12
13	14	15	16	17	18	19
20	21	22	23	24	25 	26
27	28	29	30	31 		

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## AGE OF HANSHI