



February 2024 Newsletter

Special Date Announcements

February 12: Blue Stripe quiz
February 17: Joint Tournament Training
February 24: Womens Self-Defense Seminar
March 2: AAU National qualifying tournament
March 4: Green Stripe quiz
March 13-15: TMAA Belt Exam
March 16: PNW Memorial Cup

Hey! Someone is having a birthday

February 9: Sensei Sarah Franco
February 16: Santiago Calihua
February 18: Merek Wilson

Womens Self-Defense Seminar

Ladies, it's time to take control and prioritize your safety! Join us for an empowering Women's Self-Defense Seminar designed to equip you with the skills and confidence to navigate the world fearlessly. Join us on February 24th from 5:00-7:00 for this FREE event.

Pacific Northwest Memorial Cup

On March 16, our Shudokan booster club will be inviting schools across the Pacific Northwest to come and compete in a safe, fun, and challenging karate tournament in Yakima, Washington. We want to invite you to be a part of this wonderful event. Preparing is easy. If you would like to get some extra practice for this event, ask Shihan Mike and he will lead you in the right direction.

NIGHT OF THE NINJAS

Our first Parents Night Out event of the year was canceled due to inclement weather. Our students are very excited about this event and we are working really hard to reschedule. Keep your eyes and ears open for more information.



*If January is the month of change, February is the month of lasting change.
January is for dreamers . . . February is for the doers!*