

# SENTENASHI KARATE

Due to the new AHS mandatory health  
measures CMOH

Order 38-2020, the dojo will be  
pivoting to virtual training until our  
scheduled

break on December 15th. Please email

Sensei Ethan at  
[sentenashiarts@gmail.com](mailto:sentenashiarts@gmail.com) for this  
week's

Institute video trainings.

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