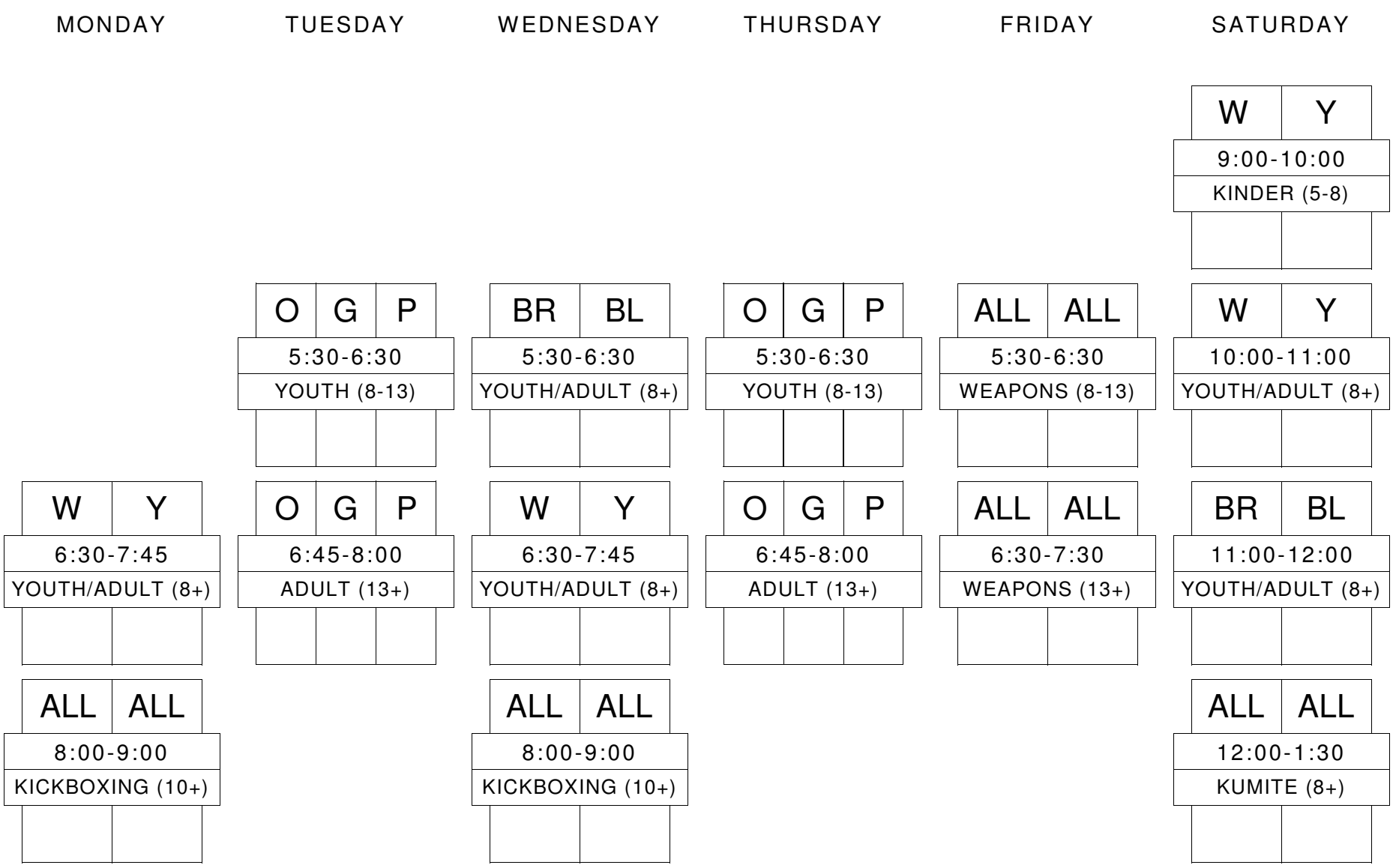TRAINING SCHEDULE 2005-2006 **WOODBINE SHOTOKAN KARATE CLUB**