



Sasaki's Kenpo Karate  
Making It Happen, One Kick at a Time!

# EIA Express

January 2009-Happy New Year!!!

## Christmas Party 2008 Award Winners



Rick and Julie Lopez at this year's Christmas party...taking in the action.

There was a new twist on the 2008 Christmas Party, a studio pot-luck party. Sifu Mandy and Roy did a great job decorating the studio and the party was a success. Thank you to everyone that helped with the set-up or clean-up, if we leave anyone out, a heart felt apology. Thank you to: **Litto Torres, Mike Vollmert, Erik Vollmert, Mari Sasaki, Roy Lezada, Sifu Destiny Sharma, Sifu Paul Nowlin, Sifu Ernie Robledo, Ignacio Bucio and the Nunez family.**



Having a great time (left to right) Candace Robledo, Shige Sasaki and Theresa Bucio.

Congratulations to all of our 2008 Award Winners, you earned it with your consistency and above and beyond the call of duty effort:

- Junior Instructor of the Year: Shane Gillespie**
- Adult Instructor of the Year: Larry Ortiz**
- Golden Ninja: Mike Vollmert**
- Kickboxer of the Year: Debbie Hambleton**
- XMA Student of the Year: Jacob Nunez**
- Junior Student of the Year: Jorge Quiles**
- Adult Student of the Year: Carmen Moore**



Junior student of the year, Jorge Quiles all smiles when it comes to gifts from Santa!



2008 Karaoke Champion Mr. Nunez getting down!



Ryan Barry shows Santa his new cast, complete with signatures from friends!

## Happy Birthday, January



Sifu Michael Sharma, Alex Leon, Nicole Ellis, Diane Reed, Carlos Coronado, Ashley Bucio, Heather Johnson, Nathan Hayes, Arianna Reyes, Armand Pasamonte, Hernan Hernandez, Lyn Capili, Brian Velo, Jean Joneson, Javier Salazar, Jennifer Weishaar, Erik Vargas, Christina Gonzales, John Fajardo, Miranda Rodriguez, Pam Peters, Nicholas Soto, Mary McGrath, Lindsey Vollmert, Eileen Arrambide, Cynthia Goodwin, Lauren Roerich, Hugo Gonzales, Sifu Bonnie Palo, Boston Allen, Monica Lopez, Kami Winter, Dora Sotelo, Aracelly Estrella, Alyssa Delgado, Denise Shadinger, Franky Ramirez, Janice Tobin, Patricia Avila, Rayna Nagatani, Claudia Samiento, Shari Brown, Jamee Mora, Stephani Valverde, Donna Cabana, Caitlin Fowler, Angie Greco, Melissa Maeyama, Sam Alcantara, Philip Gonzales, Orlean Lapinid, Gerardo Lira, Priscilla Zuniga, Caleb Hendrickson, Ted England, Desiree Ledesma, Cynthia Spring, Sylvia Turpin, Darrell Wise, Jeremy Hernandez & Jamie Gallarza

## CANI Quest Results: Final CANI of 2008



**Ultimate Winners:**  
Sonia Qualls, Maria Rodriguez & Joanna Baez

**Hardest Worker:**  
Sonia Qualls

**Most Enthusiastic:**  
Chris De Los Santos

## New Kenpo Ranks

Yellow:  
Roman Venegas, Ashley Bucio & Gerard Yambao

Purple:  
Gracey Hiebert, Jacob Hunt, Jazmin Leon & Debbie Hambleton

Blue:  
Erik Martinek & Andrew Nunez

Green:  
Jorge Quiles & Emily Esteban-Baughman  
Black/2nd Brown:

The CANI group that finished 2008 with a fury!



Ultimate Winners (from left to right) Sonia Qualls, Maria Rodriguez & Joanna Baez.

Chins De Los Santos

Most Improved:  
Johnny Villegas

Ultimate Team:  
Tigers

Next CANI Quest Begins Jan. 19th!

Reserve Your Spot and Sign-Up  
Today! Call 805-981-4333

Black/3rd Brown:  
Armand Pasamonte  
Black/2nd Brown:  
Brandon Cadiz

## New Lil' Dragon Ranks

White/1st Yellow:  
Tanner Gietzen & Cole Gietzen  
White/2nd Yellow:  
Gregory Navas,  
Carmen Ambriz  
& Dario Gomez  
White/3rd Yellow:  
Caitlyn Donart

# Adult & Teen Class: New Class Times

Beginning on Monday, Jan. 12 the Adult and Teen Karate classes will be held from 6:00 pm to 7:45 pm. The extra 25 minutes of class time will allow us to incorporate Sparring/Kombat and Judo into our classes. With these programs being incorporated into the regular martial arts class; there will no longer be a separate Sparring/Kombat class on Monday's or a Judo class on Wednesday's. We will have a special one-month sale on all Sparring/Kombat and Judo gear (20% off). If you do not have the appropriate gear (don't worry) you will still be allowed to participate in the class, working on various drills. If you have any questions or challenges, please speak to your Sifu.



*"Be always at war  
with your vices, at  
peace with your  
neighbors, and let  
each new year find  
you a better man."  
- Benjamin Franklin*

## First CANI Quest of 2009

Don't miss the first CANI Quest  
of 2009!

New Feature:  
"No book" CANI Quest only for  
those that have done at least  
one CANI in the past.

EVALS:  
Saturday, Jan. 10  
Saturday, Jan. 17

BEGINS JAN. 19TH

SIGN-UP TODAY!

# A New You in 2009!

Did you know more people make resolutions to start a new habit than to break an old habit? Whether it was to start or break a habit, your chances are that at some time in your life, you have made a New Year's resolution - and then broken it. Here are 10 tips to help you start and commit to making your resolution stick.

1. Get real! The quickest way to fail is to set yourself up for failure with unrealistic goals. Make certain the goals you set are challenging, but attainable. If your goal is to increase your fitness by adding an additional hour to your regime each week, try adding 10-minutes each week or an additional night to your current workout until you reach your goal.
2. Plan ahead! You should have started thinking about your goals in December so you could have a plan of attack already.
3. Think it through! You know you will hit plateaus and challenges so decide early on how to handle them. If you are changing your diet, how will you handle eating out? What will you do during the holidays or at parties? Keep a list of answers such as calling a friend, practicing positive thinking and self-talk, or reminding yourself how far you have come.
4. Pros and cons! Make a list of the pros and cons of why you chose these resolutions to stay motivated. Review your list when your determination waivers.
5. Tell the world! Don't keep your resolutions a secret. Tell trusted friends so they

## Product Spotlight: XMA Competition Swords



can help you stay on target and be there when you are wavering. If you gave up smoking, call your friends and let them know when you are stressed and need the comfort of a cigarette.

6. Reward yourself! Yes, success deserves rewards, but don't choose rewards that make a negative impact on your hard work. Celebrate your success with a new pair of jeans instead of chocolate cake for losing 10 pounds.

7. Become a tracker! Keep track of your progress. If your goal is losing 20 pounds, keep a chart with the ups and downs of losing. If your goal is less tangible, find a way to chart it. If your goal is to be nicer to your co-workers, plan to say two nice things each day to each person and track those comments.

8. Don't focus on setbacks! Don't go into this thinking you won't have setbacks. (If it were that easy, you wouldn't have to make a resolution.) If you fall off the wagon, don't stay off; get back on it as soon as possible. If you missed a week of martial arts classes, don't quit! Call your instructor and tell him or her you will be back for the next class. If you ate a slice of cake, don't eat the whole cake. Get back on track with your healthy eating.

9. Stick with it! Experts say it takes about 21 days for something to become a habit and six months for it to become a part of your personality. It may be difficult at first, but soon it will be second nature!

10. Don't give up! If you give up because you have fallen a few times, begin again. No one said you could only make resolutions in January!



Exemplify the spirit of XMA with this beautifully crafted competition sword. The blade is made from aircraft grade aluminum and features: blood groove, XMA Kanji symbol laser etching, non-sharpened with a serrated edge and polished to a shine.

The handle and scabbard are made from natural red oak. Ribbon wrap design detail on handle serves for better grip. XMA logo is also laser engraved on scabbard.

*Order your XMA sword today!*

**XMA Special!**



**Add XMA to your existing Sasaki Kenpo Membership for just \$20/month**

*Offer is only good for January 2009*

XMA is a fun-high energy class that you or your child will love. The class incorporates gymnastics, traditional martial arts, performance and music into a dynamic one-of-a-kind program. Thru proper training you will improve:

- Flexibility
- Conditioning
- Confidence

For ages 7+

**Sign-Up Today!**

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

★ **January Superstars!!!** ★

★ Adult Student of the Month: ★

★ **Brandon Cadiz** ★

★ Junior Student of the Month: ★

★ **Jacob Hunt** ★

★ XMA Student of the Month: ★

★ **Brooke Henry** ★

★ Junior SEAL or STORM of the Month: ★

★ **Jorge Quiles** ★

★ Adult SEAL or STORM of the Month: ★

★ **Larry Ortiz** ★

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

| Sunday | Monday   | Tuesday | Wednesday | Thursday                               | Friday             | Saturday                       |
|--------|--|---------|-----------|--|--------------------|--------------------------------|
|        |  |         |           | 1<br>Studio Closed<br>(Happy New Year) | 2<br>Studio Closed | 3                              |
| 4      | 5  | 6       | 7         | 8                                      | 9                  | 10<br>CANI Eval                |
| 11     | 12<br>Adult & Teen Class<br>Time Change Starts | 13      | 14        | 15                                     | 16                 | 17<br>XMA Testing<br>CANI Eval |
| 18     | 19<br>CANI Quest Begins!                       | 20      | 21        | 22                                     | 23                 | 24                             |
| 25     | 26   | 27      | 28        | 29                                     | 30                 | 31<br>Under Belt Testing       |

## Kids & Teens Section

### Upcoming January Class Schedule

#### Little Dragons

Monday, January 5: Fitness Test  
 Wednesday, January 7: Kicks  
 Monday, January 12: Strikes  
 Wednesday, January 14: Long One  
 Monday, January 19: Star Block  
 Wednesday, January 21: Falls  
 Monday, January 26: Long One  
 Wednesday, January 28: Stranger Danger



#### Word to Remember

Courage - the strength of mind to carry on in spite of danger, difficulty or fear

Example: Even though I was afraid, I used courage and told my neighbor that I was the one who accidentally broke his window with my ball.

#### Junior Kenpo

| Date        | Beg. Students  | Inter. Students | Adv. Students |
|-------------|----------------|-----------------|---------------|
| Fri-Jan. 2  | No Classes     | Studio          | Closed        |
| Mon-Jan. 5  | Fitness Test   | Fitness Test    | Fitness Test  |
| Wed-Jan. 7  | Weapons/Forms  | Weapons/Forms   | Weapons/Forms |
| Fri-Jan. 9  | Sparring       | Sparring        | Sparring      |
| Mon-Jan. 12 | Highlight 1    | Highlight 1     | Highlight 2   |
| Wed-Jan. 14 | XMA Day        | XMA Day         | XMA Day       |
| Fri-Jan. 16 | Sparring       | Sparring        | Sparring      |
| Mon-Jan. 19 | Highlight 2    | Highlight 2     | Highlight 3   |
| Wed-Jan. 21 | Forms          | Forms           | Forms         |
| Fri-Jan. 23 | Sparring       | Sparring        | Sparring      |
| Mon-Jan. 26 | Stripe Testing | Stripe Testing  | Weapons       |
| Wed-Jan. 28 | Highlight 3    | Highlight 3     | Highlight 4   |
| Fri-Jan. 30 | Sparring       | Sparring        | Sparring      |

#### Tongue Twister:

Warm up your tongue with these tongue twisters. Can you say each one five times?

**Fred fed Ted bread, and Ted fed Fred bread.**

**Willy's real rear wheel.**

**Six sticky sucker sticks.**

**Six shy sisters sort short socks.**



#### Teen Class

Saturday, January 3: Adult Class  
 Monday, January 5: Weapons, Techniques & Fitness Test  
 Wednesday, January 7: Forms & Techniques  
 Saturday, January 10: Adult Class  
 Monday, January 12: Weapons & Sets  
 Wednesday, January 14: XMA Day  
 Saturday, January 17: Adult Class  
 Monday, January 19: Weapons & Forms  
 Wednesday, January 21: Techniques  
 Saturday, January 24: Adult Class

#### Wise Quotes

*"Life's most persistent and urgent question is, 'What are you doing for*

Using the Black Belt Success System - write down a goal that you have for 2009 and how you will accomplish that goal. Use a separate sheet of paper. Turn in for 10 kenpo bucks.

- 1. Know What You Want (What's your goal?)**
  - 2. Have a plan (What do you need to do to achieve your goal?)**
  - 3. And a Success Coach (Who's going to help you?)**
  - 4. Take Consistent Action (What are you going to have to do all the time?)**
- \*\*\*The last 2 steps are for you to do after you accomplish your goal.\*\*\***
- 5. Review your plans**
  - 6. Re-new your goals**

NAME: