



SK Events: October 2008



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 Pre-Testing Begins!
5	6	7	8	9	10	11 MIH Demo Team Performs at Ventura College Football 1/2 time show
12	13	14	15	16	17	18
19	20	21	22	23	24	25 - Halloween Party! - Under Belt Testing
26	27 CANI Quest Begins	28	29	30	31 Happy Halloween! Stay Safe!	

Product of the Month

We're going to re-start our new product section in the newsletter this month. Every month we will highlight a different product that is recommended by the SK staff for our students.

For our first product, we would like to introduce the XMA Aluminum Kamas. These are an upgrade over the older Chrome Training Kamas that we sold in the past. The newer Kamas are more durable and lighter than the older Chrome Kamas. Those of you that have a pair of the Chrome Kamas know that when you drop those Kamas the blade tends to bend very easily. The newer Kamas come with a stronger more durable blade that will last longer.

Order your new XMA Aluminum Kamas Today!

Dimensions: 14"
Colors: Black, Chrome & Red
Price: \$69.99



Healthy Heart Tips

As we approach the eating season (Thanksgiving to New Year's), it is best to start a healthy eating regime early to counterattack any bad days you may have during the holidays. Here are some tips to stay heart healthy.

- 1. Eat a healthy diet.**
 - ▶ Avoid binge eating by using moderation when eating those foods that aren't as healthy or, better yet, find healthy alternatives.
 - ▶ Reduce the amount of saturated fat and trans fat in your diet. Instead, when cooking and baking, choose mainly unsaturated fats (monounsaturated and polyunsaturated) found in canola oil, olive oil and soft, non-hydrogenated margarine made from these oils.
 - ▶ Get as much variety in your diet as possible. Choose plenty of whole grains and colorful fruits and vegetables more often as snacks.
- 2. Be active.**
 - ▶ Try to get at least 30 minutes of moderately intense physical activity almost every day to maintain good health and to reduce the risk of developing heart disease.

New Kenpo Graduates

- Orange
Gracey Hiebert & Jacob Hunt
- Green
Kristah Blue
- 3rd Brown/Orange
Jemini Lewis
- Black/Yellow
Dustyn Robinson
- Black/Blue
Armand Pasamonte
- Black/3rd Brown
Brandon Cadiz & Justin Ledesma

Kamikaze Conditioning New Ranks

- Yellow
Noemi Gallardo
- Orange
Carmen Moore

Lil' Dragon New Ranks

- White Belt
Dakota Grant, Cole Gietzen & Tanner Gietzen
- White/1st Yellow
Gregory Navas, Dario Gomez, Carmen Ambriz &

Every day to maintain good health and to reduce the risk of developing heart disease.

► Choose activities you enjoy, such as walking, gardening, martial arts or swimming, and incorporate them into your daily routine. Every step counts!

3. Watch your weight.

► Take action to maintain a healthy weight. People who accumulate weight around their waist (“apple” shape) are at greater risk of heart disease than those that carry weight around their hips (“pear” shape). Your physician or registered dietitian can tell you what is a healthy weight and waist measurement for your body.

4. Be smoke-free.

► Did you know that within one year of stopping smoking, your odds of developing heart disease could be cut in half? See your doctor for techniques to quit smoking.

5. Know the signs!

► Even if you aren’t at risk for heart disease, more than likely, someone you know is. Learn the signs and call 911 immediately if someone exhibits any of the symptoms.

6. Manage stress.

► Stress can interfere with healthy habits such as exercising and eating well. Ensure that you have a range of stress-busting activities that work for you. These might include exercising, listening to soothing music, talking to someone you trust or simply having a good laugh with a friend.

7. Manage your blood pressure.

► To get an accurate blood pressure reading, your doctor should evaluate your readings based on the average of two or more blood pressure readings taken while you are seated. If you have other health concerns, your doctor may be more aggressive in the treatment of your blood pressure reading.

Gregory Navas, Dario Gomez,
Carmen Ambriz &
Deegan Grant
White/2nd Yellow
Ella Hiebert & Caitlyn Donart
White/3rd Yellow
Seraphina Rodriguez &
Simeon Rodriguez
White/4th Yellow
Ashley Bucio &
Roman Venegas

Quote of the Month
“So many of our dreams at first seem impossible, and then when we summon the will, they soon become inevitable.”
- Christopher Reeve

FINAL CANI QUEST OF THE YEAR Begins Oct. 27

This is it, the FINAL CANI of the year. Finish the year off with a bang and bring in the new year with some energized momentum. Join us for the big finish!

EVALS:
Sat., Oct. 18th - 11 am to 1 pm
Sun., Oct. 19th - 9 am to 11 am
Sun., Oct. 25th - 11 am to 1 pm

Win \$\$\$, Kick Butt, Get Fit!
- Lose Weight
- Reduce Stress
- Increase Strength
- Improve your endurance
- Gain flexibility
- Gain self-confidence



SIGN-UP TODAY!
Call 805-981-4333 and reserve your spot



Systolic Top Number		Diastolic Bottom Number	Category
Below 120	And	Below 80	Normal
120-139	Or	80-89	Pre-hypertension
140-159	Or	90-99	Hypertension Stage 1
160+	Or	100+	Hypertension Stage 2

Halloween Safety Tips



Halloween can be fun, but it can also be dangerous. Here are just a few safety rules to remember when you are trick-or-treating with your kids this year.

- Walk, don't run
- Carry a flashlight and wear a light colored costume or have reflective tape on it.
- Wear comfortable shoes that fit.
- Make sure your costume doesn't drag on the ground or you might trip.
- If you wear a mask make certain you can see out of it or wear makeup instead.

- Stay away from animals. They are excited and so are you.
- Stay away from slow or parked cars, especially is someone calls you to come over.
- Always go with an adult.
- Wait until an adult checks your candy before you eat any of it.
- Never go inside anyone's home unless your parent is with you.



Kids & Teens Section

Upcoming October Class Schedule

Little Dragons

Wednesday, Oct. 1: Fitness Day
 Monday, Oct. 6: Falls
 Wednesday, Oct. 8: Long One & Star Block
 Monday, Oct. 13: Blocks & Punches
 Wednesday, Oct. 15: Strikes
 Monday, Oct. 20: Kicks
 Wednesday, Oct. 22: Delayed Sword
 Monday, Oct. 27: Deflecting Hammer
 Wednesday, Oct. 29: Rolls



Word to Remember Dependable...

Being someone people can count on.

Ex: Sifu Michael chose Angela to lead the class, because she always finished what she was asked to do, quickly and correctly.

Junior Kenpo

Date	Beg. Students	Inter. Students	Adv. Students
Wed-Oct. 1	Fitness Day	Fitness Day	Fitness Day
Fri-Oct. 3	Sparring	Sparring	Sparring
Mon-Oct. 6	Forms	Forms	Highlight 5/Forms
Wed-Oct. 8	Highlight 1	Highlight 1	Highlight 1
Fri-Oct. 10	Sparring	Sparring	Sparring
Mon-Oct. 13	Forms/Weapons	Forms/Weapons	Forms/Weapons
Wed-Oct. 15	Highlight 2	Highlight 2	Highlight 2
Fri-Oct. 17	Sparring	Sparring	Sparring
Mon-Oct. 20	Stripe Testing	Stripe Testing	Weapons
Wed-Oct. 22	Forms/Weapons	Forms/Weapons	Forms
Fri-Oct. 24	Sparring	Sparring	Sparring
Mon-Oct. 27	Highlight 3/Sets	Highlight 3	Highlight 3
Wed-Oct. 29	Forms	Highlight 4	Highlight 4
Fri-Oct. 31	Sparring	Sparring	Sparring

Ha! Ha! Halloween Jokes:

1. Why do witches fly on brooms?
2. Why didn't the skeleton cross the road?
3. What do you call a skeleton who doesn't work?



ANSWERS:

1. Because vacuum cleaner cords aren't long enough.
2. Because he didn't have the guts.
3. Lazy bones!

Teen Class

Wednesday, Oct. 1: Forms, Techniques & Fitness Test
 Saturday, Oct. 4: Adult Class
 Monday, Oct. 6: Weapons & Techniques
 Wednesday, Oct. 8: Forms & Judo Basics
 Saturday, Oct. 11: Adult Class
 Monday, Oct. 13: Weapons & Techniques
 Wednesday, Oct. 15: Techniques & Forms
 Saturday, Oct. 18: Adult Class
 Monday, Oct. 20: Open Practice & Stripe Testing
 Wednesday, Oct. 22: Review Day
 Saturday, Oct. 25: Adult Class
 Monday, Oct. 27: Weapons & Techniques
 Wednesday, Oct. 29: Forms & Sets

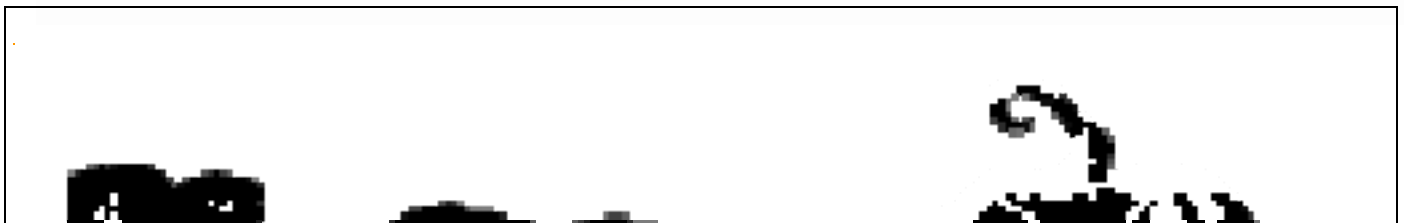
Wise Quote

"The greatest danger for most of us is not that we aim too high and we miss it, but we aim too low and reach it."

- Michaelangelo

Jack-o-Lantern

Click to print the picture below...
 Draw your own Jack-O-Lantern, be sure to color in the Happy Halloween for 5 kenpo bucks.



Happy 
Halloween

NAME: