



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

# EIA Express

March-2009

## Cal Coast Karate Tournament Saturday, March 28

## New Member

Boston and Camron Allen,  
Russell, Charles and  
Lance Abuan and  
Manuel Nunez

## Happy Birthday, March



Blair Orr, Rachele Ford, Don Tran,  
David Lopez, Brooke Henry,  
Lupe Ricardez, Daisy Hernandez,  
Mark Harrison, Melissa Tamayo,  
Ignacio Bucio Sr., Sue Sibenthal,  
Candace Robledo, Maria Godina,  
Rebecca Luna, Steve Gillespie,  
Tino Espinoza, Joan Bergstrand,  
Keetran Lambert, Cherish Rogers,  
Miki Moore, Naomi Perez,  
Valerie Hernandez,  
Sharon Gillespie,  
Mackenzie Hanrahan,  
Dario Gomez, Lorraine Stuthers,  
Jorge Quiles, Sofia Tinajera,  
Vincent Figueroa, Susann Ellis,  
Melissa Ledesma, Jim Ellis,  
Raymond Taijeron, Dakota Grant,  
Noemi Gallardo, Tim Mcnerney,  
Tanner Gietzen, Mike Vollmert,  
Cici Ortiz, Shige Sasaki,  
Carmen Flores, Sifu Jayson Dale,  
Todd Legaspi, Jessica Eglin,  
Erin Maidman, Griselda Morales,  
Sherry Hise, Julie Castro,  
Devan Wilson, Karen Goldberg,  
Jenny Montes, Gloria Morales,  
Cecilia Galera, Mitchell Donnelly,  
Jade Bowman, Maria Cardona,  
Artemio Soto, Tom Collier,  
Emily Rastovich, Carlos Mijares,  
Heather Felix, Ryan Barry,  
Michael Mendelson, Aileen Vizena,  
Sifu Steve Qualls,  
Vanessa Sanchez, Emmy Arnett,  
Joanna Baez, James Maxwell,  
Lydia Ramos, Jon-Eric DeWindt,  
Matt Worrell and Rick Lopez



Competitors at last year's event receive their trophies.

The third annual California Coast Martial Arts Championships will be held Saturday, March 28 and take place at Pacifica High School in Oxnard. The event is specifically tailored for under belt students of all ages and 17 and under black belts.

"Our goal is to create a positive competitive experience for everyone that participate," said Sifu Jody Sasaki.

All competitors will receive awards and individuals earning 1st-3rd places will earn beautiful trophies.



Some of our Cal Coast Volunteers in action (the best staff in the world).

Being the host school, we would like to encourage all of our students to participate by either competing, volunteering or attending.

"We truly believe that competition can and will bring out the best in people. I look forward to watching our students take their martial arts training to the next level," said Sifu Jody.



The Cal Coast Tournament takes pride in bringing out Healthy Competition.

Parents/Students/Friends would you like to become part of our friendly and dedicated Cal Coast Staff? All you have to do is attend one of our clinics scheduled in March. We need volunteers for Trophies, Registration, Score Keepers, Time Keepers, Set-Up, Clean-Up and Judges (adult black belts only). There is a sign-up sheet at the front desk, let us know if you are interested and we'll make sure you are prepared.

### Important Dates and Practices:

\*\*\*Competitors will be able to practice during their classes all of March.\*\*\*

*Additional practices will be held on Saturday's.*

Saturday, March 7 (10 am to 11 am): Competitor Practice

Saturday, March 14 (9:30 am to 11:30 am): Competitor/Judges/Score Keeper/Time Keeper Practice

**Wednesday, March 18: Last Day to Pre-Register for Tournament and save \$\$\$**

Saturday, March 21 (9:30 am to 11:30 am) Competitor/Judges/Score Keeper/Time Keeper Practice

**Saturday, March 28: CAL COAST TOURNAMENT- Studio Closed**



Jaime Fernandez last year's adult forms and weapons Grand Champion.

Check out  
[www.calcoastchampionships.com](http://www.calcoastchampionships.com)  
for even more tournament details.

## New Kenpo

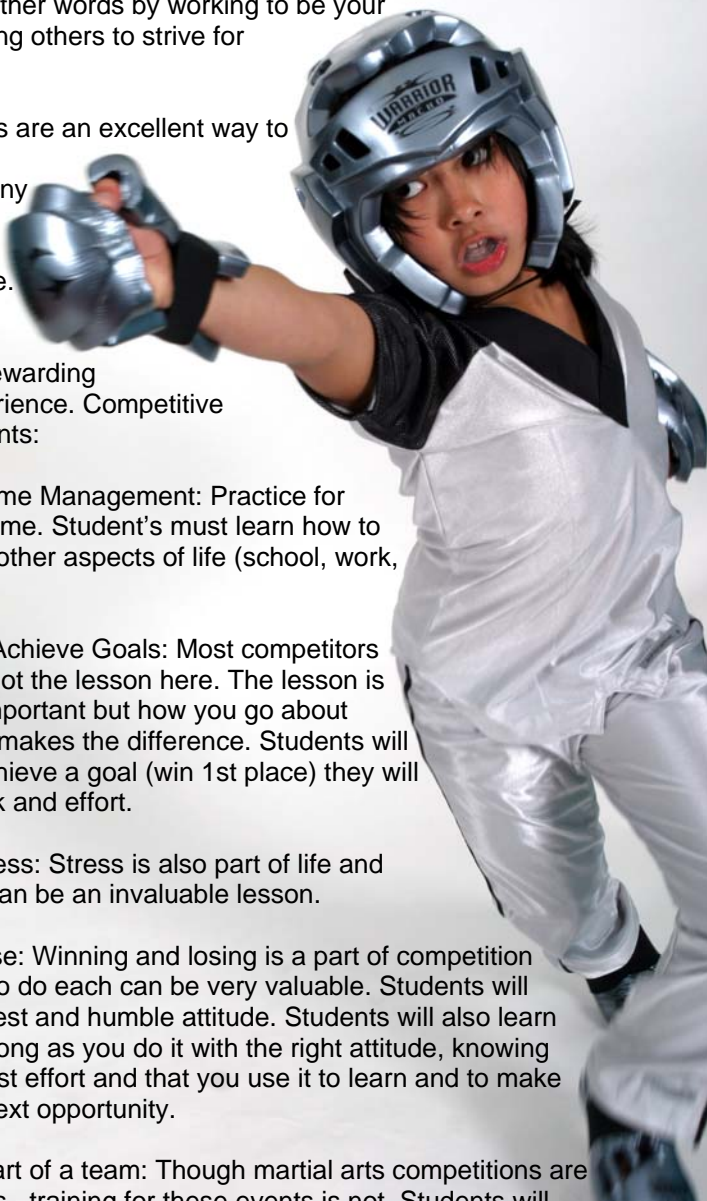
# The benefits of Healthy Competition

What is Healthy Competition? It is bringing out the best in yourself and in other in a competitive setting. In other words by working to be your best you are also pushing others to strive for personal excellence.

Martial arts competitions are an excellent way to teach students (especially children) many life lessons. We would all agree that competition is part of life. In the hands of the right people or atmosphere it can be a positive and rewarding character building experience. Competitive martial arts teach students:

1. Responsibility and Time Management: Practice for these events takes up time. Student's must learn how to manage their time with other aspects of life (school, work, family, etc...)
2. Learning to Set and Achieve Goals: Most competitors want to win. But that's not the lesson here. The lesson is that setting goals are important but how you go about achieving them is what makes the difference. Students will learn that in order to achieve a goal (win 1st place) they will need to put in hard work and effort.
3. Learn to Manage Stress: Stress is also part of life and learning to deal with it can be an invaluable lesson.
4. Learn to Win and Lose: Winning and losing is a part of competition and life. Learning how to do each can be very valuable. Students will learn to win with a modest and humble attitude. Students will also learn that it's OK to lose. As long as you do it with the right attitude, knowing that you gave it your best effort and that you use it to learn and to make yourself better for the next opportunity.
5. Learn to work as a part of a team: Though martial arts competitions are usually individual events...training for these events is not. Students will learn from and help their fellow class mates, coaches and supporters.

Having the right attitude when it comes to competition can make all the difference. If you look at it as a positive and life enriching experience then that is what you will get. Surround yourself with like-minded people and everyone will truly be a winner!



# CANI Quest

*"All things come to those who go after them."*

**C.A.N.I Quest**

**"The quest for constant and never-ending improvement."  
Begins March 23rd**

3 sessions a week...each workout is 1 hour...6 weeks  
Monday/Wednesday: 5 am or 7:50 pm  
Friday: 5 am or 6:10 pm

## New Kenpo

### Ranks

Blue:  
John Fajardo  
Black/Orange:  
Dean Ogawa

## New Kickboxing

### Ranks

Orange:  
Noemi Gallardo  
Purple:  
Julieann Castro  
Blue:  
Wendy Stanton  
Brown/Black:  
Gayle Paul

## Golden Dragons

Give SK's newest martial arts class a try. This specially designed class for seniors combines American Kenpo and Fitness Training into a unique blend that will energize our seniors. The class is taught by 4-time World Champion Sifu Michael Sharma.

"We re-invented our American Kenpo curriculum to adapt to the needs of seniors," said Sifu Michael.

Classes are held every Monday and Wednesday mornings from 8:30 to 9:30 am.

Try one FREE week when you call and reserve your spot!  
Call 805-981-4333



*"The foundation stones for a balanced success"*

\$395 for first timers  
 \$100 off - Must pre-register by March 18th - only \$295  
 SK Members Only \$250  
 Returning CANI'ers only \$195

Limited Space...call 805-981-4333 and Sign-Up TODAY!

For a balanced success  
 are honesty, character,  
 integrity, faith, love and  
 loyalty."

- Zig Ziglar

"A pat on the back is  
 only a few vertebrae  
 removed from a kick in  
 the pants, but is miles  
 ahead in results."

- Ella Wheeler Wilcox

# Focus Pad Frenzy!



**"A Team Building Workout"**  
**Begins March 10**



Learn:  
 How to use Focus Pads, Focus Pad Safety,  
 Stances, Foot Maneuvers,  
 Conditioning Drills,  
 And Much More...

**Four Weeks**  
 Tuesday/Thursday  
 5 am to 6:15 am  
 7:10 to 8:30 pm

\*\*\*Must have at least 10 participants for each time slot\*\*\*

\$185 per person (includes leather focus pads)  
 \$135 per person (if you have your own focus pads)

Sign-Up Today...call 805-981-4333

## Product Spotlight: XMA 3-Piece Uniform



**XMA 3-Piece Traditional  
 Uniform Set**  
 \$69.99 - \$149.99

Feel the XMA Extreme Power  
 of this 10 oz. uniform set  
 constructed of 100% brushed  
 cotton fabric. You can  
 choose your individual style  
 from this 3-piece set that  
 includes a traditional jacket,  
 a sleeveless jacket and an  
 elastic waist pant. The  
 traditional jacket even  
 includes an integrated pocket  
 perfect to hold MP3 players.

Colors: Red, White or Black

Order Your 3-Piece XMA  
 Uniform Set TODAY!



## March Superstars!!!

Adult Student of the Month:

**Carmen Moore**

Junior Student of the Month:

**Tizoc Venegas**

XMA Student of the Month:

**Andrew Nunez**

Junior SEAL or STORM of the Month:

**Shane Gillespie**

Adult SEAL or STORM of the Month:

**Rick Lopez**

**SK Events: March 2009**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6 Little Dragons Testing	7 Cal Coast Practice Volunteer Meeting
8	9	10 Focus Pad Frenzy Begins	11	12	13	14 Cal Coast Practice Volunteer Meeting
15	16	17	18 Last Day to Pre-Register for Cal Coast	19	20	21 Cal Coast Practice Volunteer Meeting
22	23 CANI Quest Begins	24	25	26	27	28 Cal Coast Tournament (Studio Closed)
29	30	31				

## Kids & Teens Section

### Upcoming March Class Schedule

#### Little Dragons

Monday, March 2: Practice for Test  
 Wednesday, March 4: Practice for Test  
 Monday, March 9: Fitness Day  
 Wednesday, March 11: Kicks  
 Monday, March 16: Punches  
 Wednesday, March 18: Long One  
 Monday, March 23: Sparring Tech.  
 Wednesday, March 25: Strikes  
 Monday, March 30: Blocks



#### Word to Remember

Learning - Knowledge or skill acquired by instruction or study.

Example - Learning the alphabet is the first step to learning to read.

#### St. Patrick's Day Jokes!

Knock! Knock!  
 Who's there?  
 Irish!  
 Irish who?  
 Irish you a happy St. Patrick's Day!

When is as Irish potato not an Irish potato?  
 When it's a French fry!

What does a leprechaun call a happy man wearing green?  
 The jolly green giant!

What happens when a leprechaun falls into a river?  
 He gets wet!

#### Junior Kenpo

Date	Beg. Students	Inter. Students	Adv. Students
Mon-Mar. 2	Fitness Test	Fitness Test	Fitness Test
Wed-Mar. 4	Highlight 2	Highlight 2	Highlight 2
Fri-Mar. 6	Sparring/Judo	Sparring/Judo	Sparring/Judo
Mon-Mar. 9	Forms	Forms	Forms
Wed-Mar. 11	Weapons/Forms	Weapons/Forms	Weapons/Forms
Fri-Mar. 13	Sparring/Judo	Sparring/Judo	Sparring/Judo
Mon-Mar. 16	Highlight 3/Forms	Highlight 3	Highlight 3
Wed-Mar. 18	Un-Highlighted	Highlight 4	Highlight 4
Fri-Mar. 20	Sparring/Judo	Sparring/Judo	Sparring/Judo
Mon-Mar. 23	Forms	Forms	Forms
Wed-Mar. 25	Weapons/Sets	Weapons/Sets	Weapons/Sets
Fri-Mar. 27	Sparring/Judo	Sparring/Judo	Sparring/Judo
Mon-Mar. 30	Stripe Testing	Stripe Testing	Review Day

#### Teen Class

Monday, March 2: Weapons, Techniques and Fitness Test  
 Wednesday, March 4: Sets and Forms  
 Saturday, March 7: Adult Class  
 Monday, March 9: Weapons and Forms  
 Wednesday, March 11: Techniques  
 Saturday, March 14: Adult Class  
 Monday, March 16: Weapons and Techniques  
 Wednesday, March 18: Forms  
 Saturday, March 21: Adult Class  
 Monday, March 23: Weapons and Sets

#### Wise Quotes

*"What we have to learn to do, we learn by doing."*

