



EIA Express

April 2008

Transforming Lives One Kick at a Time!

Cal Coast Championships SK students win 43 first place trophies.



Jaime Fernandez captured the adult forms & weapons grand championship.



Jaime Bucio, the newest member of the Making It Happen demo team, took first place in self-defense which accounted for one of his tournament high FIVE first place wins.



Carlos Coronado wowed the audience with his acrobatics winning the extreme forms and weapons divisions.

Photos courtesy of John Cadiz

What an awesome event! The second annual Cal Coast Martial Arts Championships was a huge success. Schools from all over Ventura County were represented at this tournament. A special thank you to the SK Cal Coast team that made this tournament a success.

"I am a member of a team, and I rely on the team, I defer to it and sacrifice for it, because the team, not the individual, is the ultimate champion," Mia Hamm.

Thank you for everyone that made others feel like champions. A special thank you to the following people that went way beyond the call of duty. Our 5 am team. These people woke up extra early the day of the tournament to help Sifu Jody and Sifu Michael transport everything from the studio to the fair grounds; Sifu Paul Nowlin, Dustin Krebs and Ignacio Bucio. A special thank you to Anita Fernandez for organizing our trophy team. Finally, thank you to our coordinators. Sifu Paul, Mike Vollmert, Sifu Destiny Schiavone and Marilen Cruz all spent some extra time with Sifu Michael to ensure that the tournament would be run efficiently. There were many more people that made the Cal Coast successful. Thank you to; Candice Sasaki, Randy Sasaki and family, the Cadiz family, the Camarillo's and to all of our score keepers, time keepers, judges, security and registration staff. Way to go team!

And then there was Team Sasaki the competitors. What an awesome display of talent and hard work. In all, Team Sasaki students captured 43 first place trophies, 20 second place, 10 third place and an adult forms grand champion award. Congratulations to all of our competitors, you were amazing.

Cal Coast results on page 2.

New Members

Welcome new members...

Sue Siebenthal, Emma Neriwilliams, & welcome back Joe Schooler

April Birthdays

Happy Birthday, have a fantastic day!

Audrey Ontiveros, Tyler Brabant, Candice Sasaki, Joe Schooler, Wally Byrd, Stephanie Hernandez, Valerie Polacek, Sofia Bucio, Maria Sahagun, Eden Piszczek, Lee Douglas, Daniel Castro, Jessica Lopez & Sifu Jody Sasaki

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Cal Coast Competitor Results

Jaime Fernandez	Adult Forms & Weapons Grand Champion! 1st Pt. Sparring & 1st Trad. Forms
Jaime Bucio	1st Self-Defense, 1st Team Forms, 1st Flag Sparring, 1st Extreme Forms & 1st Pt. Sparring
Ryan Barry	1st Team Forms, 1st Extreme Weapons, 1st Trad. Forms & 1st Padded Weapon Sparring
Ignacio Bucio Jr.	1st Self-Defense, 1st Padded Weapon Sparring, 1st Pt. Sparring & 3rd Trad. Forms
Dustyn Robinson	1st Team Forms, 1st Extreme Forms, 1st Extreme Weapons & 2nd Trad. Forms
Nicholas Fuller	1st Flag Sparring, 1st Padded Weapon Sparring, 1st Pt. Fighting & 2nd Traditional Forms
Alyssa Cadiz	1st Padded Weapon Sparring, 1st Pt. Sparring, 1st Traditional Forms & 2nd Extreme Weapons
Erik Vollmert	1st Pt. Sparring, 1st Open Forms & 1st Open Weapons
Gage Grant (youngest competitor at Cal Coast, 4-yrs-old)	1st Flag Sparring, 1st Open Forms & 2nd Padded Weapon Sparring
Justin Ledesma	1st Pt. Sparring & 1st Extreme Weapons
Kristah Blue	1st Trad. Forms & 1st Extreme Forms
Carlos Coronado	1st Extreme Forms & 1st Extreme Weapons
Cecilia Galera	1st Extreme Forms, 2nd Flag Sparring & 2nd Trad. Forms
Isaac Armstrong	1st Trad. Forms & 3rd Flag Sparring
Julian Hernandez	1st Open Weapons & 2nd Traditional Forms
Rick Lopez	1st Trad. Forms
Sam Alcantara	1st Open Weapons
Brandon Cadiz	1st Extreme Forms, 2nd Extreme Weapons & 2nd Trad. Forms
Miranda Rodriguez	1st Extreme Weapons & 2nd Padded Weapon Sparring
Andrew Nunez	1st Pt. Sparring & 2nd Extreme Forms
Lindsey Vollmert	1st Extreme Forms & 3rd Open Forms
Jorge Quiles	1st Pt. Sparring & 3rd Trad. Forms
Austin Henry	1st Extreme Forms
Shane Gillespie	2nd Self Defense, 2nd Padded Weapons Sparring, 3rd Open Weapons & 4th Traditional Forms
Tyler Robinson	2nd Flag Sparring & 2nd Extreme Weapons
Brooke Henry	2nd Extreme Forms
Kimberly Araujo	2nd Pt. Sparring
Brandon Lyons	2nd Extreme Forms
Nicholas Coronado	2nd Pt. Sparring, 3rd Padded Weapon Sparring & 5th Trad. Forms
Sean Zosimo	3rd Self Defense
Mark Robinson	3rd Trad. Forms
Wally Byrd	3rd Pt. Sparring, 3rd Extreme Forms & 5th Trad. Forms

New Kenpo Graduates
Another step closer to Black Belt Excellence!

Orange: Kristah Blue & Nicholas Coronado

New Kamikaze Kickboxing Ranks

Yellow: Kari Robertson, Rosie Runion & Wendy Stanton

“Life is tough , and if you have the ability to laugh at it you have the ability to enjoy it.”

- Salma Hayek

- April Super Stars**
- Adult Student of the Month
Kristah Blue
 - Junior Student of the Month
Nicholas Coronado
 - XMA Student of the Month
Andrew Nunez
 - Kamikaze Kickboxer of the Month
Sofia Bucio
 - Junior SEAL or STORM of the Month
Shane Gillespie
 - Adult SEAL or STORM of the Month
Rick Lopez

April 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5 Pre-Test Begins
6	7	8	9	10	11	12
13	14	15	16	17	18	19 No Jr. Karate or XMA
20	21	22	23	24	25	26 Under Belt Promotion
27	28	29	30			

SASAKI KENPO STUDENTS EXECUTE 40,000 OF THEIR BEST KICKS TO BEAT CANCER



SK students recently raised over \$1500 for the American Cancer Society. The students, who ranged from ages 6 to 50, participated in the school's kick-a-thon fundraiser to help support the upcoming Relay for Life in Ventura.

The kick-a-thon worked just like a jog-a-thon. Students received pledges for either flat amounts or for every kick they executed in the hour-long fundraising event. The twenty students that participated in the kick-a-thon were able to do 40,000 kicks during the allowed time.

“We teach our students to be leaders in and out of the school,” said Sifu Jody. “We have a saying, there are people that watch things happen and those that make it happen. At Sasaki Kenpo the students make things happen.”

Leading the way for SK was adult white belt **Debbie Hambleton** and junior black belt **Justin Ledesma**. Debbie raised over \$600 while 11-year-old Justin raised just over \$150.

“I’m really proud of all our students. Debbie and Justin did a fantastic job and they deserve special recognition but so do all of our other students. We told them it doesn’t matter how much they were able to raise, just that they put in the effort to do something positive for their community. Every little bit can make a difference,” said Sifu Jody.

Other SK students making it happen were: **Rick Lopez, Ryan Barry, Isaac Armstrong, Cecilia Galera, Gabriella Oropeza, Jose Lucero, Emily Esteban-Baughman, Jaime Bucio, Armand Pasamonte, Jaime Bucio, Brandon & Alyssa Cadiz, and Selena and Lisa Phelps.**

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Martial Arts & Fitness Summer Camp

Students will experience three different styles (American Kenpo, Judo & XMA) to give them a well-rounded knowledge of the martial arts. Additionally, students will learn basic gymnastic skills and a martial arts weapon of their choice. The focus of this camp is training and fitness. For fitness, students will be weighed at the beginning, middle and end of camp to measure their weight and body fat content. Additionally, they will do several fitness tests that measure their upper body, cardio, mid-section, lower body and flexibility levels. They will also get fitness tips and a journal to record their eating habits.

**This camp is for ages 7 to 17-years-old.
All Experience Levels welcomed.**

*"My son had such a great time and learned so much at Sasaki's
Martial Arts & Fitness Summer Camp.
I definitely recommend it to everyone."
- Linda Nakamura*