



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

EIA Express

April-2009

Cal Coast Karate Tournament Saturday, March 28



Carlos Coronado wowed the tournament while capturing the black belt form grand championship.



Alyssa Cadiz and Jaime Bucio teamed up to win team forms, Alyssa also won a grand championship in forms.

Once again the best martial arts tournament staff put on an amazing tournament. This year's Cal Coast Championships ran smoothly and provided competitors and the audience with a memorable experience. We would like to thank all of our volunteers and staff for doing an excellent job with this year's event. If we leave anyone out please accept our apology. Thank you to...

Sifu Bryan Gore, Sifu Marce Arce, Sifu Peter DeWindt, Sifu Steve Kirby, Sifu Andreas Hartman, Sifu Paul Nowlin, Sifu Destiny Sharma, Mike Vollmert, Marilen Cruz, Julie Sanchez, Amanda Calderon, Alex Schiavone, John Camarillo, Christina Camarillo, Rick Lopez, Michael Hernandez, Roy Lezada, Bree Urbano, Jaime Chua, Cherry Demate, Diane Henry, Erin Hayes, Melissa Ledesma, Brianna Ledesma, Julie Lopez, Emily Esteban-Baughman, Julee Vollmert, Sharon Gillespie, Candice Sasaki, Shige Sasaki, Ryan Sasaki, Mari Sasaki, Randy Sasaki, Emily Sasaki, Manuel Nunez, Dustin Krebs, Ignacio Bucio, Sifu Nena Lucero, Jose Lucero, Mark Robinson, Andrew Hayes and Justin Ledesma.

As for our competitors, Sasaki students had a fantastic day at the Cal Coast. The hard work and many hours spent practicing for the event paid off. Here are the results from the 2009 Cal Coast tournament (*if we missed you we apologize*).

Jessica Sumalpong: 1st Pt. Sparring, 1st Open Weapons, 1st Trad. Weapons & 1st Trad. Forms

Lindsey Vollmert: 1st Ext. Forms & 1st Ext. Weapons

Carlos Coronado: 1st Ext. Forms & 2nd Trad. Weapons

Justin Ledesma: 1st Pt. Sparring

Carmen Moore: 1st Trad. Forms & 1st Self-Defense

Mark Robinson: 1st Padded Weapons & 2nd Pt. Sparring

Jorge Quiles: 1st Trad. Forms, 1st Ext. Forms, 1st Ext. Weapons & 4th Pt. Sparring

John Fajardo: 1st Trad. Forms & 1st Ext. Weapons

Andrew Nunez: 1st Ext. Forms, 2nd Ext. Weapons & 2nd Team Forms

Nicholas Fuller: 1st Flag Sparring, 1st Padded Weapons, 2nd Pt. Sparring & 3rd Trad. Forms

Tizoc Venegas: 1st Ext. Weapons & 2nd Padded Weapons

Austin Henry: 1st Ext. Forms

Brooke Henry: 1st Ext. Forms

Kristah Blue: 1st Ext. Forms, 1st Ext. Weapons & 5th Trad. Forms

Wally Byrd: 1st Open Weapons, 2nd Ext. Forms & 3rd Pt. Sparring

Brandon Lyons: 2nd Ext. Weapons & 3rd Ext. Forms

Cody Sasaki: 4th Ext. Forms

Cecilia Galera: 1st Pt. Sparring, 2nd Ext. Forms, 2nd Flag Sparring &

New Member

William Rydberg, Mikel and Tommy Hernandez and Sebastian Fernandez

Happy Birthday, April



Sebastian Fernandez, Jimmy Wilson, Zoey Hernandez, Carolina Ulloa, Orson Maine, Mike Ray, Audrey Ontiveros, Steve Joneson, Heather Heyrend, Denise Nation, Natalie Simpson, Blanca Camarillo, Gustavo Bucio, Elizabeth Cervantes, Sonia Tinajera, Chris Lukens, Tyler Brabant, Shawna Gillespie, Jessica Pimental, Hannah Murray, Candice Sasaki, Joe Schooler, Chloe Nowlin, Ainitza Amparo-Perez, Wallace Byrd, Christina Felix, Gregory Navas, Danielle McMahon, Araceli Gonzales, Sifu Ron Paras, Susan Robertson, Greg Anderson, Brenda Marquez, Sue McConville, Gerard Yambao, Stephanie Hernandez, Tim Ramirez, Xavier Flores, Marissa Zosimo, Valerie Polacek, Amanda Hirschorn, Jaime Nakamura, Maria Sahagun, Sofia Bucio, Nicholas Koler, Derrick Schelebo, Eden Piszczek, Anthony Contreras, Rick Monahan, Nessa Esparza, Jerry Hernandez, Andrea Mallul, Kamani Goonewardena, Juan Martinez, Loren Magante, Lee Douglas, Daniel Castro, Jessica Lopez, Amanda Moore & Breanna Landsverk

Attitude

Occina Caldera: 1st Pt. Sparring, 2nd Ext. Forms, 2nd Flag Sparring & 4th Padded Weapons
Shane Gillespie: 1st Pt. Sparring, 1st Self-Defense, 2nd Open Weapons, 2nd Team Forms & 3rd Trad. Forms
Kimberly Araujo: 2nd Self-Defense & 3rd Padded Weapons
Richard Ortiz: 2nd Trad. Forms & 3rd Ext. Weapons
Daniel Balderrama: 2nd Pt. Sparring & 3rd Trad. Forms
Alyssa Cadiz: 1st Trad. Forms, 1st Pt. Sparring & 1st Team Forms
Gage Grant: 1st Open Weapons, 1st Padded Weapons, 2nd Flag Sparring & 2nd Trad. Forms
Deegan Grant: 2nd Padded Weapons, 3rd Flag Sparring & 3rd Trad. Forms
Erik Vollmert: 1st Ext. Weapons & 1st Pt. Sparring
Gerard Yambao: 1st Open Weapons & 3rd Trad. Forms
Jenna Hitchcock: 1st Trad. Forms, 1st Flag Sparring & 3rd Padded Weapons
Jaime Bucio: 1st Team Forms

A special congratulations to our 2 Grand Champions!!!
Alyssa Cadiz: 12-17 Forms/Weapons Grand Champion
Carlos Coronado: 17- Black Belt Forms Grand Champion

The Anti-Bully School

Does your child's school have a bully problem? According to the Kaiser Family Foundation, bullying is the number one problem facing kids ages 8-15. What is a bully, and can martial arts prevent children from becoming victims? A bully is a person who takes advantage of another that he or she perceives as more vulnerable. Bullies can be children, adults, males, females, city, or rural. Bullies can also cause both physical and/or emotional pain to victims.

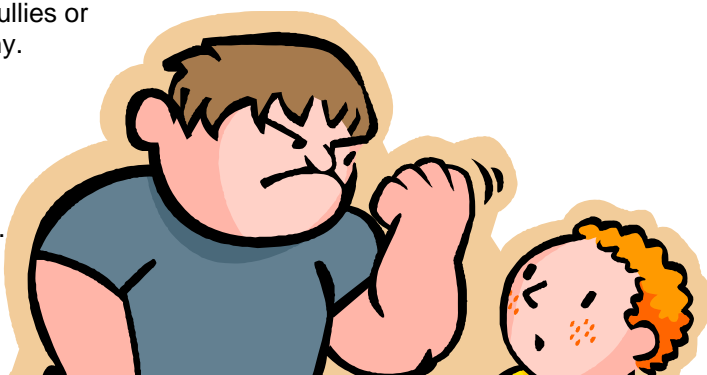
To identify if your child may be a victim, pay attention to subtle changes in your child's behavior. Has your child become moody, angry, or depressed? Is he or she having headaches or stomachaches to keep from going to school? Are your child's grades dropping? Physical indications may be unexplained; torn clothing, bruises or cuts. If you answered yes to any of these indicators, ask your child about them in a non-confrontational way. If you suspect your child is being bullied, don't blow it off as a normal phase of development. Take it seriously, for your child's sake and the bully's. Violent, anti-social behavior is not the norm.

What can you do to prevent your child from being bullied? Bruce Lee said, "Any dummy can get in a fight. It takes a smart guy to stay out of one." Martial arts schools do a great job of teaching children to resolve conflict by using brains instead of brawn, and earning a black belt takes more mental acuity than body size and strength. You and your martial arts school should teach assertiveness and compromise over intimidation. Assertiveness teaches children how to resist peer pressure and intimidation, and to make wise choices regarding school, drugs, and weapons.

The self-confidence your child learns in martial arts also makes him or her a less likely victim. Self-confidence shows in the way your child speaks, stands, and uses eye contact.

What can you do? Talk with your child. Know your child's friends and foes. Talk about bullies in the car, or during TV shows that show bullies or victims. Teach empathy.

Ask questions about kindness your child witnessed that day or what was the best thing that happened that day and the worst. When you watch a movie or TV show, ask your child how he or she would feel in that situation.



Attitude

Attitude is a way of looking at life; a way of thinking, feeling or behaving.

Everyone likes being around a positive person, because attitudes are contagious. Nobody can be happy or positive all the time, but being positive is a choice you can make often. When you are mad or unhappy, you have chosen to react that way. People and situations can make us feel badly, but we choose whether or not to dwell on it and allow it to change our mood. Focus on ways you can help you remain positive.

Exercise



It's great to go outdoors and have fun any time of the year, but especially when the weather starts to get warmer after a cold winter! Be careful and remember, the sun may not be hot yet, but it can still burn. Wear sunscreen and drink enough water to stay healthy so you can continue to have fun all year.

Exercise isn't just for kids either. Invite your entire family or even neighborhood family to a friendly ball game. Put a list with everyone's name on the fridge, and then have them put a tally mark next to their name every time they exercise. Exercise can include: spring cleaning, dancing, washing the dog, gardening, hiking, biking, walking, martial arts classes, etc. Set a family tally mark

in that situation.
 By leaving an open line of communication to discuss problems as they arise, you are building a trusting parent/child relationship. Does your child's school have an anti-bullying policy? If no, ask why not?



etc. Set a family tally mark goal, and, when you reach the goal, do something extra special like go to a movie, have a family picnic or sign up for a special seminar at your martial arts school!

An excellent resource is, "Dr. Webster Doyle's Martial Arts Guide for Parents: Helping your Children Resolve Conflict Peacefully"

"If one asks for success and prepares for failure, he will get the situation he has prepared for."

- Florence Scovel Shinn

Be Heart Smart!

Did you know that your heart loves martial arts? Sure it does! The number one thing your heart wants you to do is exercise. It also wants you to follow a good diet and keep it clean and drug-free. If your heart could talk, it would tell you to try to get at least 30 minutes of physical activity every day! Your heart is very important to your health, so do what it asks and work hard in your martial arts class!



"The greatest discovery of my generation is that man can alter his life simply by altering his attitude of mind."

- William James

Heart Fact:

- Your heart's job is to pump blood throughout your body.
- Your heart beats an average of 100,000 times a day!
- When you are exercising, it takes only 10 seconds for the blood to get from your heart to your big toe and back!

Product Spotlight: Ringstar Shoes

April Superstars!!!
 Adult Student of the Month:
Emily Esteban-Baughman
 Junior Student of the Month:
Charles Abuan
 XMA Student of the Month:
Jorge Quiles
 Junior SEAL or STORM of the Month:
Shane Gillespie
 Adult SEAL or STORM of the Month:
Rick Lopez



These ultra-light shoes are perfect for martial arts training and sparring. The shoes provide extra-thick soles for comfort, increased grip/traction and safety. The Ringstar shoes also provide extra ankle protection.

Get your Ringstar Shoes Today at Sasaki's Kenpo Karate!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 Pre-Testing Begins
5	6	7	8	9	10	11 Under Belt Testing
12 Happy Easter	13	14	15	16	17	18
19	20	21	22	23	24	25 XMA Testing
26	27	28	29	30		

Kids & Teens Section

Upcoming April Class Schedule

Little Dragons

Wednesday, April 1: Fitness Day
Monday, April 6: Rolls
Wednesday, April 8: Balance Day
Monday, April 13: Long One
Wednesday, April 15: Delayed Sword
Monday, April 20: Star Block & Long One
Wednesday, April 22: Fun Day
Monday, April 27: Falls
Wednesday, April 29: Kicks



Word to Remember

Attempt - to make an effort to do, accomplish, solve or effect

Example: When I am taught a new martial arts skill, I always attempt to do it the best I can.

Easter Jokes!

Knock! Knock!
Who's there?
Heidi!
Heidi who?
Heidi eggs around the house!

Knock! Knock!
Who's there?
Jimmy!
Jimmy who?
Jimmy some more jelly beans, please!

Why did the Easter egg hide?
He was a little chicken!

How does the Easter Bunny stay fit?
EGG-xercise and HARE-robics!

Junior Kenpo

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

Teen Class

Wednesday, Apr. 1: Techniques
Saturday, Apr. 4: Adult Class
Monday, Apr. 6: Weapons and Techniques
Wednesday, Apr. 8: Forms
Saturday, Apr. 11: Adult Class
Monday, Apr. 13: Weapons and Sets
Wednesday, Apr. 15: Techniques and Forms
Saturday, Apr. 18: Adult Class
Monday, Apr. 20: Weapons and Forms
Wednesday, Apr. 22: Techniques

Wise Quotes

"If we did things we are capable of, we would

Saturday, Apr. 25: Adult Class
Monday, Apr. 27: Stripe Testing
Wednesday, Apr. 29: Forms

astound ourselves.”

- Thomas Edison