



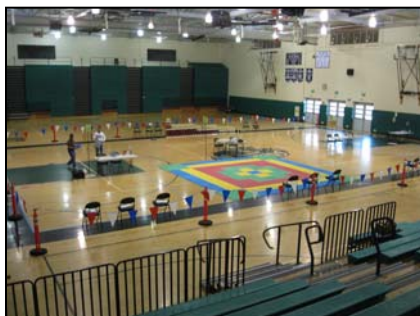
Sasaki's Kenpo Karate
Making It Happen, One Kick at a Time!

EIA Express

April-2010



Cal Coast Karate Tournament Tournament Results



The Cal Coast set-up team did an outstanding job of setting up Pacifica High School.



Competitors took home beautiful 1st thru 3rd place trophies.

Thanks to an awesome tournament staff, this year's Cal Coast Karate Tournament was a huge success. Competitors from as far away as Santa Maria participated in this exciting event. Thank you to everyone that helped make it happen...

Anita Fernandez, Leigh Donart, Sofia Bucio, Randy Sasaki Sr., Diane Henry, Candice Sasaki, Mark Robinson, Candace Robledo, Claudia Cazares, Sofia Quiles, Bree Givens, Litto Torres, Erin and Andrew Hayes, Julie Lopez, Julee Volmert, Michelle Montano, Karren Kelly, Michael Hunt, Sifu Brian Gore, Sifu Nena Lucero, Sifu Pat Quigley, Nessa Esparza, Marilen Cruz, Sifu Paul Nowlin, Mike Vollmert, Rick Lopez, Julie Sanchez, Roy Lezada, Sifu Mandy Sasaki, Jessica Sumalpong, Igancio Bucio, Sylvia Bohal, Kristah Blue, Richard Ortiz, Sifu Destiny Sharma, Mari Sasaki, Shige Sasaki, and Jorge Quiles.

If we missed anyone we truly apologize...the fact of the matter is that it took a very large and dedicated team to make this tournament a success. Once again, thank you to our awesome staff of students, friends and family.

As for our competitors...way to go! Congratulations to all of our students that participated in the Cal Coast...weather you got first place or not, you were all winners! It takes a lot of guts to get out and perform in front of judges and strangers, but you did it and you did a great job. A special congratulations to our three grand champions, **Jessica Sumalpong, Cecilia Galera and Richard Ortiz.**

Sage Amon: 1st Open Forms & 1st Open Weapons

Enrique Cazares Jr.: 2nd Open Forms & 2nd Flag Spar.

Sebastian Fernandez: 2nd Open Weap., 3rd Open Forms, 3rd Trad. Forms & 3rd Flag Spar.

Hunter Wheateroft: 1st Open Forms & 3rd Self-Defense

Katrina Wheateroft: 2nd Open Forms & 4th Self-Defense

Cody Sasaki: 1st Open Forms & 3rd Flag Spar.

Cecilia Galera: 1st Open Forms, 1st Flag Spar., 1st Self-Defense, 2nd Sword Spar., 2nd Pt. Spar., & 3rd Open Weap.

Brooke Henry: 1st Open Weap. & 3rd Open Forms

Wally Byrd: 1st Sword Spar., 1st Pt. Spar., 2nd Open Weap., 2nd Flag Spar., 3rd Trad. Forms & 4th Open Forms

Brandon Lyons: 5th Open Weap & 6th Open Forms

Jorge Quiles: 1st Open Forms, 2nd Trad. Forms & 2nd Open Weap.

Andrew Nunez: 4th Open Forms

Welcome, New Member

William Nava

Happy Birthday, April!



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

Four Tins for

Austin Henry: 5th Open Forms

Josh Leon: 1st Open Forms & 2nd Self-Defense

John Fajardo: 1st Open Forms & 1st Self-Defense

Jessica Sanchez: 2nd Trad. Forms & 3rd Flag Spar.

Cale Demarre: 3rd Flag Spar. & 5th Trad. Forms

Peter Hill: 1st Flag Spar. & 6th Trad. Forms

Stellan Cathcart: 2nd Flag Spar & 7th Trad. Forms

Camron Allen: 3rd Flag Spar. & 5th Trad. Forms

Christian Rigonan: 1st Flag Spar. & 8th Trad. Forms

Caitlyn Donart: 1st Pt. Spar & 4th Trad. Forms

Daniel Ruiz: 8th Trad. Forms

Charles Abuan: 1st Trad. Forms & 2nd Pt. Spar.

Boston Allen: 2nd Pt. Spar. & 3rd Trad. Forms

Nathan Hayes: 4th Trad. Forms

Jacob Hunt: 1st Open Weap. & 3rd Trad. Forms

Tizoc Venegas: 1st Sword Spar., 1st Pt. Spar. & 3rd Trad. Forms

Richard Ortiz: 1st Open Weap. & 2nd Trad. Forms

Kristah Blue: 3rd Open Weap. & 3rd Trad. Forms

Jessica Sumalpong: 1st Trad. Forms, 1st Open Weap., 1st Trad. Weap. & 1st Pt. Spar.

Jacob Nunez: 6th Open Weap.

Trevor Watkins: 2nd Self-Defense

Jose Lucero Jr.: 2nd Sword Spar. & 2nd Pt. Spar.

Mark Robinson: 1st Sword Spar. & 1st Pt. Spar.

Enrique Cazares Sr.: 2nd Pt. Spar.



Cody Sasaki (right) and Wally Byrd (left) square off in flag sparring.



Jorge Quiles took home a first place in Open Forms.

Brown and Black Belt Testing Saturday, April 17



Mark Robinson will be earning his black belt.



Wally Byrd and several other

Join us on Saturday, April 17 for another SK magical moment, when 11 of our students graduate to their new ranks of brown and black belt. This group has worked extremely hard the past 6 weeks and are eager to show off the results of their hard work to their friends and family. Join us for what should be an exciting night. The night kicks off at 6 pm with a demonstration by our very own MIH Performance Team. Graduating to their new ranks will be:

Black Belt

Mark Robinson

Brown/Black Belt

Alyssa Cadiz

2nd Brown Belt

Richard Ortiz, Kristah Blue &

Emily Esteban-Baughman

3rd Brown Belt

Enrique Cazares & Gerard Yambao

Jr. Brown/Black

Cecilia Galera

1st Brown

Wally Byrd & Jorge Quiles

3rd Brown

Jacob Hunt

Your Tips for Dramatically Impacting Your Life

In a column for Ziglar.com, author Jason Frenn offers four insights he believes will allow you to achieve tremendous breakthroughs in your personal and professional life. If you implement these four insights, writes Frenn, you'll make a "quantum leap" in your personal development.

Below are the four insights provided by Frenn and a summary of his discussion:

1. INTEGRITY

According to Frenn, integrity is what "makes the mission possible." Honesty with ourselves allows us to clarify our values. "When you honestly come to grips with who you are and where you want to go, the path to get there becomes clear."

2. WISDOM

Wisdom allows us to choose the right doors at the right time and to create the right plan. "Wisdom guides your decisions so they are harmonious with your goal," states Frenn. If you want to become wiser, Frenn recommends reading wisdom literature, listening to speakers who have a reputation for wisdom and helping others, and associating with wise people.

3. STRENGTH & DISCIPLINE

These create fuel for achieving your goal. According to Frenn, staying focused on your goal and taking the daily steps necessary to achieve it will produce success. Once you have created a routine, it becomes a natural part of your life.

4. HOPE

Hope is necessary to overcoming obstacles in life. Believing you can improve yourself, and holding on to that belief, will lead you to success.

Frenn concludes his article by reminding you that you are not "predestined to repeat the

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4 NO YOGA Happy Easter	5	6	7	8	9 8 to midnight pre-test	10 Obstacle course and black belt run
11	12	13	14	15	16 Little Dragons Testing	17 - Brown & Black Belt Testing - Under Belt Testing
18	19	20	21	22	23 Studio Closed	24 Studio Closed
25	26	27	28	29	30	

Kids & Teens Section

Upcoming April Class Schedule

Little Dragons

Monday, April 5: Fitness Test
 Wednesday, April 7: Practice for Test
 Monday, April 12: Practice for Test
 Wednesday, April 14: Practice for Test
 Monday, April 19: Fun Day
 Wednesday, April 21: Kicks
 Monday, April 26: Rolls
 Wednesday, April 28: Falls



Word to Remember

Torpor...
 Lacking in vitality or interest; a state of mental or physical inactivity or insensibility; lethargy or apathy

Ex: If I don't exercise regularly, I can quickly give in to torpor.

Junior Kenpo

Date	Beg. Students	Inter. Students	Adv. Students
Fri-April 2	Sparring/Judo/Kombat	Sparring/Judo/Kombat	Sparring/Judo/Kombat
Mon-April 5	Fitness Test	Fitness Test	Fitness Test
Wed-April 7	Forms	Forms	Forms
Fri-April 9	Sparring/Judo/Kombat	Sparring/Judo/Kombat	Sparring/Judo/Kombat
Mon-April 12	Stripe Testing	Stripe Testing	Highlight 4/Forms
Wed-April 14	Review Day	Review Day	Highlight 5/Forms
Fri-April 16	Sparring/Judo/Kombat	Sparring/Judo/Kombat	Sparring/Judo/Kombat
Mon-April 19	Forms/Weapons	Forms/Weapons	Forms/Weapons
Wed-April 21	Highlight 2	Highlight 3	Highlight 1
Fri-April 23	Studio Closed	Studio Closed	Studio Closed
Mon-April 26	Highlight 3/Forms	Highlight 4/Forms	Highlight 2
Wed-April 28	Forms/Weapons	Forms/Weapons	Forms/Weapons
Fri-April 30	Sparring/Judo/Kombat	Sparring/Judo/Kombat	Sparring/Judo/Kombat

JOKE:

Q: Why did the Easter Bunny cross the road?
 A: To prove he wasn't chicken!



Teen Class

April 5 to April 17: Adult Class
 April 19: Techniques & Weapons
 April 21: Forms
 April 24: Studio Closed
 April 26: Weapons & Sets
 April 28: Forms & Techniques

Wise Quotes

"Every human being, of whatever origin, of whatever station, deserves respect. We must each respect others even as we respect ourselves."

- Ulysses S. Grant

