



# EIA Express



May 2008

*Transforming Lives One Kick at a Time!*

## SK SET TO INTRODUCE NEW MMA PROGRAM

**Schedule change better organizes kenpo programs.**

### Highlights

Starting on Monday, May 5th Sasaki Kenpo will be changing its schedule to better organize the many programs that we offer. The highlight of the new schedule is that the Adult/Teen Kenpo class will be switched to Monday's and Wednesday's from 6 pm to 7:20 pm. Monday's class will be followed by sparring and Wednesday's class will be followed by judo. Kickboxing which will also undergo a philosophical and name change will be every Tuesday and Thursday from 6 pm to 7 pm. The Kamikaze Kickboxing will be referred to as Kamikaze Conditioning. More on that latter. There is only one minor change for our Jr. Kenpo program. Our extra help class will be switched from Saturday's to Friday's at 5:15 pm to 6:00 pm. Only students that are invited by their Sifu's will be allowed to participate in this class. The class will intended for those students that miss class or fall behind in their training. Finally, SK will soon begin to offer a new Mixed Martial Arts Program called "The Pit". This program was designed by John Hackleman and Mixed Martial Arts legend Chuck "The Iceman" Liddell. This program will initially be open only to adults and teens.

Continued on page 2...

## SK Membership Drive

**Win a brand new Nintendo Wii or a Fully Embroidered Uniform.**



Win a brand new Nintendo Wii.



You could also win a fully embroidered uniform.

During May SK will be running its annual membership drive. Every time you bring a friend to try a class you will earn raffle tickets towards either a Nintendo Wii or a Fully Embroidered Uniform. Additionally, you will receive a special SK T-Shirt as a gift from us for every friend that signs-up. Here's how everything works...

**2 Raffle Tickets: Bring a friend to an SK testing**  
(3 opportunities in May-Lil Dragons May 16, Brown Belt May 17 & Under belt May 23)

\*\*Must inform front desk staff the day of the testing, that your brought a friend.\*\*

**4 Raffle Tickets: Have Your Friend Try a Class**

All month long invite your friends to participate in class with you. They must have a waiver form filled out, if the person is under 18 you can take the form home with you and have their parent sign the form. Forms are available at the front desk.

**6 Raffle tickets: Bring a friend to Parents Night Out or Free Intro Day**

Both events are May 10th. Free Intro Day is from 11 am to 12:30 pm while the Parents Night out is from 6 pm to 10 pm.

**10 Raffle Tickets & Free T-shirt:**

**When your friend signs up for an SK program.**

## New Members

*Welcome new members...*

**Richard Ortiz Jr., John Fajardo, Dario Gomez, Gregory Navas & Jacob Hunt**

## May Birthdays

*Happy Birthday, have a fantastic day!*

**Matthew Chong, Jemini Lewis, Jessica Sumalpong, Gracey Hiebert, Louis Pinedo, Selena Phelps, Kari Moore, Sifu Mandy Sasaki, Greg Barry, Tyler Robinson, Brenda Compton, Brandon Lyons, Marisol Montes, Sidette Ogawa, Ron Brabant, Richard Ortiz, Ann Logsdon, Rolland Ogawa, Lisette Ramirez, Tracylee Clark,**

## Martial Arts & Fitness Summer Camp July 2008

### Camp Overview

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 there upper body, cardio, mid-section, lower body and flexibility levels. They will also get fitness tips and a journal to record there eating habits.

Space is limited, sign-up today! Pre-register and get a free camp t-shirt. Lunch will be provided every Friday.

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



**Kamikaze Kickboxing**  
 "Lose Weight, Gain Confidence."



**First Class is Always Free!**

**Kenpo Students are Always Free!**

**Classes Mon/Wed/Fri/Sat**

**Call 981-4333 for more info**

**CANI QUEST**

*"Get in Better Shape and WIN \$"*

- 6 Week Program to get you in the best shape of your life!
- No other program like it in Ventura County

*Next CANI June 16th!  
 Evals will be June 8th and 14th,  
 to reserve your spot call  
 981-4333.*



**New Kamikaze Kickboxing Ranks**

Yellow: Tracylee Clark, Emily Conley, Leonor Gutierrez, Debbie Hambelton, Rose Hernandez, Stephanie Hernandez & Kari Moore  
 Orange: Irene Lopez

**Schedule Changes and "The Pit" continued from pg. 1**

The XMA schedule will remain unchanged except on Saturday's, when the class will be offered one hour earlier at 10 am. For more info on the new schedule, please call us at 805-981-4333 or pick up your own copy of the new schedule at the studio.

**Kamikaze Konditioning**

Kamikaze Konditioning will be a more extreme workout. The program will include circuit training, plyometrics, medicine ball, swiss ball, jump rope, bag work and strength training. The program will incorporate workouts from other SK programs such as: ICAN, SBA 1000, Boot Camps and XMA. Most classes will be taught by Sifu Jody Sasaki. The Saturday class will be a mixture of Cardio Kickboxing and Bag Work. The goal of this workout will be to keep your body guessing. This program is for all fitness levels and students will be encouraged to work at their own pace.

**MMA: "The Pit"**



SK will be affiliating with "The Pit", an MMA organization led by John Hackleman and Chuck Liddell. This program will be ideal for all fitness enthusiasts and MMA sport fans. The program will combine proven MMA techniques with elite level conditioning drills. No martial arts experience is necessary. The class will be every Tuesday, Thursday and Saturday. Any current SK members that would like to add MMA to their contract will be offered an introductory \$25 add-on.

**"Earn Your White Belt in Less Than 2 Hours!"  
 FREE INTRODUCTORY CLASS DAY  
 Saturday, May 10th - 11 am to 12:30 pm**



On Saturday, May 10 SK will be hosting a Free Introductory Lesson day. In less than 2 hours students will have the opportunity to complete a full introductory course (3-30 minute classes). At the end of the lesson, participants will earn their White Belts and White Belt Certificate. The best part is that this will be absolutely **FREE. This event is for ages 7+ ONLY.** No experience is necessary. Kickboxers, CANI'ers are encouraged to participate. SK Martial Arts members, invite your friends to participate and earn raffle tickets towards the membership drive. Everyone that participates will also have the opportunity to take advantage of

our One Day ONLY Martial Arts SPECIAL. So, don't miss out, sign-up today or invite your friends.

**Parent's Night Out!  
 Saturday, May 10; 6 pm to 10 pm**

- Games, Food and Martial Arts Fun!
- For Ages 7 to 13-years-old
- \$25 for 1 or \$15/each with a buddy

**New Kenpo Graduates**  
**Another step closer to Black Belt Excellence!**  
 Little Dragons

White: **Caitlyn Donart**  
 Juniors

Orange: **Jorge Quiles**  
 Purple: **Wally Byrd & Krista Nuno**  
 Green: **Matthew Chong**  
 Adults

Yellow: **Debbie Hambelton**  
 Orange: **Eric Martinek**  
 Green: **Alyssa Cadiz**  
 Brown/Green: **Julian Hernandez**  
 Black/Blue: **Justin Ledesma, Sam Alcantara & Brandon Cadiz**

***“An eye for eye only ends up making the whole world blind.”***  
**- Mahatma Gandhi**

**May Super Stars**

Adult Student of the Month  
**Alyssa Cadiz**

Junior Student of the Month  
**Jorge Quiles**

XMA Student of the Month  
**Erik Vollmert**

Junior SEAL or STORM of the Month  
**Armand Pasamonte**

Adult SEAL or STORM of the Month  
**Nena Lucero**

## May 2008

| Sun   | Mon                                | Tue | Wed | Thu | Fri                          | Sat   |
|---|------------------------------------|-----|-----|-----|------------------------------|---|
| All Month Long<br>**Membership Drive (Bring Friends & Win Prizes)<br>**SK T-Shirt Month (Wear your SK t-shirt to class) |                                    |     |     | 1   | 2                            | 3   |
| 4   | 5<br>- New Schedule Begins!        | 6   | 7   | 8   | 9                            | 10<br>- Free Intro Day<br>- Parents Night Out |
| 11  | 12                                 | 13  | 14  | 15  | 16<br>- Lil' Dragons Testing | 17<br>Brown Belt Testing                      |
| 18  | 19                                 | 20  | 21  | 22  | 23<br>- Under Belt Testing   | 24  |
| 25  | 26<br>Memorial Day (Studio Closed) | 27  | 28  | 29  | 30                           | 31  |

## Brown Belt Promotion Saturday, May 17

Join us on Saturday, May 17 for a night of martial arts action. Be inspired, motivated and entertained as our Brown Belts show off what they have been working on during the past 6-weeks of pre-testing. Check out graduating roster:

3rd Brown:  
**Nicholas Fuller, Isaac Armstrong,  
 Cecilia Galera, Dillon Chong,  
 Jemini Lewis and Raul Trevino**

2nd Brown:  
**Tizoc Venegas, Ryan Barry,  
 Arlene Bucio, Jaime Bucio,  
 Jose Lucero, Tyler Robinson,  
 Greg Barry, Igancio Bucio, Iggy Bucio,  
 and Shane Gillespie**

1st Brown:  
**Miranda Rodriguez, Mark Robinson  
 and Dustin Krebs**

Brown/Black:  
**Sean Zosimo and Kimberly Araujo**

Don't miss this awesome event. The promotion will begin at 6 pm with a special demonstration by the M.I.H Demo Team.

## Congratulations to Sifu Nena Lucero

We have a new Sifu at SK and her name is Sifu Nena Lucero. Sifu Nena has been one of our most dedicated instructors at SK the last few years. She assists with SK's Little Dragons, Jr. Kenpo, Teen Kenpo, Adult Kenpo and even Kamikaze Kickboxing classes.

Awesome Sifu Nena, you earned it!



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# Making It Happen in Las Vegas

## Martial Arts & Fitness Training



**August 8th & 9th**

**Location: Tuscany Suites & Casino**

**Join us in Las Vegas for some martial arts & fitness training!  
Check out some of the special seminars that will be offered:**

### **Martial Arts Training**

- Knife Training
- Stick Training
- "The Pit"
- Women's Self-Defense
- Weapons
- XMA Tricks
- Kenpo Karate Bootcamps

### **Fitness Training**

- Focus Pad Frenzy
- Medicine Ball Training
- Flip Pad Workout
- Flexibility Training
- Vegas Fun Run

### **Fun for the Kids**

- Arts & Crafts Class
- Balloon Animals
- Martial Arts Fun & Games

