



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

EIA Express

June-2010

Humility

Today's society does not seem to have high regard for the trait of humility. Athletes prance around and promote individual accomplishments during a game, corporate executives attempt to shift blame for poor performance on their employees, and even school systems will quickly take credit for high test scores, while pointing their finger at others when they have poor results.

"By humility I mean... a prudent care not to overvalue ourselves."

- Nathaniel Crew

Humility is regarded as a weakness by many. They view it as a result of poor self-esteem, or a damaged upbringing. People who demonstrate true humility are rare. Many do not understand the value of this important character trait.

The martial arts stands in sharp contrast to this backdrop. Humility has been a virtue promoted by the martial arts for centuries, and has been recognized as an effective tool for not only keeping one's pride in check, but for developing a healthy self-respect. In addition, humility has been recognized as an effective motivational tool.

The fact is, those who effectively demonstrate the attributes of humility have a greater opportunity for success in all areas of life. Those individuals who don't take themselves too seriously, are generous with praise for others, and are willing to share credit and take blame when necessary, create loyalty and dedication from coworkers, friends, family and teammates.

This month, seek out opportunities to demonstrate humility. Take time to read about some of the great individuals who lived lives marked by humility. Compare what history says about their accomplishments and character with contemporaries who held humility in less esteem. See if there are certain lessons about humility you can apply to your life from theirs.

Humility may be overlooked and undervalued character trait, but it continues to be appreciated by those most directly impacted by it. As you make an effort to display the qualities of humility, see if there is a difference in how people relate to you. You might just find that the road to personal accomplishment is much easier when you remain humble.

Living a life of humility reveals strength of character and the understanding that your achievements are not due to your actions alone. Humility helps us put our accomplishments in the proper context—one that recognizes that we are part of a larger stream of individuals who are impacted and will impact many others. Through humility, we gain true self-respect and wisdom.

Welcome, New Members

Rose Lopez, Yolanda Angeles
and welcome back
Sonia Zosimo and Raul Trevino

Happy Birthday, June!



Natalie Guido, Chuy Reyes,
Joe Rivas, Taleeah Mesa,
Karen Devemark, Illene Trejo,
Jesa Simental, Marilen Cruz,
Iris Ila, Ignacio Bucio,
Diana Sumaran, Taylor Moore,
Maha Osman, Melanie Silva,
Shelley Wells, Mikel Hernandez,
Angie Wiggins, Holly Vreeland,
Angela Robinson, Jean Nakamura,
Richard Quintana Sr., Noah Olvera,
Branden Kavanagh,
Christina Valdes, Lance Abuan,
Anna Paredes, Keri Collier,
Sifu Pat Quigley,
Tracy Takahashi, Kathy O'Connor,
James Minnock, Danny Jacinto,
Jared Ray, Mike Phelps,
Mike Carney, Andrew Nunez,
Jesse Vasquez, Greg Robertson,
Shane Gillespie, Theresa Camarillo,
Adam Sanchez, Lisa Shaw,
George Terrell, Marie Montoya,
D'anne Mason, Sarah Morrison,
Samantha Culbert, Winonah Filoteo,
Mary Marwick, Paul Martinez,
Taira Garces, Andrew Felix,
Renee Jones, Angie Ramirez,
Evan Paras, Daniel Ybarra,
Amanda Calderon, Aimee Canlas,
Daniel Cervantes, Joan Ugalino,
Nicholas Coronado, Sonia Flores,
Christian Rigonan, Michelle Ogawa,
Soyla Ceja, Kirk Robertson,
Jennifer Labelle, Maria Gonzales,
Sifu Mike McGill, Maria Hollander
and Luis Ibarra.

CANI Quest #32 Results

Ultimate Winners:
Justin Schmitt, George Terrell & Latika Castillo



Ultimate Team:
Eagles

Hardest Workers:
Joshua Castillo - Tigers
Angela Robinson - Eagles
Estefany Cerda - Dragons

Most Enthusiastic:
Soyla Ceja - Tigers
Chris de los Santos - Eagles
Dante Few - Dragons

Most Improved:
Litto Torres - Tigers
Kari Woolsey - Eagles
Jason Moore - Dragons

CANI Quest #32

Released a group total of 185.7 lbs..... most male Jose Lares, 19.1lbs., most female Heather Hendrix 13.4lbs.

Increased power ups by 362! most on toes Arturo Avila 57,
most on knees Soyla Ceja 61

Increased sit-ups by 156!.....most sit-ups Kimberly Rossi 61
Increase flexibility by 41.5 inches.....most inches increase...Jose Lares
Decrease walk/run time by 22:11.....fast mile Jesse Vasquez 5:36

Father's Day - Celebrating Dads Everywhere



Did you know Father's Day is a relatively new holiday that was first celebrated in 1910? Sonora Smart Dodd is credited with wanting to set aside a day to celebrate everything fathers do for us. However, the holiday did not catch on as quickly as Mother's Day.

In fact, despite the support of several highly regarded national organizations, Father's Day nearly missed becoming a recognized holiday at all. Although a bill was introduced in Congress in 1913 to formally recognize the holiday, it wasn't until President Lyndon Johnson issued a proclamation in 1966 that it gained formal recognition. This Father's Day, take a moment to thank your father for all of his hard work. Having a father who is active in your life is an important aspect to your success. So tell Dad thanks for his efforts.

2010 Martial Arts Summer Camp

July 12-16; July 19-23

New Ranks:

XMA

Yellow:
Emilia Salcido, Julia Salcido, Jacob Hunt & Christian Rigonan
Orange:
Caitlyn Donart
Purple:
Sage Amon, Alexa Harvey & Sebastian Fernandez
Green:
Cody Sasaki

New Ranks: Under Belts

Yellow:
James Minnock, Camron Allen, William Rydberg & Christian Rigonan
Orange:
Daniel Ruiz, Kyler Vea & Lance Abuan
Purple:
Abraham Samudio
Green:
Charles Abuan, Boston Allen, Alexa Harvey, Caitlyn Donart, Nathan Hayes & Sebastian Fernandez
1st Brown/Purple:
Jorge Quiles

Quotes of the Month:

"A successful man is one who can lay a firm foundation with the bricks others

9 am to 1 pm

Join us for our Martial Arts Summer Camp for ages 7 to 15 ONLY. No experience is necessary (though you must have a martial arts uniform and weapon).

Must have at least 5 participants per session and no more than 10.



- *Kenpo *XMA
- * Judo *Gymnastics *Weapons
- *Martial Arts Fun & Games

Prices:

(One Student)

1 week = \$175/each
2 weeks = \$325/each

(Two or more Students)

1 week = \$160/each
2 weeks = \$300/each

**SIGN-UP
TODAY!**



June Superstars!!!

Adult Student of the Month:
 Jimmy Minnock

Junior Student of the Month:
 Boston Allen

XMA Student of the Month:
 Emilia Salcido

Junior SEAL or STORM of the Month:
 Shane Gillespie

Adult SEAL or STORM of the Month:
 Rick Lopez

**have thrown at him.”
- David Brinkley**

**“Develop success
from failures.
Discouragement and
failure are two of the
surest stepping
stones to success.”
- Dale Carnegie**

**Product Spotlight:
Point Sparring
Gear**



Get 10% off when you order your point sparring gear this month.

Order your point sparring gear TODAY!

SK Events: June 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14 Bring a Friend to Class	15 Bring a Friend to Class	16	17	18 Little Dragons Test	19 XMA Testing
20 Father's Day	21	22	23	24	25	26 - Under Belt Testing - Brown Belt Pre-Test Begins
27	28	29	30			

Kids & Teens Section

Upcoming June Class Schedule

Little Dragons

Wednesday, June 2: Fitness Testing
Monday, June 7: Long One
Wednesday, June 9: Long One
Monday, June 14: Balance Day
Wednesday, June 16: Punches
Monday, June 21: Strikes
Wednesday, June 23: Falls
Monday, June 28: Stranger Danger
Wednesday, June 30: Rolls



Word to Remember

Verboten...
Forbidden, as by law;
prohibited

Example...
Running across the mats when class is in session is strictly verboten.

Junior Kenpo

Date	Beg. Students	Inter. Students	Adv. Students
Wed-June 2	Fitness Test	Fitness Test	Fitness Test
Fri-June 4	Sparring	Judo	Kombat
Mon-June 7	Forms	Forms	Forms
Wed-June 9	Highlight 2/Weapons	Highlight 2/Weapons	Highlight 4/Forms
Fri-June 11	Sparring	Judo	Kombat
Mon-June 14	Basics Day	Basics Day	Basics Day
Wed-June 16	Highlight 3/Sets	Highlight 3	Highlight 4
Fri-June 18	Sparring	Judo	Kombat
Mon-June 21	Stripe Testing	Stripe Testing	Forms/Weapons
Wed-June 23	Review Day	Review Day	Review Day
Fri-June 25	Sparring	Judo	Kombat
Mon-June 28	Sets/Weapons	Sets/Weapons	Forms/Weapons
Wed-June 30	Highlight 1	Highlight 4/Forms	Highlight 5/Forms

Teen Class

Wednesday, June 2: Techniques and Fitness Testing
Saturday, June 5: Adult Class
Monday, June 7: Forms
Wednesday, June 9: Sets and Techniques
Saturday, June 12: Adult Class
Monday, June 14: Basics Day
Wednesday, June 16: Techniques
Saturday, June 19: Adult Class
Monday, June 21: Stripe Testing/Review
Wednesday, June 23: Review Day

JOKE:

Q: What did the father ghost say to the naughty baby ghost?

A: Spook when you're spoken to!



Wise Quotes

"There's no telling how far a person can go if he's willing to let other people take the credit."

- Robert Woodruff

Saturday, June 26: Adult Class
Monday, June 28: Weapons
Wednesday, June 30: Techniques

ROBERT WOODRUM