



# EIA Express



June 2008

*Transforming Lives One Kick at a Time!*



## Martial Arts & Fitness Summer Camp

**July 7 to August 1**

*Pre-Registration Deadline:  
June 30th*

Don't miss out on this year's Martial Arts & Fitness Camp. This is a unique camp for ages 7 to 17-years-old that combines martial arts training with conditioning. Students will train in American Kenpo, XMA, Judo, Weapons and Gymnastics.

Conditioning will be incorporated

throughout the camp. New this year will be journals for each camper to keep track of their eating habits.

"We've had so much success with our CANI program and our Summer Camp, that we figured why not combine the two to help students get even more benefits from their training," said Sifu Michael. "There is no doubt that the campers are going to get a great workout but to supplement that with a great diet will be a fantastic 1-2 combo."

The camp is split into four weeks and there are different options as to which weeks students will train and the pricing for that training. Pre-Registration is June 30th, after which date the listed price will be raised by an additional \$100. Pre-Registered campers will also get a free t-shirt.

**Space is limited, so sign-up today!**

## Congratulations New Brown Belts!

Our latest group to graduate to new ranks of brown put on an amazing show on Saturday, May 17. Overall a fairly small group of testers wowed the audience with their forms, weapons and self-defense routines.

Congratulations new ranks:

**Brown/Black:** Sean Zosimo & Kimberly Araujo; **1st Brown:** Jose Lucero Jr., Miranda Rodriguez, Mark Robinson, Dustin Krebs, Ignacio Bucio Jr. & Shane Gillespie; **2nd Brown:** Ignacio Bucio, Greg Barry, Jaime Bucio Jr., Ryan Barry, Arlene Bucio, Tyler Robinson & Tizoc Venegas; **3rd Brown:** Jemini Lewis, Nicholas Fuller, Isaac Armstrong, Cecilia Galera, Dillon Chong & Raul Trevino

***Making It Happen, One Step Closer to Black Belt Excellence***

## New Members

*Welcome new members...*

Rose Hernandez, Wendy Stanton, Gayle Paul, Carmen Ambriz, Arianna Reyes, Dani McMahon, Cherry Demate, Jazmin Leon, Javier Rodriguez, Ricardo Tejada, Sonia Zosimo, Luis Pascua & Jessica Lopez

## June Birthdays

*Happy Birthday, have a fantastic day!*

Marilen Cruz, Ignacio Bucio Jr., Shelley Wells, Angela Robinson, Mike Carney, Andrew Nunez, Shane Gillespie, Daniel Ybarra & Nicholas Coronado

## Making It Happen in Las Vegas

**August 8-9**

**Tuscany Suites & Casino**

Come train with us in Las Vegas. There will be something for the whole family. Check out the wide variety of workshops that will be offered:

- Kenpo Bootcamps (Forms & Tech)
- Weapons
- The Pit
- Focus Pad Frenzy
- Knife Training
- Martial Arts Fun & Games
- Women's Self-Defense
- Stick Training
- XMA Tricks
- Freaked Out Flip Pads
- Arts & Crafts
- Relax Into Stretch

Deadline:

*Pre-register for the event by **July 16***

*Reserve your room with special rates at the Tuscany by July 8. Mention **Sasaki Martial Arts Training** for special rates. Call **877-887-2261**, to reserve your rooms today!*

## Kamikaze Konditioning



**First Class is Always Free!**

**Kenpo Students are  
Always Free!**

**Classes Tue/Thu/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

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



## New Kamikaze Kickboxing Ranks

Yellow: **Jessica Lopez**



*Instructor certification ceremony at the Pit, (left) John Hackleman, (center) Sifu Peter DeWindt, (right) Chuck Liddell.*

## “The Pit”

**New MMA program at  
Sasaki Kenpo.**

“The Pit”, a professional mixed martial arts (MMA) association and training camp based in Arroyo Grande, has trained some of the top professional mixed martial arts fighters in the world and now it comes to Ventura County. Sasaki’s Kenpo Karate recently joined forces with the association which has helped make people like Chuck Liddell household names.

“We’re really excited about offering “The Pit”,” says Sifu Jody Sasaki. “What really made me decide to become an affiliate school with the Pit was that not only are they leaders in mixed martial arts training but that they also embrace martial arts traditions and values. When you do an MMA class at SK, you’re still going to see all the values of martial arts such as respect, courtesy, self-control and much more.”

The Pit was founded in 1986 by John Hackleman. The legendary trainer has worked with some of the top MMA fighters of all time, most notably Ultimate Fighting Champion (UFC), Liddell. Other notable fighters that have trained at “the Pit” include Tito Ortiz, Tony DeSouza and Ross Pointon. The Pit combines Hawaiian Kempo, kick boxing, western boxing, jiu-jitsu, wrestling and a fitness program.

Teaching the Pit will be Sifu Peter DeWindt. Sifu Peter recently went thru a vigorous training camp with “The Pit” to become certified to be an instructor of the widely recognized brand of MMA. He stresses that this program is not just for people that want to be fighters but for people interested in a great workout and learning self-defense.

“First and foremost we’re going to help people get in the best shape of their lives and learn self-defense skills. If they want to become professional fighters we can do that too,” said Sifu Peter.

With the addition of MMA, SK now offers a wide-variety of martial arts and fitness programs that match the desires of all ages and personalities. It starts at age 4, with a specialized martial arts program for 4-6 year-olds called Little Dragons. Next, SK offers a traditional martial arts program (American Kenpo) to ages 7 and up. For those more interested in the flashy side of martial arts, there is Xtreme Martial Arts (XMA) complete with gymnastics and high-flying Kun-Fu moves.

Current SK members that are interested in adding on any program, please speak to Sifu Mandy. There are special discounts for add-ons, only available to our members.

**Try it Out,  
First Class is Free!**

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

Little Dragons

White: **Gregory Navas & Dario Gomez**  
 White/1st Yellow: **Eden Piszczek, Caitlyn Donart & Ella Hiebert**  
 White/2nd Yellow: **Seraphina & Simeon Rodriguez**  
 White/3rd Yellow: **Ashley Bucio & Roman Venegas**  
 White/4th Yellow: **Gage Grant**

Under Belt

Yellow: **Richard Ortiz, Jacob Hunt, Jaime Chua & Gracey Hiebert**  
 Purple: **Daniel Balderrama, Kristah Blue & Emily Esteban-Baughman**  
 Purple/Yellow: **John Fajardo**  
 Green: **Daniel Ybarra & Karina Williams**

***“The way we communicate with others and with ourselves ultimately determines the quality of our lives.”***  
 - Anthony Robbins

**June Super Stars**

Adult Student of the Month  
**Carmen Moore**

Junior Student of the Month  
**Jaime Bucio**

XMA Student of the Month  
**Dustyn Robinson**

Junior SEAL or STORM of the Month  
**Shane Gillespie**

Adult SEAL or STORM of the Month  
**Larry Ortiz**

## June 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Membership Drive Raffle Held Before Adult Karate	3	4	5	6	7 No Classes! Studio Closed
8	9	10	11	12	13	14 No XMA Class
15	16 CANI Quest Begins	17	18	19	20	21
22	23	24	25	26	27	28 Under Belt Testing
29	30 Last Day to Pre-Register for Summer Camp					

## CANI Quest Results

Ultimate Winners:  
**Angela Robinson, Lilia Perez & Wendy Stanton**  
 Winning Team:  
**Tigers**



Ultimate Coach:  
**Bree Urbano**  
 Hardest Worker:  
**Wendy Stanton**  
 Most Enthusiastic:  
**Heather Felix**  
 Most Improved:  
**Sonia Qualls**

Get ready for the next CANI, begins June 16th!



## Summer is Almost Here!

### Five tips on getting in shape.

- 1. Don't let juice fool you.**  
 It sounds good, tastes good and is all natural. If you're trying to lose weight it sounds good right? Wrong! Juice along with sports drinks is loaded with calories. Hydration is what you need and plain old water is your solution.
- 2. It's getting hot.**  
 Hot temperatures can reduce your appetite so take advantage of it and eat light.
- 3. Time to play.**  
 Get out there and do something. Organized sports are a great way to get into shape...join up with some friends or meet new people. Start taking up martial arts, start a random game of football, you could even play a round of "ultimate Frisbee" at the beach.
- 4. Sunrise and Sunset**  
 Take advantage of working out outside during these times. You'll be so amazed by the beauty that you'll forget you're working out.
- 5. Walk it out.**  
 Leave your car at home and take a walk. Just 15 minutes a day can have a positive effect on your body.

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805-981-9916 - Fax  
**sasakikenpo.com**

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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

