



EIA Express

July 2008

Transforming Lives One Kick at a Time!

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!*



Congratulations Sifu Michael & Destiny Sharma

You may have wondered why the studio was closed this past Saturday, June 7th. Well, that's because Sifu Michael and Sifu Destiny finally tied the knot after a 2-year engagement. They wanted to take this opportunity to thank everyone for their well wishes and encouragements.



New Members

Welcome new members...

**Lisa Lemus, Noemi Gallardo,
Niki McMahon, Tracylee Clarke,
Gina Snyder, Cole & Tanner Gietzen,
& Paula Chuhaloff**

July Birthdays

Happy Birthday, have a fantastic day!



**Leticia Solis, Tom Dyer,
Kristina Cervantes, Martha Martinez,
Rebecca Ahearn, Emerson Lowe,
Norman Ugalino, Sarah Tinajera,
Lito Torres, Becky Coronado,
Ryan Paco, Kristen Spencer,
Sifu Destiny Sharma,
Jaime Unterthiner,
Michael Hernandez, Olie Roerich,
Ilene Lopez, Corey Dougherty,
Casey Gaines, Katrina Sutton,
Gabriella Oropeza, Marissa Chavez,
Alex Schiavone,
Elizabeth Hernandez,
Arberdella Warren-Dudley,
Ricky Esparza, Becky Contreras,
Jacob Hunt, Graciela Perez,
Trenton Rex, Miguel Colon,
Bonny Setser, Margaux Ugalino,
Devan Coonce, Adriana Vera,
Wendy Stanton, Jennifer Jockisch,
Margarita Quinones,
Sonia Camacho, Donna Nagatani,
Dennis Dalrymple, Franky Figueroa,
Ralph Ramirez, Regina Jaramillo,
C.J. Senores, Jesus Hernandez,
Arlene Bucio, Ansel Magee,
Debbie Hambleton, Eliza Aguilera,
John Maquar, Abram Marr,
Al Motahari, Brandon Chong,
Rosie Runion, Sonia Garcia,
Jo Garcia, Brooke Kubota,
Robert Luna, Lori Erickson,
Jacqueline Holm, Landon Kubota, &
Emma Neri-Williams**

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 Ventura County

*Next CANI Quest Begins Soon!
Call 805-981-4333
for more information*



Healthy Snack Tips

There are many different diets out there, but they don't always fit a person's lifestyle, not to mention, not everyone needs a diet, just healthier eating habits to fit their lifestyle.

Emotional eaters know they need to keep their trigger foods like chips, ice cream, cookies and candy out of the house. Stock healthier snacks like fruits, air-popped popcorn, pretzels, crunchy vegetables with low-fat dips or nuts. For those times when you know you will be busy, bag your snacks in individual baggies or containers as soon as you get them home so you can grab and go without devouring the entire bag. If you absolutely feel the need for a treat, purchase a small or individual serving of your favorite treat and enjoy it.

Snacking in front of the television is another habit that isn't easy on the fat or calories. If you find you can't give up snacking while watching your shows, keep low-calorie foods on hand. We all know how easy it is to eat too much when you are mesmerized by your favorite drama, game or cooking show. Eat crisp, raw vegetables instead of greasy chips.

Do you feel like you can't live without chocolate? If there are foods you won't give up, enjoy them in smaller amounts. Buy one tiny, high-quality piece of candy and enjoy it. If it only comes in one size, leave the rest in the break room at work; it won't be there long enough to tempt you. Limit other favorite treats or foods that aren't healthy by enjoying them only once or twice a month and make a big production of savoring your treat. Don't scarf it down while driving home; sit alone in a quiet, peaceful area and savor each small bite.

You won't transform your unhealthy diet overnight so don't despair, most people can't. Implement one idea at a time and every change you make will be one step in the right direction.



Random Facts of the Month:

1. Apples are more efficient than caffeine in keeping people awake in the morning.
2. Strawberries have more Vitamin C than oranges.
3. You burn more calories sleeping than you do watching television!
4. Banging your head against a wall burn 150 calories an hour (not recommended).
5. The average American will consume about 60,000 pounds of food during his or her lifetime—that's the weight of about 6 elephants!

New Kenpo Graduates
Another step closer to Black Belt Excellence!

Purple: **Jorge Quiles**
 Blue: **Wally Byrd**
 Green: **Anthony Acosta & Carmen Moore**
 2nd Brown/3rd Brown: **Julian Hernandez**
 Black/Green: **Brandon Cadiz, Justin Ledesma & Sam Alcantara**

“There’s a great power in words, if you don’t hitch too many of them together.”
 - Josh Billings

July Super Stars

Adult Student of the Month
Julian Hernandez

Junior Student of the Month
Anthony Acosta

XMA Student of the Month
Armand Pasamonte

Junior SEAL or STORM of the Month
Shane Gillespie

Adult SEAL or STORM of the Month
Larry Ortiz

July 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4 STUDIO CLOSED	5
6	7 Summer Camp Begins	8 Last Day to Reserve Rooms for Making It Happen in Las Vegas	9	10	11	12 MIH Demo Team Performs: Obon Festival, Oxnard-3pm
13	14	15	16	17	18	19
20	21	22	23	24	25	26 Under Belt Testing
27	28	29	30	31		

Too Tired to Exercise?

Are you making excuses to avoid exercise and say you feel too tired to work out any more? You know it is good for you and you always feel better after, but the “do it anyway” motto isn’t cutting it any more. If it isn’t due to a physical illness or low-iron level, then here are a few pointers to try to motivate yourself to keep going.

Change your schedule. If you usually exercise in the evening, set your alarm thirty minutes early and get your exercise session out of the way before your day begins. An early morning exercise session will help energize and motivate you for the rest of the day plus, you can look forward to a relaxing evening knowing you’ve accomplished your goal. This can be a simple solution to the problem of being too tired to work out.

Sometimes the best cure for sluggishness or fatigue is a vigorous exercise session. Have you ever noticed how you can walk into your martial arts class exhausted, but after thirty minutes, you feel energized and invigorated? Exercise gets your blood flowing and zaps fatigue. If you need motivation to lure yourself to class, promise yourself a small reward after you finish like a long, relaxing bath or 20 minutes with your favorite book; just make sure it's not a hot fudge sundae!

If it is only occasionally that you find yourself too tired to exercise, go ahead and work out, but less vigorously. To help you to take the first step, tell yourself you'll only exercise for ten minutes. Chances are you won't notice when the ten minutes have passed; you'll feel so invigorated that you'll want to keep going.

You can always change your routine temporarily to get rid of the boredom by substituting something fun. Go outside for a brisk walk. Shoot hoops in the driveway. Ride your bike to the local store. You can get back on schedule the next time you exercise and the variety will be good for you both physically and mentally.

If you still find yourself “too tired,” talk to your instructor about ways to exercise outside of class that will also benefit your martial arts skills. Give these tips a try and soon you'll no longer need the old excuse of being too tired to work out. Plus, you'll look and feel like a new person.

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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

