



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



EIA Express



July-2009

Self-Confidence: Pass it On



We all have those times when we doubt our own abilities. Looking for a new job, starting a new project and preparing for that black belt test are all activities that might make us question how good we really are at something. Obviously, achievement breeds confidence. In this instance, getting the job, completing the project or earning that black belt all will positively impact our self-confidence and self-esteem. Achieving a goal is one of the best ways to create self-confidence.

However, what about those times when our self-confidence is low? What can we do then to improve it? How can we effectively reaffirm our ability to meet challenges? One often-overlooked way is to focus on helping others. Let's use the black belt test example. If you're nervous about your ability to pass the black belt test, start working with lower ranking belts and help them develop their skills. You will find that as you help others improve their skills, your own self-confidence grows as well. Want a confidence boost? Help someone else.

Another important aspect of regaining or retaining self-confidence is watching who you spend your time with. Are you constantly around negative people? These people rarely have anything good to say. They are a drain on your self-confidence. Surround yourself with positive people who will encourage you. This isn't to say that they are people who only tell you what you want to hear, but rather they encourage you, even when they offer admonishment or instruction. These are the people that will help you grow personally and professionally. They will help you maintain a high degree of self-confidence.

"Besides pride, loyalty, discipline, heart, and mind, confidence is the key to all the locks."

A third way of rebuilding your self-confidence is getting back to basics. Author and sales expert Zig Zigler has said that when a salesperson is in a slump, a well-proven strategy is to have them sell some basic, low-ticket items and let them get their confidence back. In the martial arts, this may mean going back to focus on specific techniques in your kicks, katas or breaking routines. Once we have progressed to a certain level, it is easy to only focus on where we are. Sometimes re-learning or re-mastering certain aspects of our training is just the right step for regaining our self-confidence.

The next time you are struggling to maintain your self-confidence, consider these methods for rebuilding it. Helping others, being careful whom you spend your time with and getting back to the basics are all effective ways to rebuild and maintain a healthy self-confidence. As Penn State head coach Joe Paterno has said, "Besides pride, loyalty, discipline, heart, and mind, confidence is the key to all the locks."

Welcome, New Members

Nick Balderrama &
James Gasperi

Happy Birthday, July



Leticia Solis, Thomas Dyer,
Kristina Cervantes,
Victoria Satterfield,
Rebecca Ahearn, Martha Martinez,
Sarah Tinajera, Norman Ugalino,
Ryan Paco, Becky Coronado,
Kristen Spencer,
Michael Hernandez,
Sifu Destiny Sharma,
Olie Roerich, Jaime Unterthiner,
Irene Lopez, Cory Dougherty,
Casey Gaines, Tommy Hernandez,
Katrina Sutton, Gabriella Oropeza,
Marisa Chavez, Alex Schiavone,
Elizabeth Hernandez,
Arberdella Warren, Ricky Esparza,
Becky Contreras, Jacob Hunt,
Miguel Colon, Trenton Rex,
Graciela Perez, Shaun Douglas,
Adrianna Vera, Margaux Ugalino,
Bonny Setser, Devan Coonce,
Wendy Stanton, Sonia Camacho,
Margarita Quinones,
Jennifer Jockisch,
Dennis Dalrymple,
Donna Nagatani, Franky Figueroa,
Regina Jaramillo,
Maria Rodriguez,
Jesus Hernandez, CJ Senores,
Ralph Ramirez, Ansel Magee,
Arlene Bucio, Debbie Hambleton,
John Maquar, Yuzo Matsutsuyu,
Rosie Runion, Abram Marr,
Al Motaharia, Brandon Chong,
Jo Garcia, Sonia Garcia,
Lori Erickson, Robert Luna,
Brooke Kubota, Jackie Holm,
Landon Kubota &
Emma Neri-Williams

New Kenpo

Martial Arts & Fitness Summer Camp



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, a martial arts weapon of their choice and participate in some martial arts fun and games. The focus of this camp is training, fitness, making new friends and learning black belt principle such as courtesy and respect. 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.

**This camp is for ages 6 to 15-years-old.
All Experience Levels welcomed.**

*"My son had such a great time and learned so much at Sasaki's
Martial Arts & Fitness Summer Camp. I
definitely recommend it to everyone."*

- Linda Nakamura

Her son Jaime attended Sasaki Kenpo's summer camp.
He has gone onto becoming a 4-time martial arts world champion.



New Kenpo Ranks

Yellow:
Riley Doucette

Blue:
Gerard Yambao &
Debbie Hambleton

Green:
Richard Ortiz

Black/Blue:
Dustyn Robinson

How Well Do You Listen?

*"One often hears the remark,
'He talks too much; but when
did anyone hear the criticism,
'He listens too much?'"*-
Norman Augustine

Have you ever had a conversation with someone you felt just didn't listen to what you were saying? It's as though when they are not talking they are thinking about what they will say next, rather than listening to what you have said. It's a very frustrating experience.

Many successful people have recognized the value of listening. J. Odgen Armour , president of Armour Meat Packing Company once said, "Most men talk too much. Much of my success has been due to keeping my mouth shut." And American financier and presidential adviser Bernard Baruch said, "Most of the successful people I've known are the ones who do more listening than talking." How well we listen can determine the level of our success.

Yet today, listening often seems like a lost art. Co-workers, family members, teachers and students often seem to spend more time talking at one another, than actually communicating. This is another area where your martial arts training is of great benefit. As you know, one of the important principles of the martial arts is respect. Listening is a sign of respect to



About the Instructor

Teaching the Sasaki Kenpo Martial Arts & Fitness Camp will be Michael Sharma. Michael is a 4th degree black belt and four-time World Champion. He has trained two National Champions and one World Champion and heads the Sasaki Kenpo "Making It Happen" Performance Team. Michael is also the chief instructor at Sasaki's Kenpo Karate for the XMA, Little Dragons, Junior Kenpo and Teen Kenpo programs. He has over 17 years of martial arts experience and 15 years of teaching experience.



So What Are You Waiting For?

Enroll your child in this unique, one-of-a-kind summer camp that blends fun, fitness and self-defense. Your child will gain confidence by learning self-defense skills, mastering weapons and learning to perform like a champion. Our instructors are friendly and enthusiastic. They will challenge your child to their full extent in a positive and effective manner.

another individual. It tells them you are genuinely interested in what they want to say. Focusing on the other person as they communicate with you allows you to truly understand what they mean, and to address it.

Quotes:

"Optimism is the belief that everything is beautiful, including what is ugly."

- Ambrose Bierce

"I love living. I have some problems with my life, but living is the best thing they've come up with so far."

- Neil Simon

"Look at the word problem. Now substitute the word opportunity."

- Ann Landers

Product Spotlight: Training Bag



Team SK Equipment Bag
\$50 w/ embroidery
Order Your Bag Today!



July Superstars!!!

Adult Student of the Month:

Gerard Yambao

Junior Student of the Month:

Jacob Hunt

XMA Student of the Month:

Andrew Nunez

Junior SEAL or STORM of the Month:

Jorge Quiles

Adult SEAL or STORM of the Month:

Rick Lopez

SK Events: July 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 Independence Day (Studio Closed)
5	6	7	8	9	10	11 MIH Demo Team Performs @ Obon Festival- 3 pm
12	13 Summer Camp Session 1 Starts	14	15	16	17	18
19	20 Summer Camp Session 2 Starts	21	22	23	24	25 Under Belt Testing
26	27	28	29	30	31	

Kids & Teens Section

Upcoming July Class Schedule

Little Dragons

Wednesday, July 1: Fitness Day
Monday, July 6: Long One
Wednesday, July 8: Punches & Blocks
Monday, July 13: Star Block
Wednesday, July 15: Strikes
Monday, July 20: Delayed Sword & Deflecting Hammer
Wednesday, July 22: Kicks
Monday, July 27: Falls
Wednesday, July 29: Long One



Word to Remember

Creativity - The ability to think beyond traditional ideas, rules, patterns and relationships to create meaningful new ideas, forms, methods and interpretations.

Example: Her creativity led to the creation of a new medicine that saved thousands of lives.

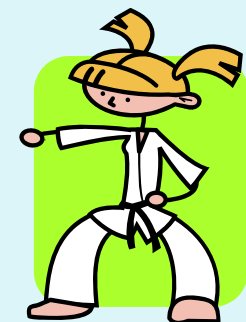
Junior Kenpo

Date	Beg. Students	Inter. Students	Adv. Students
Wed-July 1	Fitness Test	Fitness Test	Fitness Test
Fri-July 3	Sparring/Judo	Sparring/Judo	Sparring/Judo
Mon-July 6	Forms/Weapons	Forms/Weapons	Forms/Weapons
Wed-July 8	Highlight 1	Highlight 1	Forms
Fri-July 10	Sparring/Judo	Sparring/Judo	Sparring/Judo
Mon-July 13	Sets	Sets	Non-Highlighted
Wed-July 15	Forms	Forms	Forms
Fri-July 17	Sparring/Judo	Sparring/Judo	Sparring/Judo
Mon-July 20	Stripe Testing	Stripe Testing	Review Day
Wed-July 22	Forms/Weapons	Forms/Weapons	Forms/Weapons
Fri-July 24	Sparring/Judo	Sparring/Judo	Sparring/Judo
Mon-July 27	Highlight 2	Highlight 2	Non-Highlighted
Wed-July 29	Highlight 3	Highlight 3	Highlight 1
Fri-July 31	Sparring/Judo	Sparring/Judo	Sparring/Judo

JOKES:

Q: What do martial arts fans eat?
A: Kung Food!

Q: What did Bruce Lee catch?
A: The Kung Flu!



Teen Class

Wednesday, July 1: Forms & Fitness Test
Saturday, July 4: NO CLASS
Monday, July 6: Weapons & Techniques
Wednesday, July 8: Techniques
Saturday, July 11: Adult Class
Monday, July 13: Weapons & Sets
Wednesday, July 15: Forms
Saturday, July 18: Adult Class
Monday, July 20: Open Practice & Stripe Testing

Wise Quotes

Monday, July 20: Open House & Stripe Testing
Wednesday, July 22: Forms & Sets
Saturday, July 25: Adult Class
Monday, July 27: Weapons
Wednesday, July 29: Techniques

"No mistake or failure is as bad as to stop and not try again."

- John Wanamaker