



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

EIA Express

July-2010

Integrity

It's not what we digest that makes us strong; not what we gain but what we save that makes us rich; not what we read but what we remember that makes us learned; and not what we profess but what we practice that gives us integrity."

- Francis Bacon

We all know people who have been in situations where their integrity was challenged. Some of those people successfully made decisions based on an unwavering moral character and strong personal beliefs, while others did what they felt everyone wanted them to do, but what they knew to be wrong. What happened to those people and how was their integrity compromised in a moment of weakness? Regardless, their integrity came under question and opinions about their abilities were questioned. Unfortunately, you can't turn on the news without hearing about the latest scandal or Washington cover-up. How can we, as martial artists, show integrity in everything we do?

Without integrity, we can never know what it is like to trust and rely on others. Integrity forms the foundation of our daily relationships through trust and honesty. Once you are mistrusted, it's difficult to earn back trust.

Integrity is used to describe great people through history and has been valued by the martial arts for centuries. It is a result of uncompromising values and is gained through respected acts of doing what was promised, when it was promised.

This month, think about the ways in which you have earned integrity and other ways in which you may have lost integrity with people. Then, answer these following questions:

- What can I do better to demonstrate integrity at home, school or work?
- In what ways have I shown integrity at the martial arts studio?
- In what ways do I benefit from making choices that are consistent with my highest values?

Keep in mind, with every commitment that's made and every action we do, we are consistently affecting our personal integrity. As a result, make sure you are setting the example worthy of your values and the values set as a martial artist.

Let Vision Be Your Guide

In a column by John Maxwell, he shared tremendous insights between your vision and your destiny. Below is what he had to say.

"What is your destiny? Where will you be in five years? Or 10, or 20?"

Welcome, New Members

Kevin Aromin & Alexa Amon

Happy Birthday, July!



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

What is your destiny? Where will you be in five years? Or 10, or 30?

Of course, no matter how hard we search, no one can answer that question with certainty. But while we can't know our destiny, we CAN know and change our direction.

The journey toward destiny always begins with VISION. Vision is the roadmap to your destiny, the picture of your purpose. Without it, you may find yourself off course - or worse, going nowhere.

I feel so strongly about the power of a vision that I devoted my 2009 book, *Put Your Dream to the Test*, to that very subject.

But even without the help of a book, you can start discovering your vision today. How? Take some time to LOOK...

- WITHIN YOU: What is your passion?
- BEHIND YOU: How have past lessons and experiences prepared you to pursue your passion?
- AROUND YOU: What's happening to others in this area (the trends)?
- AHEAD OF YOU: What do you want to accomplish?
- ABOVE YOU: What part does God play in your life and dream?
- BESIDE YOU: What resources are available to you?
- ALONGSIDE YOU: Who can partner with you in this pursuit?

Hubert Humphrey was a man with vision. He took his first trip to Washington, DC, in 1935, and wrote the following to his wife: "Honey, I can see how someday, if you and I make up our minds to work for bigger and better things, we can someday live here in Washington and probably be in government, politics, or service...Oh gosh, I hope my dream comes true - I'm going to try anyhow."

Hubert Humphrey's dream carried him all the way to the United States' vice presidency. Where could your vision carry you? The vision you have truly will shape the person you become. To read more of John Maxwell's insight on vision, visit www.johnmaxwell.com.

Tour De France

When was the last time you raced on your bike? Every July since 1903, France hosts the international Tour de France bike race, which is 2500 miles long and takes 3 weeks to complete! Teams of men race through rough terrain and over beautiful mountains in Germany, Belgium, Spain, Italy, Switzerland, Luxembourg and France to cross the finish line at the Arc de Triomphe in Paris.



2010 Martial Arts Summer Camp

July 12-16; July 19-23

New Ranks:

XMA

1st Brown:

Jorge Quiles

Red:

Andrew Nunez, Jacob Nunez, Brandon Lyons & Cecilia Galera

1st Black:

Brooke Henry & Austin Henry

New Ranks:

Under Belts/Little Dragons

White/1st Yellow:

Johnnie Reglos, Alex Martinez & Karla Rodriguez

White/2nd Yellow:

Peter Hill

White/3rd Yellow:

Cale Demarre & Jessica Sanchez

Yellow:

Garrett Cole & William Nava

1st Brown/Blue:

Jorge Quiles

Brown-Black/Blue:

Jose Lucero Jr.

Black/Green:

Jaime Bucio Jr.

Quotes of the Month:

"No one will question your integrity if your integrity, is not questionable."

- Nathaniel Bronner Jr.

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!

July Superstars!!!

Adult Student of the Month:
Gerard Yambao

Junior Student of the Month:
Christian Riganan

XMA Student of the Month:
Brooke Henry

Junior SEAL or STORM of the Month:
Jorge Quiles

Adult SEAL or STORM of the Month:
Carl Lepper

Have the courage to say no. Have the courage to face the truth. Do the right thing because it is right. These are the magic keys to living your life with integrity."

- W. Clement Stone

Product Spotlight:
SK T-Shirt



Get 10% off when you purchase selected SK T-Shirts. Don't forget you can wear your SK T-Shirt to class all summer long!

Get your SK T-Shirt TODAY!

SK Events: July 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 Studio Closed
4 4th of July	5	6	7	8	9	10 MIH Demo - Obon Festival 2 pm
11	12 Summer Camp Begins	13	14	15	16	17
18	19	20	21	22	23 Summer Camp Ends	24 Under Belt Testing
25	26	27	28	29	30	31

Kids & Teens Section

Upcoming July Class Schedule

Little Dragons

Monday, July 5: Fitness Testing
 Wednesday, July 7: Delayed Sword
 Monday, July 12: Deflecting Hammer
 Wednesday, July 14: Sparring Techniques
 Monday, July 19: Kicks
 Wednesday, July 21: Rolls
 Monday, July 26: Punches & Strikes
 Wednesday, July 28: Long One



Word to Remember

Gravitas...
 High seriousness (as in a person's bearing or in the treatment of a subject.)

Example...
 And we want to tell all our readers about sharp, clever books, utterly lacking in gravitas, that we know will delight them on the beach or the bus.

Junior Kenpo

Date	Beg. Students	Inter. Students	Adv. Students
Fri-July 2	Sparring	Judo	Kombat
Mon-July 5	Fitness Test	Fitness Test	Fitness Test
Wed-July 7	Forms/Weapons	Forms/Weapons	Forms/Weapons
Fri-July 9	Sparring	Judo	Kombat
Mon-July 12	Highlight 2	Highlight 1	Highlight 1
Wed-July 14	Forms/Sets	Forms/Sets	Forms & Sets
Fri-July 16	Sparring	Judo	Kombat
Mon-July 19	Stripe Testing	Stripe Testing	Forms/Weapons
Wed-July 21	Review Day	Review Day	Review Day
Fri-July 23	Sparring	Judo	Kombat
Mon-July 26	Forms/Weapons	Forms/Weapons	Forms/Weapons
Wed-July 28	Un-Highlighted Tech.	Un-Highlighted Tech.	Un-Highlighted Tech.
Fri-July 30	Sparring	Judo	Kombat

Teen Class

Saturday, July 3: NO KARATE
 All of July: Teens will train the adult class.

JOKE:

Q: How did the farmer fix his jeans?

A: With a cabbage patch!



Wise Quotes

"I never had a policy; I have just tried to do my very best each and

every day."

- Abraham Lincoln