



Sasaki's Kenpo Karate

EIA EXPRESS!!!
August 2008
"Making It Happen, One Kick at a Time"



Black Belt Promotion August 23rd



*Making It Happen demo team members
Armand Pasamonte and
Dustyn Robinson will be testing for their
black belts.*

Saturday, August 23 will be one of those truly magical days at Sasaki Kenpo when 14 SK members will either earn their black belts or earn new degrees of black.

Earning their junior black belts will be **Armand Pasamonte, Dustyn Robinson and Dean Ogawa**. The three amigos have been training for more than a combined 14 years. Earning their adult black belts will **John Camarillo, Christina Camarillo, Mike Carney, Marie McCreary, Jade Bowman, Rick Lopez, Jessica Sumalpong and Jaime Fernandez**. Finally, earning new degrees of black belt will be **Roy Lezada, Jeff Obst and Sifu Nena Lucero**.

This marks the largest SK black belt promotion ever. All SK members, their families and their friends are encouraged to attend this promotion. Don't miss out on this promotion, it promises to inspire and motivate. We'll see you there!

Welcome New Members

**Dakota Grant,
Branden Kavanagh, Eric Perdue,
Elson Molina, Ryan Milbourn &
Joe Rivas**

Happy Birthday, August



**Bob Calderon, Rafael Ceballos,
Martha Monzon, Tyler Nestved,
Julie Sanchez, Roy Lezada,
Mark Palo, Carolyn Gregorio,
Noah Ratley, Priscella Santana,
Shawna Davison, Jeff Cook,
Lupe Torres, Frances Wortham,
Nicholas Fuller, Francis Basinger,
Lou Maxson, Anthony Acosta,
Mary Champion,
Norma Pimental, Harold Orr,
Lupe Sanchez, Adam Sutherland,
Diane Malinowski, Diane Corral,
Dan Larios, Rick Corral,
Gina Snyder, Anacriss Perez,
Elijah Ontiveros,
Simeon Rodriguez,
Danielle De Van, Erin Hayes,
Maureen Vreeland,
Hope Lillienthal,
Juanita Coronado,
Jaime Bucio Sr., Justin Ledesma,
William Medina, Berenice Cortez,
Victor Varela, Ed Suzuki,
Ella Hiebert, Sean Zosimo,
Terrie Partida, Susan Esparza,
Bree Urbano, Lisa Luevano,
Vince Centeno, Karen Heyrend,
Cherry Demate, Yelza Guzman,
Andrew Kubota, Rocio Quintero,
Jose Serrano, Bryan Thompson,
Daniel Balderrama,
Sonia Hernandez,
Theresa Betancourt,
Christian Holm,
Sarah Matsushima,
Kyle Dougherty, Melissa Smith,
Mimi Camacho, Anilu Saldana,**

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August Superstars!!!

Adult Student of the Month:
DANIEL BALDERRAMA

Junior Student of the Month:
JAIME BUCIO JR.

XMA Student of the Month:
KRISTAH BLUE

Junior SEAL or STORM of the Month:
SHANE GILLESPIE

Adult SEAL or STORM of the Month:
LARRY ORTIZ

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SK Events-August 2008

Mimi Camacho, Anilu Saldana,
Nick Delgado, Henry Barcena,
Rick Spring & Dustyn Robinson

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10 SK Beach Day	11	12	13	14	15 8 to 12 am pre-test	16 CANI Evaluations
17 CANI Evaluations	18	19	20	21	22	23 - Black Belt Testing - CANI Evaluations
24	25 CANI Quest Begins!	26	27	28	29	30 Under Belt Testing
31						

CANI QUEST RESULTS:

Ultimate Winners: \$100 each
LILIA PEREZ & JULIE CASTRO

Hardest Worker:

LILIA PEREZ

Most Enthusiastic:

SOYLA CEJA

Most Improved:

JULIE CASTRO

Winning Team:

EAGLES!!!



Ultimate CANI Winners
Julie Castro (left) & Lilia Perez (right)
each won \$100.

Next CANI Quest begins August 25th...
sign up today!

New Kenpo Graduates

Yellow:

Gage Grant, Jazmin Leon & Arianna Reyes

Orange:

Debbie Hambleton

Purple/Orange:

John Fajardo

Purple:

Erik Martinek

Blue:

Krista Nuno, Kristah Blue & Daniel Balderrama

2nd Brown:

Julian Hernandez

Congratulations to everyone...
You are truly making it happen!!!

Kamikaze Conditioning

New Ranks

Yellow:

Carmen Moore & Sue Siebenthal

Orange:

Julie Castro, Wendy Stanton,
& Debbie Hambleton

Quote of the Month

Health & Fitness:



Health & Fitness: Watch Your Back!



“The greatest barrier to success is the fear of failure.”
- Sven Goran Eriksson

A common medical problem adults face is back pain and it will affect most adults at least once in their lives. Fortunately, there may be preventive measures that can be taken for many of these ailments to prevent or lessen the occurrence. Of course, keeping your weight down, stretching and a daily exercise routine for good health will help keep your back strong.

The most common back injury is the muscle spasm, which can occur after an awkward bending or twisting motion, lifting something, turning your head or even bending to pick up a shoe. Studies differ regarding whether preventative measures prevent or lessen back pain, but having a strong and healthy body reduces the recovery time for injuries.

Preventive stretching should be done at least two to three times a week. You can discuss this with your doctor at your next visit. More than likely, he or she has an informative exercise and stretching handout as part of their patient education benefits. Tell your doctor if you have experienced upper or lower back pain, if there is a degenerative family history or if you just want to try to prevent it.

Walking and regular exercise also helps reduce bone loss, which plays a significant role in adult back injuries.

Try these things every day so you can keep a strong and healthy back:

- Watch your posture; sit and stand straight.
- Lift with your legs, not your back. Bend your knees and don't use jerking motions.
- Carry heavy objects close to your body.
- Watch your weight with good nutrition.
- Stretch slowly and only until you feel mild tension; stretching shouldn't be painful.
- Avoid jerky movements.
- Properly use exercise equipment.
- Try different sleeping positions and use pillows for support.
- Wear low-heeled shoes when possible.
- Manage your stress levels.



5 Reason You Should Sign-Up for XMA...

1. Great Conditioning
2. Improved Flexibility
3. Learn Weapons Tricks
4. Learn "Kung-Fu Movie"
5. Special SK Member Price (Sign-Up this month and add ONLY an additional \$25 to your existing contract)

To Sign-Up for XMA call 981-4333 or speak to a member of our front desk staff.

Lil' Dragons, Kids & Teen Section

Upcoming August Class Schedule

Little Dragons

Monday, August 4: Fitness Day
Wednesday, August 6: Star Block & Long One
Monday, August 11: Strikes
Wednesday, August 13: Punches
Monday, August 18: Balance Day
Wednesday, August 20: Hand-Eye Coordination Day
Monday, August 25: Kicks
Wednesday, August 27: Star Block & Long One



Word to Remember

**Confident
Communication...**

Speaking and acting with self-assurance.

Joke Time

Knock! Knock!...

Who's There?...

Lionel...

Lionel who?...

Lionel get you know



Lionel get you know where, you better tell the truth!

Date	Beg. Students	Inter. Students	Adv. Students
Fri-Aug 1	Sparring	Sparring	Sparring
Mon-Aug 4	Fitness Day	Fitness Day	Fitness Day
Wed-Aug 6	Highlight 1	Highlight 4/Tech Forms	Highlight 4
Fri-Aug 8	Sparring	Sparring	Sparring
Mon-Aug 11	Tech Forms	Tech Forms	Review Day
Wed-Aug 13	Forms	Forms	Forms
Fri-Aug 15	Sparring	Sparring	Sparring
Mon-Aug 18	Highlight 2	Highlight 1	Highlight 5/Forms
Wed-Aug 20	Forms	Forms	Weapons
Fri-Aug 22	Sparring	Sparring	Sparring
Mon-Aug 25	Stripe Testing	Stripe Testing	Weapons
Wed-Aug 27	Forms/Weapons	Weapons	Highlight 1
Fri-Aug 29	Sparring	Sparring	Sparring

Summer Olympics
Beijing, China will host the Summer Olympic Games on August 8-24, 2008. Many of the competing athletes have been training most of their lives for the honor of representing their country at the Olympics. Taekwondo and Judo are two martial arts that will have events in Beijing.

Men and women compete in their events with the hopes of winning the gold medal for first place. A silver medal is awarded for second place and a bronze medal is awarded for third place, but the ancient Olympians were awarded a wreath made from an olive branch.

Teen Class

Saturday, Aug 2: Adult Class
Monday, Aug 4: Weapons, Highlight 3 & 4, Fitness Test
Wednesday, Aug 6: Forms & Sets
Saturday, Aug 9: Adult Class
Monday, Aug 11: Weapons & Basics
Wednesday, Aug 13: Highlight 5 & 6, Tech. Forms
Saturday, Aug 16: Adult Class
Monday, Aug 18: Weapons, Highlighted 7 & 8, Forms
Wednesday, Aug 20: Sets, Un-Highlighted Techs.
Saturday, Aug 23: Adult Class
Monday, Aug 25: Open Practice, Stripe Test
Wednesday, Aug 27: Review Day
Saturday, Aug 30: Adult Class

Color the Martial Artist!

Print out the picture below...color it in and turn it into your Sifu for 5 kenpo bucks!





Name:

