



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

EIA Express

August-2009

Brown & Black Belt Testing August 22nd



Don't miss our next group of talented Brown and Black Belts as they promote to their new ranks on Saturday, August 22nd. Testing for 2nd degree black belt are **Rick Lopez, Christina Camarillo and John Camarillo**. Testing for 1st degree black belt are **Mike Carney, Shane Gillespie and Brandon Cadiz**. **Kimberly Araujo** will be promoting to her junior black belt. Finally, testing for different ranks of brown belt are **Carlos Coronado and Felix and CJ Senores**. Don't miss out on the action...all SK members and friends are always invited.

C.A.N.I Quest Begins August 10

"The quest for Constant and Never-Ending Improvement"



- Transform your body in 6 weeks!
- Train with a group of friends!
- Train with a team of experts!
- Have a chance to win \$\$\$!

3 sessions a week
each session is 1 hour

Training Days

Monday: 5 am or 7:50 pm
Wednesday: 5 am or 7:50 pm
Friday: 5 am or 6:10 pm

**Decide, Commit & Create the body
you have always wanted.**

SIGN-UP NOW!

**Call Today
805-981-4333
To reserve your spot.**

LIMITED SPACE

Welcome, New Member

Azita Huebner

Happy Birthday, August



Martha Monzon, Rafael Ceballos,
Bob Calderon, Roy Lezada,
Julie Sanchez, Tyler Nestved,
Mark Palo, Carolyn Gregorio,
Alvan Arzu, Shawna Davison,
Noah Ratley, Jeff Cook,
Lupe Torres, Frances Wortham,
Francis Basinger, Nicholas Fuller,
Lou Maxson, Mary Champion,
Norma Pimental, Lupe Sanchez,
Harold Orr, Adam Southerland,
Diane Malinowski, Diana Corral,
Rick Corral, Dan Larios,
Gina Snyder, Anacriss Perez,
Elijah Ontiveros,
Simeon Rodriguez,
Danielle De Van, Erin Hayes,
Maureen Vreeland,
Juanita Coronado,
Jaime Bucio Sr.,
Hope Lilienthal, Justin Ledesma,
Berenice Cortez, Victor Varela,
Ella Hiebert, Ed Suzuki,
Sean Zosimo, Terrie Partida,
Bree Urbano, Susan Esparza,
Lisa Luevano, Karen Heyrend,
Cherry Demate, Yelza Guzman,
Vince Centeno, Rocio Quintero,
Grace Ibarra, Andrew Kubota,
Daniel Balderrama,
Jose Serrano, Bryan Thompson,
Sonia Hernandez,
Teresa Betancourt,
Christian Holm,
Sarah Matsushima,
Armando Alvarez, Anilu Saldana,
Nick Delgado, Kyle Dougherty,
Mimi Camacho, Henry Barcena,
Rick Spring, Mary Guillen and
Dustyn Robinson

Orientation/Evaluation Days
Saturday, Aug. 1st 11:00 am to 1:00 pm
Saturday, Aug. 8th 11:00 am to 1:00 pm

Price
\$395 for first timers
\$100 off - Must Pre-Register by Aug. 3rd
Returning CANI'ers \$195

New Kenpo

Martial Arts & Fitness Summer Camp

Sasaki Kenpo's Martial Arts & Fitness Summer Camp August 10-14



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:

**Nick Balderrama,
Dario Gomez &
Carmen Ambriz**

Orange:

**Charles Abuan,
Boston Allen, Caitlyn Donart,
Alexa Harvey,
Sebastian Fernandez &
Russell Abuan**

Blue:

Nathan Hayes

Green:

**Andrew Nunez &
John Fajardo**

Tips for Healthy Living from RealAge.com

Lower Your Blood Pressure

Want to keep your blood pressure down? Try drinking beet juice. According to the site, one study revealed that people who drank a serving of beet juice had a drop in blood pressure just one hour later. In addition, their systolic blood pressure remained low twenty-four hours later! The site warns against consuming large amounts of beet juice, but indicates that a serving per day can help drop blood pressure significantly.

Protect Yourself Against Night Colds

According to a study cited by realage.com, one of the best protections against night colds is getting enough quality sleep. Says the site, "Getting a little less sleep - under 7 hours instead of 8 or more - made people three times more likely to get sick after exposure to a cold virus." In addition, it may be more important that the sleep you get is quality sleep than lengthy sleep. Again, according to the study, people "were five times more likely to get sick when their sleep quality dipped - even if it just dipped a smidge."

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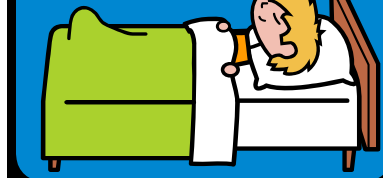
About the Instructor

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.



Quotes:

"The secret to success is to start from scratch and keep on scratching."

- Dennis Green
Former NFL coach

"Educated risks are the key to success."

- William Olsten
CEO, Olsten Services Corporation

Product Spotlight: SK T-Shirts



Get your SK shirt today. Wear it in place of your uniform top for your karate/XMA/Sparring/Kombat class.



August Superstars!!!

Adult Student of the Month:

John Fajardo

Junior Student of the Month:

Charles Abuan

XMA Student of the Month:

Brooke Henry

Junior SEAL or STORM of the Month:

Daniel Balderrama

Adult SEAL or STORM of the Month:

Ernie Robledo Jr.

SK Events: August 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Summer Camp Week 1 Begins	4	5	6	7 Little Dragons Testing	8
9	10 Summer Camp Week 2 Begins CANI Quest Begins	11	12	13	14	15
16	17	18	19	20	21	22 Brown and Black Belt Testing
23	24	25	26	27	28	29 Under Belt Testing
30	31					

Kids & Teens Section

Upcoming August Class Schedule

Little Dragons

Monday, August 3: Practice for Test
 Wednesday, August 5: Practice for Test
 Monday, August 10: Fitness Test
 Wednesday, August 12: Fun Day
 Monday, August 17: Falls
 Wednesday, August 19: Basic Grappling
 Monday, August 24: Long One
 Wednesday, August 26: Techniques
 Monday, August 31: Kicks



Word to Remember

Discipline - Activity, exercise, or regimen that develops or improves a skill; training.

Example: George's discipline helped him perform superior weapon forms in class and at the

Junior Kenpo

Date	Beg. Students	Inter. Students	Adv. Students
Mon-August 3	Fitness Test	Fitness Test	Fitness Test
Wed-August 5	Forms/Weapons	Forms/Weapons	Forms/Weapons
Fri-August 7	Sparring/Judo	Sparring/Judo	Sparring/Judo
Mon-August 10	Un-highlighted Tech.	Un-highlighted Tech.	Highlight 2
Wed-August 12	Forms/Sets	Forms/Sets	Forms
Fri-August 14	Sparring/Judo	Sparring/Judo	Sparring/Judo
Mon-August 17	Forms	Highlight 4/Forms	Highlight 3
Wed-August 19	Forms/Weapons	Forms/Weapons	Forms/Weapons
Fri-August 21	Sparring/Judo	Sparring/Judo	Sparring/Judo
Mon-August 24	Stripe Testing	Stripe Testing	Review Day
Wed-August 26	Highlight 1	Highlight 1	Highlight 4
Fri-August 28	Sparring/Judo	Sparring/Judo	Sparring/Judo
Mon-August 31	Highlight 2	Highlight 2	Highlight 5/Forms

Teen Class

Monday, August 3: Weapons, Techniques & Fitness Test
 Wednesday, August 5: Techniques
 Saturday, August 8: Adult Class
 Monday, August 10: Weapons
 Wednesday, August 12: Forms
 Saturday, August 15: Adult Class
 Monday, August 17: Weapons & Sets
 Wednesday, August 19: Forms
 Saturday, August 22: Adult Class

JOKES:

Q: Why did the man throw his watch out the window?
 A: He wanted to see time fly!

Q: What's the pirate movie rated?
 A: Arrgh!

Q: Why did the guy remove his doorbell?
 A: To win a no-bell prize!

Wise Quotes

"C..."

Saturday, August 22: Adult Class
Monday, August 24: Open Practice & Stripe Testing
Wednesday, August 26: Review Day
Saturday, August 29: Adult Class
Monday, August 31: Weapons

"Coming together is a beginning. Keeping together is progress. Working together is success."
- John Wanamaker