



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

EIA Express

September-2009

Congratulations New Brown and Black Belts



Black Belt Run survivors! (bottom row - left to right) Shane Gillespie, Erik Vollmert, Kimberly Araujo, (middle row - left to right) Sifu Michael, Dustyn Robinson, Brandon Cadiz, Christina Camarillo, Mike Carney, Sifu Jody (top row - left to right) Mike Vollmert, John Camarillo, Rick Lopez & Carl Lepper



(left to right) Dustyn Robinson, Brandon Cadiz, Christina Camarillo & Sifu Michael

Congratulations to one of our largest groups of students earning black belt or a degree of black belt. This group of 11 SK students demonstrated their martial arts skills as well as the martial arts principles in grand form. New graduates were:

- 2nd Degree Black:
Rick Lopez, Christina Camarillo & John Camarillo
- 1st Degree Black:
Mike Carney, Erik Vollmert, Brandon Cadiz & Shane "Clubber" Gillespie
- Junior Black:
Kimberly Araujo
- Junior Brown/Black:
CJ Senores
- 1st Brown:
Felix Senores
- 3rd Brown:
Carlos Coronado

Welcome, New Member

Kyler Vea, Eric Veloz & Terrie Partida

Happy Birthday, September



- George Carrancho, Mia Martinez, Mark Molchan, Tizoc Venegas, Ricardo Venegas, Thomas Roerich, Dean Ogawa, Valerie Valdivia, Elizabeth Sidener, Joani McLaughlin, Ilene Warren, Mikey Perez, John Camarillo, Harriet Hiji, Robert Velasco, Joe Felix, Krista Nuno, Austin Henry, Brandon Bailey, Kevan Cronk, Ed Malinowski, Carl Lepper, Michael Ledesma, Jeff Obst, Christine Burkhart, Nicole Johnson, Jessica Hiraoka, Deegan Grant, Jesse Unterthiner, Panna Watkins, Yvonne Gomez, Lisa Phelps, Veronica Vasquez, Morgan Vreeland, Yaneth Grajeda, Madeline Crilly, Mason Dalrymple, Roxana Franco, Gayle Paul, Chris De Los Santos, Mikey Garcia, Chase Perez, Julian Hernandez, Deon Amos, Susan Robles, Pam Miller, Brandon Cadiz, Lorie Nicolas, Jaime Bucio Jr., Lilia Perez, William Rydberg, John Chavez, Ernie Robledo Jr., Kari Moore, Julie Shipp, Yvonne Jackson, Olivia Gallegos, Johnny Villegas, Ricardo Tejada, Brandon Holm, Virginia Tinoco, Jaime Fernandez, Mike Perez, Garon Yamashita, Steve Schoonover, Stefanie Terrazas, Any Popoca, Evelina Ochoa & Javier Rodriguez

Teamwork



"As much as we admire solo achievement, the truth is that no lone individual has done anything of value...Nothing of significance was ever achieved by an individual acting alone."

- Dr. John Maxwell

Author, The 17 Indisputable Laws of Teamwork

While we easily see the role teamwork plays in our professional lives, or in specifically identified "team sports", or even in our social and family life, it is not always easy to see the teamwork involved in helping us grow as martial artists. Very often, the martial arts are viewed as an individual pursuit, with little emphasis on teamwork.

However, consider all of the people involved in helping you develop your martial arts skills. There is the owner of the martial arts school you attend. This person has taken all the risks associated with being an entrepreneur in order to provide your martial arts training. There is also your specific instructor(s). These committed people give of their time to help you develop your skills. They offer you their knowledge and expertise, and work to ensure you grow in your understanding of your martial art.

In addition, there are your classmates. These students often serve as assistant instructors. Sometimes they directly help in providing instruction. Other times, they serve as role models, demonstrating everything from proper technique and posture to the appropriate attitude of a martial artist. Without these students, your training would not be as smooth and consistent as it should.

Finally, there are your friends, family and training partners. Sometimes these are all the same individual. Other times, there are multiple individuals filling these roles. But they all have one thing in common—they support your effort to improve yourself through the martial arts. Family and friends encourage you in your training and celebrate each step of progress with you. Your training partner(s) helps provide motivation and accountability, so you will be able to push through those rough times that challenge us all.

The next time you're tempted to think your progress in the martial arts is due entirely to your own efforts, consider the "team" assembled around you that makes that progress possible. Without each of those teammates what would your martial arts experience be like? How would your training and progress be affected?

In addition, consider how many teams you are a part of as well. The fact is, you fill some of these roles for others also. Are you a good team member? Do you take your responsibilities seriously? Can your teammates rely on you?

As Dr. John Maxwell writes in his book, *The 17 Indisputable Laws of Teamwork*, we are all a part of many different teams. The question is, "Will your involvement with others be successful?" Recognizing and understanding the importance of teamwork will help you answer that question with a resounding "YES!"

Work...Who Needs It?

By Zig Ziglar

Somebody once said that work is the father of success and integrity is the mother. If you can get along with those two members of the family, the rest of the family will be easy to get along with. Unfortunately, too many people don't make enough effort to get along with the father. Some even quit looking for work as soon as they find a job.



Most people's concept of work is that it should be fun and "meaningful", or we shouldn't be expected to do it. Personally, I'm convinced that the sheer love of work, with all its rewards, should provide enormous satisfaction. Charles Gow says that work gives you an appetite for your meals; it lends solidity to your slumber; it gives you a perfect appreciation of a holiday. The truth is, we all need work.

In my own profession, I do not believe anyone enjoys what they do any more than I, and yet there are certain phases of it that are tedious: constant deadlines and occasional canceled or delayed flights when I must sit in an airport or on a runway for hours, for example.

Voltaire was right when he said that work keeps us from three great evils: boredom, vice and poverty. With that concept in mind we can look at the benefits and understand that "you don't pay the price" - you enjoy the benefits." Edison said, "There is no substitute for hard work. Genius is one percent inspiration and 99 percent perspiration." Franklin put it this way: "The used key is always bright."

New Kenpo Ranks

- Orange Belt: Nicholas Balderrama,
- Green Belt: Jacob Hunt
- Black/Purple: Lindsey Vollmert

New Little Dragons Ranks

- White Belt: Christian Riganon
- White/1st Yellow: Camron Allen
- White/2nd Yellow: Lance Abuan

New Kickboxing Ranks

- Yellow Gloves: Luis Ibarra

Buddy Night Sept. 26

Saturday, Sept. 26
5 pm to 9 pm
Ages 6-12

- * Ball Game
- * Pizza
- * Movie
- * Martial Arts Games
- * Lots of Fun

\$10/per child with a non-SK buddy

\$20/per child without a non-SK buddy



And finally, Richard Cumberland said, "It's always better to wear out than to rust out."

Bottom line: Unless we work we will miss out on many of the joys and benefits of life itself. So concentrate on the things you like about your job and its benefits. Give your job that extra burst of energy you always have on the day before vacation and you will learn to enjoy your work even more. Try that approach and I'LL SEE YOU AT THE TOP!

Zig Ziglar is a motivator and teacher. He is the author of 27 books and loved by millions of people world wide for his practical wisdom and his gift of hope.

Taken from www.ziglar.com.

Cooperation

How well do you cooperate with others? Do you find it difficult to work well with some people because they seem to have different goals or values? Do some people just seem to frustrate you because of their attitude or personality? It's important to remember that cooperation is very important to succeeding in just about anything we do. Whether it's making good grades, getting along with your spouse, passing a belt test or finishing that project at work, cooperation is an important ingredient. The next time you feel frustrated and tempted to not cooperate, remember these words from motivational expert Zig Ziglar, " You can have everything you want in life, if you just help enough other people get what they want."



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★ **September Superstars!!!** ★

★ Adult Student of the Month: ★

★ **Carmen Moore** ★

★ Junior Student of the Month: ★

★ **Jacob Hunt** ★

★ XMA Student of the Month: ★

★ **Austin Henry** ★

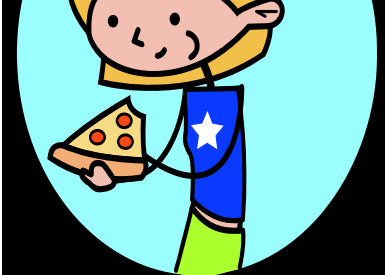
★ Junior SEAL or STORM of the Month: ★

★ **Jorge Quiles** ★

★ Adult SEAL or STORM of the Month: ★

★ **Mike Vollmert** ★

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Quotes:

"Superior work teams recognize that consistently high performance can be built not on rules, but only on values."
- Dennis Kinlaw

"Life is like a cob web, not an organizational chart."
- H. Ross Perot

Product Spotlight: Private Lessons



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Get \$25 off your next purchase of a 5-pack of lessons.

Offer expires Sept. 30, 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7 Labor Day (Studio Closed)	8	9	10	11	12
13	14	15	16	17	18	19
20	21	21	23	24	25	26 - Under Belt Testing - Buddy Night
27 Demo Team Performs @ St. Anthony's Fiesta	28	29	30			

Kids & Teens Section

Upcoming September Class Schedule

Little Dragons

Wednesday, Sept. 2: Fitness Day
Monday, Sept. 7: Labor Day (Studio Closed)
Wednesday, Sept. 9: Long One
Monday, Sept. 14: Basic Sparring Techniques
Wednesday, Sept. 16: Kicks
Monday, Sept. 21: Strikes
Wednesday, Sept. 23: Punches
Monday, Sept. 28: Blocks
Wednesday, Sept. 30: Long One



Word to Remember

Cooperation: An instance of working together for a common purpose or benefit; joint action.

Example: The teammates quickly discovered that cooperation was important if they wanted to win.

Junior Kenpo

Date	Beg. Students	Inter. Students	Adv. Students
Wed-Sept. 2	Fitness Test	Fitness Test	Fitness Test
Fri-Sept. 4	Sparring/Judo	Sparring/Judo	Sparring/Judo
Mon-Sept. 7	Labor Day	Studio Closed	No Classes
Wed-Sept. 9	Highlight 3/Forms	Highlight 3	Practice for Pre-Test
Fri-Sept. 11	Sparring/Judo	Sparring/Judo	Sparring/Judo
Mon-Sept. 14	Forms	Forms	Practice for Pre-Test
Wed-Sept. 16	Forms/Weapons	Forms/Weapons	Practice for Pre-Test
Fri-Sept. 18	Sparring/Judo	Sparring/Judo	Sparring/Judo
Mon-Sept. 21	Stripe Testing	Stripe Testing	Practice for Pre-Test
Wed-Sept. 23	Review Day	Review Day	Practice for Pre-Test
Fri-Sept. 25	Sparring/Judo	Sparring/Judo	Sparring/Judo
Mon-Sept. 28	Forms/Weapons	Forms/Weapons	Practice for Pre-Test
Wed-Sept. 30	Un-Highlighted Tech.	Un-Highlighted Tech.	Practice for Pre-Test

Teen Class

Wednesday, Sept. 2: Techniques and Fitness Test
Saturday, Sept. 5: Adult Class
Monday, Sept. 7: Labor Day-Studio Closed
Wednesday, Sept. 9: Forms and Sets
Saturday, Sept. 12: Adult Class
Monday, Sept. 14: Forms and Weapons
Wednesday, Sept. 16: Techniques
Saturday, Sept. 19: Adult Class
Monday, Sept. 21: Stripe Testing

JOKES:

Q: What did the water say to the boat?
A: Nothing, it just waved!

Q: How do you make a hotdog stand?
A: Steel its chair!

Q: Why did the clock in the cafeteria run slow?
A: Every lunch, it went back for seconds!



Wise Quotes

“... ..”

Monday, Sept. 21: Camp Meeting
Wednesday, Sept. 23: Review Day
Saturday, Sept. 26: Adult Class
Monday, Sept. 28: Techniques and Weapons
Wednesday, Sept. 30: Forms

*"I've never been bashful
about asking for help."*

- Ted Turner