

# Kick Back

Sharkey's Karate Studio's Newsletter November 2004

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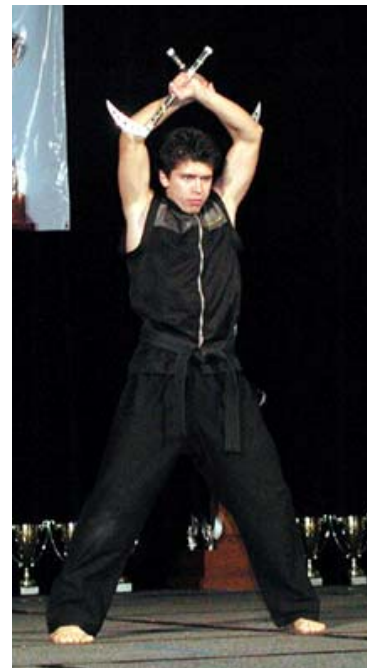
## IN THE NEWS

### What a Weekend!

October 29 & 30 set the date for a momentous occasion as Sensei John Sharkey and Sharkey's Karate Studio hosted the 40th Annual AKA Grand Nationals & 1st WSKF World Finals. Many competitors from all over America and as far as Europe, came to compete for world titles and the covenant Warrior's Cup. Two winners of this great prize was our very own Craig Henningsen, Jr. Black Belt Weapons Champion and Chris Brewster, Adult Black Belt Forms Champion.

Great martial arts performances was on tap as SideSwipe, led by our very own Matt Mullins along with Craig Henningsen and Chris Brewster, brought the crowd to their feet with their exciting routine featuring world champion and Adult Black Belt Weapons Warrior Cup winner Jonathan Boyd. Another great highlight was the induction of Michael Chat into the Warrior's Cup Hall of Fame. After the events, the evening settled down with a nice after party celebrating the 40th anniversary of the AKA Grand Nationals.

We would like to congratulate all those who participated in the tournament for their great performances, we are all proud of you. We would also like to thank everyone who volunteered their time in helping us put this spectacular tournament together. Without your dedication and help none of this would have been possible. We are greatly appreciative for all that you did.



## *SideSwipe Takes to the Air*

The SideSwipe team of Matt Mullins, Chirs Brewster, Craig Henningsen and Jackson Spidell recently made three appearances, currently working on their third, on Steve Harvey's Big Time T.V. show. The team were battling it out against other talented artists in the segment of the show called Street Search. Each week this show would have 3 performers displaying their talents in a contest where the winner would move on to the next show to maintain their title.

On their first appearance the team tied against the Polish Triplets Violinists. So they quickly rose to the challenge the following week with a awesome

display of choreographed kama work, and landed the first place and a trip back to the show to defend their new title.



# ANNOUNCEMENTS

## *Extra Programs Being Offered*

Looking for a way to enhance your martial art learning experience? Don't forget that Sharkey's Karate Studio offers the XMA program and Kenjitsu program. These two programs are extra activities outside of the traditional classes being offered and are held on Fridays, Saturdays and Sundays.

The XMA or Xtreme Martial Arts, is a combination of techniques, methods of movements, and philosophies from all martial arts styles blended together with high-flying acrobatics, gymnastics, and the hottest Hong Kong "Chop-Saki" action. It is what kids are seeing on TV, in the movies, and on the Internet. The goal of program is to take the skills our students have and bring them to the *Xtreme level*-challenging the students to become better than they thought possible.

This program meets and practice on Saturdays and Sundays from Noon until 3:00pm. The program members are also be invited to join the group for acrobatic "flip and kick" training Saturdays and Sundays from 5:00pm-7:00pm.

The Kenjitsu program, is traditional class focusing on the use of the katana sword. The classes deal in the techniques, forms, etiquettes and philosophies in the use of the sword. In this class we teach ourselves

patience, discipline, cultivation of the human spirit, respect for ourselves, opponents, fellow human beings and nature as well as how to learn and how to teach. You learn to relax under situations of high stress and perform beyond what you consider as the limits of your ability. No human being is unique, we differ only in our willingness to do that which is needed.

The program emphasizes discipline based on a variety of movements of attack and defense. Though it is a highly strenuous activity, it is also a means to strengthen the mind and the will to improve oneself. It is this aspect of Kenjitsu that attracts many of its most devoted practitioners. Classes are held on Fridays from 7pm to 8pm.

If you are interested in participating in one of these programs or if you would like to get more information, please see a staff member

## *Two New Additions to the Staff*

You have no doubt noticed two extra bodies helping out at the school. We are glad to welcome Sensei Stephen Hilgart and Sensei Spencer Peter. Both gentlemen are 2nd degree black belts in the martial arts and both hale from Minnesota. They are a welcome edition to our teaching staff.

### After Thanksgiving Day Workout

Looking to have the kids work off some of that extra holiday energy? Perhaps a couple of hours of uninterrupted shopping time would be helpful? Then join us Friday November 26th for our After Thanksgiving Day Work Out. Bring a friend and enjoy games, fun and martial arts workout absolutely free. The Lil' Sharks class will be from 5pm until 6pm followed by the kids class from 6pm until 8pm. See one of our staff members to sign up for the fun.

### Holiday Sale and Promotion Test

Yes folks it is that time of year again. The holidays are upon us. December 4 will mark the date for our annual holiday sale. If you are looking for great gift ideas for the martial artist in your life then look no further. Feel free to pick up one of our gift catalogs to browse through the many items available. You can then place the order at our pro-shop and pick the items up at the school when they come in.

December 4 will also set the day for our next promotion test. So study hard and get yourselves ready. See Sensei Sharkey or one of the instructors if you have any questions regarding your eligibility for testing and for more details on the event.

### Upcoming Camps at Sharkey's

December will be a busy month as Sharkey's Karate will be the host of two great camps. Beginning with Mike Chat's XMA Camp December 10-12 and Sharkey's Annual Winter Camp, hosted by Matthew Mullins, December 18-20. These camps offer students the opportunity to excel in both their traditional and competition practice. Spots are limited to a first come first serve bases so don't delay in signing up. See Sensei Sharkey for all the details.

### Brand New Black Belts

Congratulations to Sensei Sue Wojnarowicz, Sensei Mike Dean and Sensei Craig Henningsen for earning their first degree black belt in Shorei-ryu Karate. Both of them took the traditional 5 hour long test where they were judged by several other black belts of the system. We are very proud of their accomplishments.

Other promotions: Keith Alvey and Juan Hernandez promoted to 6th dan, Roger Lane, Mike Chaturantabut and Joe Sener promoted to 5th Dan, Alan Chinowsky, Jack Groves, Jerry McDowell, and Phil Truesdale promoted to 4th dan. Greg Kanter, Matthew Mullins, Hector Rodriguez and Osiris Valverde promoted to 3rd dan. Leo Gerdov, David Rea promoted to 2nd dan. Great work everyone

Eddie Schipman	11/03
<b>Matthew Mullins</b>	11/10
Laura Estopare	11/12
Safia Hannin	11/12
Jenny Humphrey	11/15
Andrew Maya	11/18
<b>Dave Rea</b>	11/21
Dustin Bui	11/23
Will Noble	11/25
<b>Suzann Wancket</b>	11/26
Sanaa Raj	11/28
Bhavish Bhattar	11/30

**Happy birthday to everyone!**

## NOVEMBER BIRTHDAYS

