

Kick Back

Sharkey Karate Studios Newsletter Mar/Apr 2006

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Boot Camps and Summer Camps

Once again it is time for the annual Sharkey's Boot Camp and Sharkey's Summer camp. This year will be even more exciting as we kick off the first all female boot camp and all male boot camp.

Due to the high demand and low space Sensei Sharkey decided to hold two separate camps this year. The first camp will be the Girls' Boot Camp to be held June 11th—June 25th. Members of SideSwipe Performance team along with guest instructor Suzanne Wanket will work with the campers during this first ever 15 day event. This camp is open to only 15 people on a first come first serve bases. Camp is \$1500.00 per person and includes food, lodging and any activity fees incurred during the camp. A non-refundable deposit of \$500.00 is due by May 15 in order to hold a spot for the camp.

Following the Girls' Boot Camp will be the Boys' Boot Camp being held from July 6th—August 6th. This is a 30 day boot camp that will be lead by Matt Mullins and the members of SideSwipe (Craig Henningsen, Chris Brewster and Jackson Spidel). This 30 day camp will be \$3000.00 which will include food, lodging and any activity fees incurred during the camp. A non-refundable \$500.00 deposit is due no later than June 15, in order to

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Quotes to Ponder

If you prepare yourself, you will be able to grasp opportunity for broader experience when it appears.

— Eleanor Roosevelt

Keep away from small people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great.

— Mark Twain

People who say it cannot be done should not interrupt those who are doing it.

— Unknown

Your life is the sum result of all the choices you make, both consciously and unconsciously. If you can control the process of choosing, you can take control of all aspects of your life. You can find the freedom that comes from being in charge of yourself.

— Sen. Robert F. Bennett

When there is no knowledge, ignorance calls itself knowledge. George Bernard Shaw Understand that the right to choose your own path is a sacred privilege. Use it. Dwell in possibility.

— Oprah Winfrey

Did you know?

Starting this year, Kick Back will be introducing articles that deals with knowledge based items that students will need to know for current or future testing. Please keep in mind that these articles are solely for extra information and not the main source for your required information to use for testing. This month we will look at a brief history of Grandmaster Robert A. Trias a.k.a. "Father of American Karate".



1923 - 1989

Grandmaster Trias was first introduced to karate in 1942. During World War II, he was stationed in the British Solomon Islands where he met his first instructor, a Chinese missionary, Master Tung Gee Hsing, who was there seeking the conversion of the Solomon Island natives. After observing

Grandmaster Trias, who was the Navy's middle weight boxing champion at the time, training for an upcoming boxing match, Master Hsing offered to teach him Hsing-Yi in exchange for lessons in "American Boxing". Grandmaster Trias scoffed at Master Hsing, but eventually accepted a sparring match with him. The exchange that followed was a turning point for Grandmaster Trias, who was unable to land a single blow. He decided to pursue the art so generously offered to him by Master Hsing. From then on, Karate became his way of life.

T-Shirt Weather

As the weather grows warmer the temptation to wear a t-shirt to class grows. Please remember that, until posted otherwise, you must be dressed in a full Sharkey Karate gi as required. We will begin to allow t-shirts to be worn during class time starting June 1st. Remember the following rules when wearing a t-shirt to class:

- 1) All t-shirts MUST be a Sharkey's Karate t-shirt. We will not allow other t-shirt types.
- 2) T-shirts, like uniforms, must be in a presentable, clean condition. No tears, major stains, or extremely wrinkled shirts will be allowed.
- 3) Keep your t-shirts tucked into the gi pants at all times while in class.
- 4) T-shirts will NOT be allowed to be worn during any stripe testing or belt testing. Full uniform is required for these events.

We have a variety of t-shirts sizes ranging in sizes for Lil' Sharks to Adults for \$12.00 (plus tax) at the pro-shop. See Sensei Jeremy for more details.

Boot Camps Summer Camps cont.

hold a spot in the camp, with the remaining due at the first day of boot camp. Like the Girls' Boot Camp, only 15 people will be allowed to attend this camp on a first come first serve basis.

To end the summer of camps, we will be hosting the 13th Annual Summer Camp August 3rd—6th. This 4 day camp will be held at the Sharkey's Karate School in Momence, Illinois and will be lead by the Side Swipe performance team with special guest instructors, Sensei Ray Boyer, Sensei John Greenidge, Sensei Dave Smith, and many more. The goal of the AKA Summer Camp is to have each participant leave the camp feeling they have learned something new and had a great time doing it. Throughout the week the campers will have the opportunity to learn new forms (weapons, traditional, extreme, open and musical), work on a huge array of fighting drills and techniques, and be given an insight on how they can use different performance arts to step out of the box and create something all their OWN. The price for the camp will be \$650.00 and will include food and lodging. \$200.00 is due by July 20th in order to hold a spot. Only 50 campers will be accepted to this year's camp. For more information or to sign up for one of the camps, see Sensei Sharkey, Sensei Chris or Sensei Jeremy for details.



Did you know cont.

After earning his black belt under Master Hsing, and being later stationed in Singapore, he continued his training in the martial arts with his second instructor Hoy Yuan Ping at the Hock Keng Temple. Hoy Yuan Ping's instructor was Hashinosuka Fukuda, of the Tenshin Shinjo School of Kempo ju-jitsu in Japan.

Upon his return to the United States, Grand Master Trias opened the first Karate school in the nation in 1946 in Phoenix, Arizona. Thus earning him the title of "Father of American Karate" . In 1964, he was promoted to the rank of 9th dan from Grandmaster Yasuhiro Konishi, who was the chief instructor for Choki Motobu, who was also the instructor to Master Hsing. He continued teaching martial arts up until his death in July 11, 1989.

Kenjutsu Class Gains Rank



Last February, Sharkey's Karate Studio held its 2nd rank testing in the art of Kosho Kenjutsu. The students of the Kosho Kenjutsu class were drilled on the topics of terminology, two sets of 8 basic cutting techniques, a two-man form set as well as their sword katas. The following

students were awarded their 7th kyu in the art of Kosho Kenjutsu: Jim Koonce, Matt Koonce, Mary Stolz, Sidone Stolz, Werener Stolz & Sebastian Talbott.

"Since the time that Sensei Sharkey began the Kenjutsu program, almost two years ago, these six have people have been showing up and working hard. It is great to see them progress to the next level of their training and I'm very proud of them." remarked Sensei Jeremy, who oversees the classes and testing. "Now we are at the point to where we can start implementing sparring as well as different levels of cutting techniques."

The Kosho Kenjutsu class is held every Friday from 7pm—8pm at the Naperville location, and is opened to all ranks age 10 and older. For more details or to arrange a time to try a class, please contact Sensei Jeremy.



Stripe & Belt Testing

The next stripe testing for the Naperville location will be held Wednesday and Thursday May 25th and 26th. Our next belt testing is tentatively scheduled for Wednesday June 28th. You must have Sensei Sharkey's permission in order to apply for rank testing.

March/April Birthdays

Wendy Piha	3/2
Coday Sanders	3/3
Phil Truesdale	3/5
Chris Brewster	3/6
Ray Boyer	3/7
Frankie Demack	3/9
Tina Vinyard	3/10
Ty Hinds	3/11
Elijah Talbott	3/12
Jack Groves	3/13
Doug Walters	3/16
Ryan Siedentopf	3/20
Leo Gerdov	3/20
Rohan Gupta	3/23
Mary Greenburg	3/26
Caitlin Koonce	3/27
Laura Sugano	3/28
Alan Chinowsky	3/28
Sarah Grills	3/29
Jimmy Schopf	4/1
A.J. Blume	4/6
Nicholas Diaz	4/9
Josh Gramhofer	4/11
Kevin Knox	4/13
Nathan Sidhu	4/16
Bailey Boswell	4/22
Dylon Velazques	4/25
Kenneth Kho	4/25
Michael Hosticka	4/26
Matt Yoways	4/28
Michael Chaturantabut	4/30

Happy Birthday everyone!