

Kick Back

Sharkey Karate Studios Newsletter September 2006

An End of an Era	1
Welcome Seth Austin	1
T-Shirt Season to End	2
Back to School Workout	2
How to Trick is Now Available	2
Dojo Days Returns	2
Sharkey's Karate Studio Wins Best Children's Program	3
It Pays to Refer	3
September Birthdays	3

Sensei Chris heads to L.A.

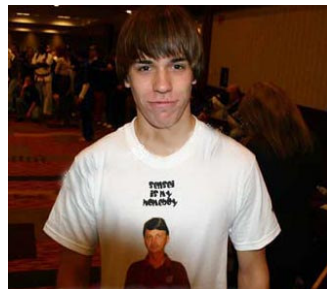
We wish to

congratulate one of our main instructors, Chris Brewster who will be moving to his new home in California.

Sensei Brewster will be moving on to join Sensei Matt Mullins, Sensei Craig Henningsen and Sensei Mike Chat in California to pursue his goals in the entertainment industry.

Sensei Chris has been a driving force behind many of our extra curricular programs but is most noted for helping us establish our XMA classes on the weekends. We here at Sharkey's want to wish him all the best in his new endeavors and thank him for all his hard work and dedication to the students of Sharkey's Karate Studio.

Welcome Seth Austin



As we say good bye to one of our old instructors, we say hello to a new one. A few of you may have noticed a new body up in front of the kids' classes lately. This would be our new instructor Seth Austin.

Continued on page 2

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

T-Shirt Season to end

As we draw to a close of summer so must we draw to a close of wearing t-shirts for uniform tops. Beginning September 1st All students must be dressed in full uniform while training on the floor. No t-shirts will be allowed to be worn if the student is on the mat working out, either in a formal class or in an informal training session.



Back to School Workout

September 8th from 6pm—8pm will set the date and time for our annual Back to School Workout. Students of all ranks and ages are invited to attend and encouraged to bring friends to this fun filled event. Sensei Brendon, Sensei Seth and Sensei Brian will lead this two hour workout to get everyone pumped up for the new school year. As an added bonus, we will be having a few cool door prizes to raffle off at the end of the evening. So mark you calendar and tell you friends and family members. You won't want to miss it.

How To Trick is now available

After much hard work and effort, our very own Sensei Matt Mullins has released his new book, How to Trick. This book is a first of its kind as it helps beginners learn, in a step by step process, how to perform basic tricks like those performed by the Sideswipe performance team. For those who already know how to do martial arts tricking, this is a great reference guide to help polish up your skills and improve performance.

Each book comes complete with an instructional DVD which will help walk you through each trick demonstrated in the book. The complete set is only \$30.00. For those who purchase prior to Labor Day weekend, will be able to have their books signed by Sensei Matt himself, when he comes into town for a performance rehearsal on an upcoming show. See Sensei Jeremy at the pro-shop to purchase your copy today or go to www.sharkeyskarate.com on order online.

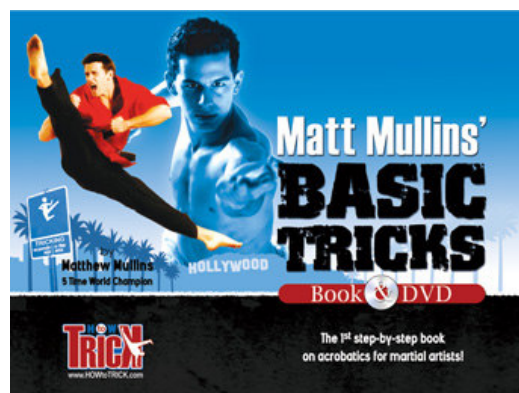
Welcome Seth Austin cont.

Seth hales from Arizona but has been training with Sharkey's Karate Studio for the past several years by flying back and forth once or twice a month for lessons with Sensei Sharkey. With a black belt in Kenpo karate, Seth is a major competitor on the NASKA circuit and part of our Team AKA Revolution. We are very pleased to have him as part of our staff and look forward to his contributions to our students and school.

Dojo Days Returns!

Back by popular demand! Our Dojo Days makes its triumphant return after almost a year of hiatus. September 16th from 11am—1pm we will be holding our infamous Dojo Days.

For those who are new to Sharkey's, Dojo Days is our inner school tournament where students get together to compete in Ippons, katas, weapons and sparring. We will have divisions for Lil' Sharks, Youth and Adults. For some this is a great way to get an ideal of what martial art tournament competition is like. For others it is a great way to meet the requirement of entering one contest for your next rank. Sign up sheets will be available after September 4th. Trophies will be awarded.



Sharkey's Karate Studio wins Best Children's Program

(original article from www.blackbeltmag.com)

In 1973 John Sharkey Jr. founded the Sharkey's Karate Studio headquarters 50 miles south of Chicago in Momence, Illinois. More than 30 years later, the respected school continues to offer a diverse martial arts menu of *kosho kenjutsu* sword training, Xtreme Martial Arts, *shorei-ryu* karate and special programs designed for children.

More than just kick-and-punch classes, the children's programs at Sharkey's Karate Studio address overall child development. Sharkey and his team of dedicated professionals help their young students achieve objectives in both their physical training and in life-success areas such as setting goals, developing interest in a variety of endeavors and cultivating self-esteem. The result: physically skilled, mentally sharp, well-rounded, self-confident young men and women who conduct themselves with the attitude, respect and discipline befitting a true martial artist.

Some of Sharkey's long-term students may represent the next generation of martial arts masters. Under his mentorship, these advanced practitioners bring their own unique brand of talent, discipline, strength and technical knowledge to magazines, television, films, live audiences and back to the training studio for the young people following in their footsteps. Included among these standouts are XMA developer Mike Chaturantabut, eight-time forms and weapons champion Suzann Wancket, Sideswipe Pro martial arts performance-team creator Matthew Mullins and three-time world title-holder Craig Henningsen. These are but a few of the more than 40 advanced students whose lives are dedicated to training, competition and educating others in the martial arts, and they all got their start at Sharkey's Karate Studio.

In recognition of the school's continuing effort to prepare young martial arts students for success—both in and out of the training hall—Black Belt is proud to present Sharkey's Karate Studio with the 2006 Industry Award for Best Children's Program.
-Raymond Horwitz



Mike Chat accepts the award of Best Children's Program on behalf of Sharkey's Karate Studio

It pays to refer

We would like to welcome three new students this month: Charlie Garvy, Marcus Jefferson, Varun Sharma

These students were referred to us by other students currently enrolled at Sharkey Karate Studios. Gabby and Daniel Wolf, Rashi and Rohan Gupta and Will Greenburg has received \$50.00 in cash or \$50.00 off their tuition for referring the new students.

As a reminder you can earn \$50.00 each time you refer a person to our school who enrolls into one of our programs. Be sure to let your friends know that you referred them at the time they come in. The more you refer the more you can earn.

September Birthdays

Jennie Amato	09/02
Robert Cotto-Thorner	09/06
Dayna Huor	09/07
Glenn Patterson	09/09
Sebastian Talbott	09/20
Dottie Druke	09/21
Kyle Frigo	09/24
Kevin Katzenbach	09/28
Walker Wells	09/28
Sabrina Calabrese	09/29

Happy Birthday Everyone!!