

Kick Back

Sharkey Karate Studios Newsletter December 2006

8th Annual Winter Camp

Once again we are setting the standard as one of the top training camps in the country for sport karate. The 2006 Winter Camp is set for December 27 – December 30, 2006. Are you ready to train with the world champion stars from Sideswipe Performance Team? Be prepared for the AKA Winter Camp VIII and take your skills to a whole new level.

It is the goal of the Winter Camp to have each participant leave the camp feeling like they have learned something new and had a great time doing it. Now that the holiday break is here, it is time to jump start everyone's engines and prepare for the new competition season.

This camp is the perfect tool to use as a launch pad for competitors to get a jump on their competition for the next year. The campers will have the opportunity to learn new forms (weapons, traditional, open, and musical) and work on a huge array of fighting drills and techniques. Our world champion instructors will also help the campers tailor their forms to meet their full potential. Through the week campers will experience and learn modern conditioning and training drills that will help them reach new levels. Spots are limited to only 20 campers so sign up now. See Sensei Jeremy or Sensei Sharkey for details on signing up.



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Quotes to Ponder

Last, but by no means least, courage—moral courage, the courage of one's convictions, the courage to see things through. The world ; is in a constant conspiracy against the brave. It's the age-old struggle--the roar of the crowd on one side and the voice of your; conscience on the other.

— Douglas McArthur

Courage is the first of human qualities because it is the quality which guarantees all others.

— Winston Churchill

One man scorned and covered with scars still strove with his last ounce of courage to reach the unreachable stars; and the world was better for this.

— Don Quixote, de la Mancha

42nd Annual AKA Grands

Don't forget that the 42nd Annual AKA Grands will be January 26th and 27th at the Stephens Convention Center (formerly the Rosemont Convention Center) in Rosemont Illinois. The AKA Grands is one of the oldest running tournaments in America today. Many great martial art icons and pioneers have left their mark at this tournament such as Bruce Lee, Chuck Norris, Cynthia Rothrock, Skipper Mullins, Joe Lewis, Steve "Nasty" Andersen, John Chung, George Chung, and Arlene Limas just to name a few.

Now is your chance to participate in this historic tournament and possibly leave your mark along with the legends of the past and present. You can sign up online at www.akagrands.com or at the school, see Sensei Jeremy or Hunter for details. Hotel arrangements will be through the Crowne Plaza O'Hare, www.crownplazehare.com or call 847-671-6350. Mention that you are with the AKA Grands tournament and receive the special rate for the weekend. Don't miss out on the action.

We are still looking for volunteers for time keeping, score keeping and other "behind the scenes" tasks. If you would like to help please sign-up at the pro-shop.



Would you, your business or the company you work for be interested in sponsoring a Warrior Cup? Talk to Sensei Jeremy on how you can accomplish this and have your name placed on one of the most prestigious awards in sport martial arts today

Whatever happened to Chris?

Have you been wondering what Sensei Chris has been up to since he began his journey in Tinsel Town? Well a lot has been happening in the past few months in both the movie, entertainment and stunt industry that has him moving constantly. Most notable, of course, was his recent preparation and performance for Theatricks that took place in October.

Prior to that performance and, sometime afterwards, Sensei Chris has been keeping busy with a few projects. He has done several photo shoots for CS clothes and has been dipping his feet in TV land doing some commercials for Pentel (an office supply store) and Colorstream (water guns). Currently he is working on a movie project which he could only tell us was a big budget production. Other than that, it has been training with Matt and Craig, and doing a Sideswipe performance for the halftime show for the Dallas mavericks as well as doing corporate shows and showcases. To top it off he has also been busy with the Sideswipe crew doing a training camp in Texas and is now looking forward to coming back home and doing the Winter Camp 8 this year.



School to be closed for winter break

Once again we will be shutting down the school starting December 22nd through January 2nd. Classes will re-open January 3rd. Please make note of these dates.

Upcoming tests

With the holidays fast approaching we will be holding our monthly stripe test earlier than usual. December stripe test will be December 20th and 21st. Due to preparation for Grand Nationals, our next belt test will be February 22nd

Wushu & Taichi Classes

Beginning January 8, 2007, Sensei Brendon Huor will begin instructing classes on Chinese Wushu and Taichi. Wushu is the national martial art of China and is taught throughout elementary school and colleges all over.

This class will cover everything from basic Wushu hand techniques to the more advance weapon techniques, as the students progress. Classes for the Wushu will be Mondays and Wednesdays from 6:30pm—7:15pm. Minimum uniform requirement will be a Sharkey's T-shirt and gi pants. You can also opt to purchase a Wushu uniform for the class as well. This class is opened to kids and adults.



Tai Chi is a slow moving martial art popular for its health benefits. However, when done correctly and in a faster pace, it can be a formidable form of self defense. Classes for Tai Chi will be held on Thursdays from 7:15pm—8:15pm. Minimum uniform requirements are a Sharkey's T-shirt and gi pants or tai chi uniform. Class will be on a 8-week session base. The investment for either the Wushu or the Taichi class will be \$20.00 extra a month for current Sharkey students. We are now accepting names for enrollment at the pro-shop.

It pays to refer

Once again we want to remind everyone of our referral program. This month we would like thank the Sanders who referred a new student to our XMA class. For that we have presented with \$50.00. You could be next. If you recommend anyone to the school and they enroll into one of our programs, we will give you \$50.00. 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. We also have Guest VIP passes at the pro-shop that you can hand out to your friends, family which allows them to try our classes for free. See Sensei Jeremy for more details.

Reminder of New Schedule

As most of you already know the Tuesday and Thursday adult class has been canceled beginning in December. With that said be sure to note our new class schedules beginning January 8th.

Mondays & Wednesdays
5:00-5:45—Kids' Beginners' Class
5:45-6:30—Kids' Intermediate & Advance Class
6:30-7:15—All Ages' Wushu Class
7:15-8:15—Adults' All Ranks
8:15-9:15—Adults' Advance Class

Tuesday & Thursday
5:00-5:30—Lil' Sharks
5:45-6:30—Kids' Beginners' Class
6:30-7:15—Kids' Intermediate & Advance Class
7:15-8:15—Open Mat (Tuesday only)
7:15-8:15—Tai Chi Class (Thursday only)

Friday
7:00-8:00—All Ages' Kenjutsu Class

Saturday & Sunday
9:30-10:30—Adults' Weapons Class (Saturday only)
11:00-12:30—XMA Phase 1
1:00-3:00—XMA Phase 2

December Birthdays

Jeremy Talbott	12/14
Connor Wells	12/15
Bing Li	12/17
Chris Sugano	12/17
Andrew Foy	12/20
Tracy Chinowsky	12/22
John Holoubek	12/22
Connor McIntire	12/30



Happy Birthday Everyone!!