



# MARTIAL ARTS NEWS

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March 2011

Family Karate Academy  
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*If you do not have time to do it right, when are you going to have time to do it again?*

**Current Weapon: Nunchaku - Get yours Today!**

**Current Student Life Skill: Confidence / Leadership Life Skill: Charisma**

**Saturday, March 5th - 1st Indiana State Karate Tournament**

**Friday, March 25th - GRADUATION - NO REGULAR CLASSES**

Need to have name on List by Monday, March 14th

Need to Pay Graduation Fee by Tuesday, March 22nd

6:00 pm - Lil Dragons / 6:30 pm - 7:30 pm Beginner Graduation & Weapons

7:30 pm - 9:00 pm Intermediate & Advance Graduation

6:30 pm - 9:00 pm Those Graduating 1st Brown or Higher

**Saturday, April 2nd - 2nd Indiana State Karate Tournament - Hanshi Johnson's Tournament**

**Friday, April 8th - Kid Escape Program at 7:30 pm - Free for All Young People!**

**Saturday, April 9th - Kid Escape Program at 2:30 pm - Free for All Young People!**

## WELCOME NEW STUDENTS!

Tyrell Smith, Keara Smith, Hannah Hurst, Joshuah Hurst, Vernon Hurst, Ehrich Hurst, Joseph Hurst, Caylah Gardner, Nathan DeMyers, Kameron Hall, Feliz Marin, Chaveli Marin, Uriel Atzala, Kalid Flores, Aketzali Flores, Paulo Rodriquez, Paulo Rodriquez (jr.), Angela Rodriquez, Tabreon Johnson, Tamryn Johnson, Austin Riley, Jami Riley, Marie Riley, Maxwell Riley

**Congratulations to**

**Kenney Troutman, James Gilmartin, Jacob Vandiver, Judah & Jericho Luyimbazi**  
who graduated from Lil' Dragons  
and joined the Family Classes!

## A NOTE FROM SENSEI:

What crazy weather we had this month! We had a lot of students miss classes during the first couple of weeks due to the weather and illness. But the last two weeks of February we saw most everyone back on track. We know life will sometimes throw us a loop. Sometimes our goals and plans can get bounced around. But the true test of character and perseverance is the ability to face these obstacles and move forward again. I look forward to seeing all of you in class. Many of you had a goal for graduating in February. Well, now make it March! You can do it!

- Kyoshi Sensei Ken Piper

Proverbs 13:12

Hope deferred maketh the heart sick: but when the desire cometh, it is a tree of life.



THE FUTURE

# Graduation Friday, February 25th Congratulations!



## Lil Dragon Graduation -

**White/Blue Belt** - Jacob Vandiver

**White/Purple Belt** - Ernest Wesley Jr.

**White/Black** - Alessandro Gonzalez

## Belt Graduation -

**Gray Belt** - Haik Isikbay, Samuel Marshall,  
Rashid Wallace

**Tan Belt** - Citlali Garcia, Itzel Garcia

**Yellow Belt** - David Brooks, Floyd Cook

**Orange Belt** - Aicha Cissoko, Aram Isikbay

**Green Belt** - Jaala Young, Skyler Roehlk,  
Jonadab Figueroa

**Purple Belt** - Angel Najera

## Weapons Graduation -

**Bokken Level 1** - Edward Schneider, Skyler  
Roehlk, Diego Serrato, Kimberly Curry



## MARCH 2011 BIRTHDAYS

Samuel Marshall (9),

Sami Ardah (16), Jacob Vandiver (18),

Judah Luyimbazi (19), Bruce Fox (21), Victor

Molina (22), Jamie Roehlk (25), Reilly Conwell

(28), Abe Klimenk (30)

## Confidence -

This next eight weeks, we will be teaching about confidence in the beginner and intermediate classes. Many students come to karate (whether they say or not) to increase confidence.

First of all, Confidence comes in two parts: (1) a person's overall appearance, demeanor or attitude and (2) their feelings about individual situations. A person with a confident demeanor can feel uncomfortable with a situation that they are not familiar. On the flip side of the coin. A person with a demeanor who is shy and withdrawn may come into a situation that they have a lot of knowledge or experience and will suddenly shine.

We teach in the classes that the definition of confidence is the feeling that you can do or accomplish something. This is dealing with an individual situation. In karate, we are teaching people how to have confidence in a self-defense situation. But the principles of confidence can apply to any area you want to have confidence. If you want to know how to fix a bike or a car, fly a plane, or be able to practice law or medicine, you must first learn all you can about that area. Gain whatever education necessary to accomplish that goal. If you know more than everyone else, you become the expert in the field and people come to you for advice or counseling.

Second, you must gain experience through practice (and error!) Third, you must be honest with yourself about where you need improvement and where are your strong points. You must always be willing to improve your weak areas. Fourth, keep your body in good shape. People in good shape always have more confidence than those who are not physically healthy.

How do we gain that attitude or appearance of confidence? First, as you become an expert in something, your demeanor towards that situation will change. You will look more confident because you are confident with that subject. But you can improve your demeanor with good posture, learn to smile, look at people directly and speak with enthusiasm. If you start with these things, even if you do not feel confident, you will look more confident! But with time, it will become part of who your personality and demeanor!