

Mountain Eagle Karate Academy

"Fly Like an Eagle"



Issue 2

December-January 2011

www.mountaineaglekarate.com

Students of the Month

Renshi and Sensei select the students of the month based upon: attendance, attitude, improvement, and hard work.



Madalyn Nilsson (Intermediate/Advanced)



Nashara Harriott (Beginners)

Tournament Results

Mountain Eagle had a strong showing at the USKA NM State tournament on Dec. 4, 2010.

Congratulations to everyone who participated!
(See photo on page 4)

Ruby Aidun: 1st kata
Bailey Miller: 1st kata
Gino Flores: 2nd kata, 2nd sparring
Julia Flores: 4th sparring
Liam Thome: 4th kata, 3rd sparring, 4th weapons
Dayton Campbell: 1st kata, 1st sparring
Tyler Patton: 2nd kata, 1st sparring
Davis Wang: 2nd kata
Eric Osmon: 4th kata
Jared Eldridge: 1st sparring
Madalyn Nilsson: 2nd sparring
Anthony Moreno: 3rd kata, 1st sparring
Sergio DelGrande: 3rd sparring (First tournament!!)
Eric Chambers: 2nd sparring (First tournament!!)
Josh Chambers: 3rd sparring (First tournament!!)
Bob Patton: 3rd kata; 2nd sparring

*New United States Karate Alliance (USKA) member:
Matthew St. Ledger!*

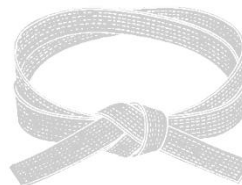
Upcoming Events



Mountain Eagle Karate Christmas Party

Saturday, 18 December 2010

Black Belt Test: 10-11:30 am



Pizza Party and gift exchange: 11:30-1 pm

Please RSVP to Sensei Anna

Tournaments:

January 29, 2011 in Belen, NM
USKA Tournament

February 26, 2011 in Socorro, NM
Dr. Maiga's 14th Annual Championship

March 5, 2011 in Eagle, CO
USKA Colorado State Championships

March 24-27, 2011 in Albuquerque, NM
USKA Nationals
(Under the Rank of Black Belt Must qualify to compete)

From the USKA web site:
<http://www.uska.net/Events.aspx>

Shuri Ryu Corner

Five Animal Forms:

Each form represents an animal and strengths to be developed within that form or style.
(Below the strengths are the colored stripes that you see on the belts and their meaning)

Dragon - Body Strength
(Focus your body / Stay in the right stance)

Tiger - Bone Strength
(Focus your eyes / Do your best)

Leopard - Inner and Outer Strength
(Focus your ears / Develop skills)

Snake - Breath Strength
(Be flexible / Adapt)

Crane - Spiritual Strength
(Focus your mind / Concentrate)

Black Belt Club

New Black Belt Club Member:
Matthew St. Ledger, Congratulations!

Promotions

Congratulations to all the recently-promoted students!

Black Belt Club Children
Luke Vasquez-5th Kyu Green
Jared Eldridge-5th Kyu Green
Adam Lucero-5th Kyu Green

Black Belt Club Adults
Liz Allen-3rd Kyu Brown
Laura Medina-6th Kyu Blue

Young Eagles
Jacob Lopez-Purple Striped
Jerry Walz-Blue Striped
Matthew St. Ledger- Blue Striped
Eric Chambers- Blue Striped
Joshua Chambers- Blue Striped
Ryan Chambers- Blue Striped
Paul Clark- Blue Striped
Brendan Clark- Blue Striped
Audrey Rodriguez-Orange Striped

Tiny Eagles
Anand Kundarg-Blue Striped
Jesse Griego-Yellow Striped
Jasmine Balderrama-Yellow Striped
Steven Peterson-Yellow Striped
AJ Olona-Yellow Striped
Austin Bolenger-Orange Striped

Homeschoolers
Dania DeFilippis-Orange Striped
Dante DeFilippis-Orange Striped
Benjamin Wagner-Orange Striped
Ian Hutchinson-Orange Striped
Johnny Nichols-Orange Striped
Jazzy Nichols-Orange Striped
Kadra Guillermo-Orange Striped
Rebecca Lovesee-Orange Striped
Parker Lovesee-Orange Striped
Sterling Lovesee-Orange Striped
Arlen Lovesee-Orange Striped
Michael Hamelin-Orange Striped
Natalie Kurtz-Orange Striped
Slater Areno-Orange Striped
Sara Areno-Orange Striped

Have a Safe Holiday!



Stay safe this holiday season; it's the best gift you can give.

Candle lighting ceremonies during Advent, Hanukkah and Kwanzaa are beautiful traditions, but keep matches, lighters and candles away from children and never leave burning candles unattended.

Toys:

- Before allowing your child to play with a toy that he has received as a gift, read the instructions carefully. Show your child how to use it properly.
- Follow recommended age ranges on toy packages. Toys that are too advanced could pose a safety hazard for younger children.
- Children under age three can choke on small parts contained in toys or games. Government regulations specify that toys for children under age three cannot have parts less than 1 1/4 inches in diameter and 2 1/4 inches long.
- Pull toys with strings that are more than 12 inches in length could be a strangulation hazard for babies.

Trees:

If you decorate your home with a Christmas tree, remember to keep it watered to minimize the chance of a fire.

Contact Information

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Renshi Mark in action - USKA New Mexico State Tournament, Santa Fe 2010



A few of the Mountain Eagle Students at the USKA New Mexico State
Tournament, Santa Fe 2010

Back row: Anthony Moreno, Tyler Patton, Bailey Miller, Julia Flores
Front row: Eric Osmon, Samuel (Gino) Flores, Ruby Aidun, Dayton Campbell