

Mountain Eagle Karate Academy

"Fly Like an Eagle"



Issue 2

October-November 2010

www.mountaineaglekarate.com

Welcome

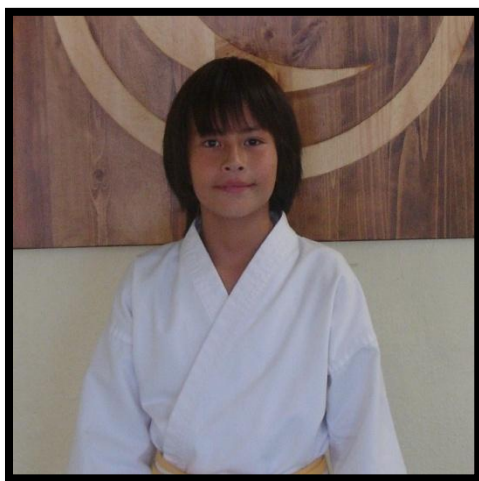
Welcome to the MEKA newsletter. We hope to provide our students and families with useful and interesting information.

Students of the Month

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



Dayton Campbell (Intermediate/Advanced)



Matthew St.Ledger (Beginners)

Tournament Results

Mountain Eagle had a strong showing at the USKA Southwest Regionals tournament on October 9, 2010 (see photo page 4):

Ivan Aidun: 4th kata, 3rd sparring
Ruby Aidun: 2nd kata, 3rd weapons
Bailey Miller: 1st kata
Gino Flores: 1st kata, 1st sparring
Julia Flores: 2nd kata, 3rd sparring
Liam Thome: 4th kata, 3rd sparring,
2nd weapons
Dayton Campbell: 2nd sparring
Luke Vasquez: 3rd sparring
Davis Wang: 2nd kata
Eric Osmon: 3rd kata
Jared Eldridge: 4th kata, 1st sparring
Madalyn Nilsson: 4th kata
Anthony Moreno: 3rd kata
(First tournament!!)
Joan Harris: 1st kata
Bob Patton: 2nd kata, 1st sparring

Upcoming Tournaments

From the USKA web site:

<http://www.uska.net/Events.aspx>

November 6, 2010 in Eagle, CO
USKA Battle of the Champions

December 4, 2010 in Santa Fe, NM
USKA New Mexico State Championships

January 22, 2011 in Belen, NM
USKA Tournament

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)

Shuri Ryu Corner

What does the pine tree patch stand for?
 The pine tree stands for strength, endurance, and longevity. Kyu-levels (below black belt) have a white pine tree on a green background, circled in white; dan-levels (black belts) have a black pine tree on green background circled in black; the Chief Instructors have a black pine tree on a green background and a red sun, encircled in red.

What's New?

MEKA is on ,  and  Picasa.

See our website: www.mountaineaglekarate.com

New Class for Homeschoolers:
 Mondays: 9:00 - 9:50 AM

Promotions

Congratulations to all the recently-promoted students!

Tiny Eagles:

Nashara Harriott: orange striped
 Anastasia DelaRosa: orange striped
 Bailey Jacobs: orange striped
 Jayden Hanhardt: yellow striped
 Liam Lueras: orange striped

Young Eagles:

Amy Swahlam: orange striped
 Rivae Aragon: yellow striped
 Sergio DelGrande: yellow striped
 Catherine Chambers: yellow striped

Black Belt Club Kids:

Christian Headrick: 6th kyu blue belt

Black Belt Club Adults:

Christy Roybal: 1st kyu brown belt

Black Belt Club

New Black Belt Club Member: Anthony Moreno, Congratulations!

Have a Safe Halloween!

Safety Tips from a cool website: "Keep Kids Healthy."



http://www.keepkidshealthy.com/welcome/autumn/halloween_safety.html

Halloween is a fun time for kids, but it is also an important time to be extra vigilant for possible safety hazards so that you and your children have a fun and safe Halloween.

Costume safety:

- choose a costume made of flame retardant material
- costumes should be short enough so that they don't cause your child to trip and fall,
- for good visibility, add some reflective tape to the costume or bag he is using to carry candy
- masks should fit securely and allow your child to see well
- if using face paint, make sure it is nontoxic and hypoallergenic
- knives, swords and other props should be made of a soft, flexible material, so that they don't pose a hazard

Trick-or-Treating safety:

Children should be well supervised by an adult when trick-or-treating. Older children should trick-or-treat in large groups in well known neighborhoods.

- carry a flashlight
- stick to well lit houses in familiar neighborhoods only
- follow traffic signals and rules of the road

(Halloween Safety, continued)

- avoid taking shortcuts across backyards or alleys. Stick to the sidewalks of well lit streets

Candy safety:

- Instruct your children to bring all candy home before eating it so that you can inspect it for tampering. Children shouldn't snack while they're out trick-or-treating. To help prevent children from munching, give them a snack or light meal before they go out.
- Tell children not to accept and not to eat anything that isn't commercially wrapped.
- Throw out candy or treats that are homemade, unwrapped or if they appear to have been tampered with (pinholes in wrappers, torn wrappers, etc.)
- Parents of young children should remove any choking hazards such as gum, peanuts, hard candies or small toys.
- Wash all fresh fruit thoroughly, inspect it for holes, including small punctures, and cut it open before allowing children to eat it.

General safety tips:

- homeowners should remove obstacles from the front yard, restrain dogs and other animals, and light the house well
- provide treats that are individually wrapped candy or nonfood treats, such as stickers and erasers
- artificial lights are a safer alternative to real candles with a flame that can pose a fire hazard
- drive slowly, be aware that children and adults may be hard to see and may walk in the road
- If going to an adult Halloween party, make sure that you don't drink and drive -use a designated driver if alcohol is being consumed.

Contact Information

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*Continue to Page 4 for a photo from the
USKA Southwest Regionals Tournament!*



Mountain Eagle Students at the USKA Southwest Regionals Tournament, 2010

Back row: Liam Thome, Luke Vasquez, Jared Eldridge, Anthony Moreno, Samuel (Gino) Flores, Ivan Aidun

Middle row: Davis Wang, Eric Osmon, Tyler Patton

Front row: Madalyn Nilsson, Ruby Aidun, Julia Flores

Not shown: Bailey Miller, Dayton Campbell, Robert Patton, Joan Harris; photo courtesy Bridget McGuire