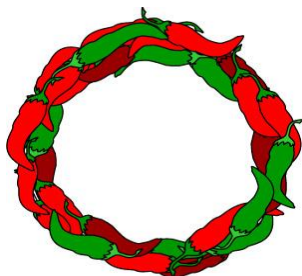


# Mountain Eagle Karate Academy

“Fly Like an Eagle”

Issue 9

December 2011 - January 2012 [www.mountaineaglekarate.com](http://www.mountaineaglekarate.com)



## Mountain Eagle Schedule

### **Holiday Party at the dojo**

**Saturday Dec. 17, 11 AM -1:30 PM**

Wear regular clothes – we will have **games**, **pizza** and **cake**. Bring a wrapped gift, appropriate for ages 5-15, if you would like to participate in the “present game” – please limit cost to \$15 per present.

*Please let Sensei Anna know if you plan to attend the party, and how many people from your family are coming, so that we can get enough pizza!*

**MEKA will be closed on these days:**

**Wednesday, Dec. 14**

**Dec. 26 – Jan. 1, classes resume Jan. 2!**

### **Black Belt Kids Sparring:**

1<sup>st</sup> and 3<sup>rd</sup> Fridays of the month  
(Dec. 16, and Jan. 6 & 20)



## Find Us on the Web!

MEKA is on ,  and  Picasa.

See our website: [www.mountaineaglekarate.com](http://www.mountaineaglekarate.com)

## Upcoming Events



### **Upcoming Tournaments:**

**Dec. 3** New Mexico State Championships,  
Santa Fe, NM

**Jan. 21** Sensei Holbrook’s USKA Tournament,  
Belen, NM

**Feb. 25** Sensei Maiga’s USKA Tournament,  
Socorro, NM

**March 29-April 1** USKA National Tournament,  
Albuquerque (must qualify to  
participate)

See the USKA web site for more information:

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

## Welcome New Students!

During October and November we welcomed many new students who joined us after graduating from one of our popular school programs.

Parents: In karate you may see Renshi or Sensei directing a higher-ranking child to teach the class or to work with your child individually or in a small group. As your child advances he/she will also be given opportunities to teach others. Teaching experience helps children to gain better mastery of the material that they are asked to teach, and gives them confidence and poise that then can be applied in school presentations, public speaking or any public performance (drama, spelling bees, music, etc.).

**Students of the month**

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



**Kyla Lowe (Beginners)**



**Sergio DelGrande (Intermediate/Advanced)**

**Shuri Ryu Corner**

**Grandmaster Robert A. Trias** (1923-1989) was a champion middleweight boxer in the Navy, and began his studies of karate while stationed in the South Pacific during World War II. He opened the first karate school in the mainland U.S. in 1946, founded the U.S. Karate Association (the original USKA), hosted the first national karate competition in the U. S. in 1963, and developed the Shuri Ryu karate style. He presented his teachings in a comprehensive book titled, "The Pinnacle of Karate." He taught O'Sensei Robert Bowles, who is the current head of the Shuri Ryu Style.



**Leadership Team & Black Belt Club**

New Leadership Team Member:  
**John Udoni**



**Carpooling**

Please let Sensei Anna if you are interested in carpooling...we have students that come from the Westside and Rio Rancho.

**MEKA T-shirt**

Mountain Eagle Karate **T-Shirts** are still available for \$20+tax each.

The Japanese kanji on the front states our inspiring motto **“Fly like and Eagle”** and has our logo on the back, they are a very cool, black and purple!! Please see Sensei Anna to get yours today!!



**Promotions**

*Students promoted during October:*

Black Belt Club Adults

John Udoni-1<sup>st</sup> Kyu Brown

Black Belt Club Children

Jonathan Titcomb-2<sup>nd</sup> Kyu Brown

Cierra Erven-6<sup>th</sup> Kyu Blue  
Lance Radnich-7<sup>th</sup> Kyu Yellow

*Students promoted during November:*

Black Belt Club Adults

Elena Letourneau-7<sup>th</sup> Kyu Yellow  
Darrell Kundargi-7<sup>th</sup> Kyu Yellow

Black Belt Club Children

Amy Swahlan-4<sup>th</sup> Kyu Purple

Young Eagles

Gilbert Quintana-orange striped  
Bryanna Quintana-orange striped  
Haleigh O'Connor-orange striped  
Joseph Muniz-orange striped  
Clarise Connolly-orange striped  
Marilyn Connolly-orange striped

Tiny Eagles

Brandon Madrid-orange striped

*Our next testing week will be the week of Dec. 19-22.*

**Southwest Regionals Tournament Results**

*We are very proud of all the students who participated in the Southwest Regionals Tournament. You displayed ultimate focus, good manners, best effort, and positive attitude.*

Sensei Anna

**Grand Champion** All Black Belt Kata

**Grand Champion** Women’s Sparring

Liz Allen- 1<sup>st</sup> place Kyu kata, 1<sup>st</sup> place sparring  
**Grand Champion** All Kyu Kata

Jared Eldridge-1<sup>st</sup> place kata, 1<sup>st</sup> place sparring  
Madalyn Nilson-1<sup>st</sup> place sparring  
Ryan Chambers-1<sup>st</sup> place sparring  
Max Chalamidas-1<sup>st</sup> place kata, 2<sup>nd</sup> place sparring

Ruby Aidun-2<sup>nd</sup> place kata  
Ivan Aidun-2<sup>nd</sup> place sparring, 4<sup>th</sup> place kata  
Dayton Campbell-2<sup>nd</sup> place kata, 3<sup>rd</sup> place sparring  
Eric Chambers-2<sup>nd</sup> place sparring, 3<sup>rd</sup> place kata  
Ian Sickafoose-2<sup>nd</sup> place kata  
Laura Medina-2<sup>nd</sup> place kata  
Darrell Kungardi-3<sup>rd</sup> place sparring  
Jon Allen-3<sup>rd</sup> place sparring  
Liam Thome-3<sup>rd</sup> place sparring, 4<sup>th</sup> place kata  
Josh Chambers-3<sup>rd</sup> kata  
Sergio Del Grande-4<sup>th</sup> place kata  
Jonathan Titcomb-4<sup>th</sup> place sparring  
Matthew St Ledger-4<sup>th</sup> place sparring

**Contact Information**

**Mountain Eagle Karate Academy**  
Renshi Mark & Sensei Anna Gorman  
1704 Moon St. NE, Suite 14-15  
Albuquerque, NM 87112  
(505) 980-8939  
[www.mountaineaglekarate.com](http://www.mountaineaglekarate.com)

**Stay Safe during the Holidays**

- When purchasing an artificial tree, look for the label "Fire Resistant."
- When purchasing a live tree, check for freshness. It should be green, needles shouldn't break easily, and the tree should not lose many needles.
- When setting up a tree at home, place it away from fireplaces, radiators or portable heaters.
- Cut a few inches off the trunk of your tree to expose the fresh wood to allow better water absorption to keep the tree from drying out. Keep the stand filled with water.
- Check all tree lights-even if you've just purchased them-before hanging them on your tree. Make sure all the bulbs work and that there are no frayed wires, broken sockets or loose connections.
- Never use electric lights on a metallic tree.
- Before using lights outdoors, check labels to be sure they have been certified for outdoor use.
- Plug all outdoor electric decorations into circuits with ground fault circuit interrupters to avoid potential shocks.
- Turn off all lights when you go to bed or leave the house. The lights could short out and start a fire.
- Use only non-combustible or flame-resistant materials to trim a tree.
- Never use lighted candles on a tree or near other evergreens.





**USKA Southwest Regionals 2011**