

Mountain Eagle Karate Academy

"Fly Like an Eagle"

Issue 6

June - July 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.



Casmir & Marek Rasinski (Beginners)



Isabella Reitz (Intermediate/Advanced)

Tournament Results

May 7, USKA Bushido Open, Albuquerque, NM

Mountain Eagle Karate received the most supportive/most students attended Award with over 25 participants! This was our first time receiving this award and we hope it is the first of many!

Grand Champion:

Sensei Anna Gorman:
Grand Champion Black Belt Women's Sparring
1st Place Kata

Placed:

John Udoni:
1st kata and 1st Place sparring – Advanced Adult

John Osmon:
1st sparring and 2nd kata – Intermediate Adult

Dayton Campbell:
2nd Place sparring – Advanced Youth

Davis Wang:
2nd Place kata – Intermediate Young

Matthew St. Ledger:
2nd Place sparring – Intermediate Young

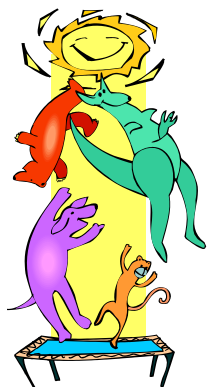
Anthony Moreno:
3rd Place kata – Advanced Youth

Eric Chambers:
3rd Place kata – Intermediate Youth

Andy Yuan:
3rd kata – Beginner Tiny

River Little Eagle Fallis:
3rd place sparring – Beginner Young

Upcoming Events



Mountain Eagle Karate Summer Party!

Saturday, July 30th!

More information coming soon...

Seminar with O'Sensei Robert Bowles:

September 17, 2011 is the annual Canon City, CO seminar with O'Sensei Robert Bowles, Grandmaster and head of the Shuri-Ryu Style. Cost is \$100 if pre-registered and \$125 at the door and includes an all-day karate seminar followed by a barbeque dinner hosted by Kyoshi Lon Bradfield. See Sensei Anna for further details.



Upcoming Tournaments in New Point Year:

July 21-24, USKA World Championships, Dallas, TX

See the USKA web site for more information:
<http://www.uska.net/Events.aspx>

MEKA Schedule Change!!

The Tiny Eagles class: starting Tuesday, June 14th will be held at **4:00-4:45pm** instead of 4:15-5:00pm.

MEKA Interview

In May Sensei Anna and Renshi Mark were interviewed for the "On the Mic" hosted by Mike Adams on 610AM "The Sports Animal". They discussed Mountain Eagle Karate, teaching and developing kids and the current state of martial arts. We hope you heard the interview!



Shuri Ryu Corner



Students and parents can find videos showing Shuri Ryu standards at the

Mountain Eagle YouTube channel:

<http://www.youtube.com/user/MountainEagleKarate>
Posted standards include the Blocking Drill, Animal Forms, and Ippons 1-5 (click on Uploads to view all standards up to Blue Belt). You can also view videos of Mountain Eagle karate-ka at tournaments.

Leadership Team & Black Belt Club

Welcome to our new Leadership Team

Member: **Liz Allen**

New Black Belt Club Member: **Amy Swahlan**



Promotions

Students promoted during April and May include:

Black Belt Club Children

Ian Sickafoose-3rd Kyu Brown
 Adam Lucero-4th Kyu Purple
 Paul Clark-6th Kyu Blue
 Brendan Clark-6th Kyu Blue
 Eric Chambers-6th Kyu Blue
 Josh Chambers-6th Kyu Blue
 Ryan Chambers-6th Kyu Blue
 Catherine Chambers-6th Kyu Blue
 Jerry Walz -6th Kyu Blue
 Amy Swahlan-6th Kyu Blue

Young Eagles

Carly Jarocki-Blue Striped
 Kai Mattson-Yellow Striped
 Ryan Williams-Yellow Striped
 Maya Bridges-Yellow Striped
 Jonathan Cornfield-Yellow Striped
 Adrian Sonchar-Yellow Striped
 Xander Nazon-Orange Striped
 River Little Eagle-Orange Striped
 Nathan Wang-Orange Striped
 Trinity Eckstein-Yellow Striped
 Andy Yuan-Yellow Striped
 Casmir Rasinski-Yellow Striped
 Marek Rasinski-Yellow Striped

Tiny Eagles

Preston Adams-Yellow Striped
 Nathan Wang-Orange Striped
 Roman Romero-Orange Striped
 Audrey Weisberg-Orange Striped
 Caleb Todd-Orange Striped
 Piper Wiese-Orange Striped
 Ian McAllister-Orange Striped
 Austin Bingham-Orange Striped

Congratulations! The next testing will be at the end of June.

Safety and Health

The US Consumer Product Safety Commission warns that summer brings an increase in emergency room visits. The kids are out of school, adults are on vacation and it's time for outdoor activities like riding bikes and hosting barbecues. Summer safety tips include:

- Wear a helmet when biking, skating, skateboarding, or riding a scooter
- Only allow one person at a time on a trampoline and don't allow flips or somersaults
- Never use a charcoal grill inside – burning charcoal releases deadly carbon monoxide gas that can build up indoors and cause illness or even death

All athletes, including karate students, must hydrate themselves before, during, and after a hard work out. This is especially important to remember during the hot, dry Albuquerque summers. A dehydrated person does not always feel thirsty, so drink plenty of fluid both during and after the work out.

The signs of dehydration can include a noticeable decrease in energy and performance levels. Some people will also have a headache or an achy feeling in the body. Once dehydration starts deterioration can be very fast. The body temperature can rise quickly and the person can pass out. Dehydration should be taken seriously as it can lead to kidney problems or even death.

During the summer students should drink water throughout the day, and try to drink a large glass of water about an hour before their workout. The best way to prevent dehydration is to drink plenty of fluid during the workout, so please always remember to have a water bottle with you at class. Most

of the time plain water is sufficient, but for heavy workouts of an hour or more a sports drink can replenish salts lost through sweating. Karate students should continue drinking as much water as they can for several hours after the work out because one or two glasses of water may not replenish all the fluids lost to sweat during the workout.

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



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