

Mountain Eagle Karate Academy

"Fly Like an Eagle"

Issue 8

October - November 2011

www.mountaineaglekarate.com



Mountain Eagle Schedule

MEKA will be closed on these days:

Friday, Oct. 28, School Program Graduation

Monday, Oct. 31, Halloween

Friday, Nov. 18, School Program Graduation

Nov. 24 and 25 Happy Thanksgiving!

Black Belt Kids Sparring:

1st and 3rd Fridays of the month

(Oct. 21 and Nov. 4)

Upcoming Events



Upcoming Tournaments:

Oct.29 USKA Southwest Regionals,
Albuquerque, NM

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

See the USKA web site for more information:

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

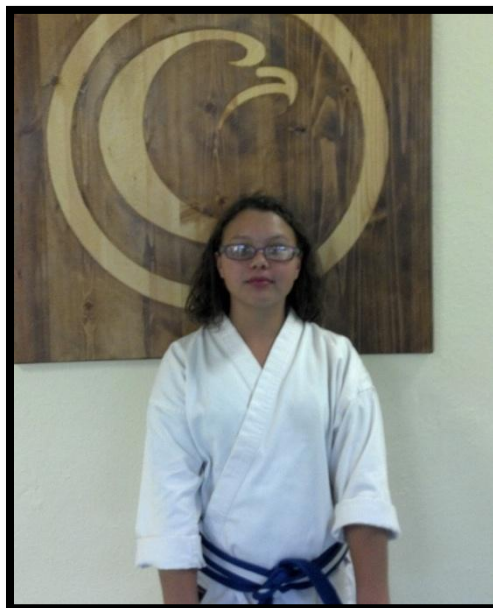
Find Us on the Web!

MEKA is on ,  and  Picasa.

See our website: www.mountaineaglekarate.com

Students of the month

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



Morgan Mcttose (Beginners)



**Catherine, Ryan and Josh Chambers
(Intermediate/Advanced)**

Shuri Ryu Corner



Some basic terminology from Grandmaster Robert Trias' book *The Pinnacle of Karate*:

- Bunkai – the application of kata
- Obi – belt
- Dachi – stance
- Hajime – start
- Yame – stop
- Hai Shu Barai – backhand block
- Nagashi bari – pushing block
- Shotei – heel of the hand
- Shuto – edge of the hand
- Karate – empty hand
- Zuki – punch

Leadership Team & Black Belt Club

New Black Belt Club Members:
Cierra Erven, Natalia and Maya Chavez, Sergio DelGrande

New Leadership Team Member:
Bob Patton



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

The Mountain Eagle Karate **T-Shirts** have arrived and are on sale for \$20+tax each. We have all sizes and encourage each student to have one of their own and also family members as well. Show your pride and support of MEKA!!

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 August:

- Black Belt Club Adults
- Jon Allen-3rd Kyu Brown
 - Laura Medina-4th Kyu Purple
 - John Osmon-5th Kyu Green
 - Elena Letourneau-8th Kyu Orange
 - Darrell Kundargi-8th Kyu Orange

Black Belt Club Children

Julia Flores-1st Kyu Brown
 Eric Osmon-4th Kyu Purple
 Brian Lucero-4th Kyu Purple
 Anthony Moreno-5th Kyu Green
 Trinity Eckstein-6th Kyu Blue
 Natalia Chavez-6th Kyu Blue
 Natalia Chavez-6th Kyu Blue

Young Eagles

Anand Kundargi-Green Striped
 Sara Areno-Blue Striped
 Slater Areno-Blue Striped
 Ian McAllister-Yellow Striped

Tiny Eagles

Roman Romero-Yellow Striped
 Ben Waldeck-Orange Striped
 Evan Webb-Orange Striped

Students promoted during September:

Black Belt Club Adults

Liz Allen-2nd Kyu Brown

Black Belt Club Children

Ian Sickafoose-2nd Kyu Brown
 Isabella Reitz-4th Kyu Purple
 Paul Clark-5th Kyu Green
 Sergio DelGrande-6th Kyu Blue

Young Eagles

Sam Lawyer-Green Striped

Tiny Eagles

Noor HiJazi-Yellow Striped
 Colbie Boyd-Orange Striped
 Hannah Walsh-Orange Striped
 Hayden Walsh-Orange Striped

Our next testing week will be in end of October.

Safety and Health

October is Fire Safety Month. Fires continue to be the third leading cause of home injury-related deaths. Installing smoke detectors can help protect you and your family.

- Install smoke alarms on every level of your home and in or near all sleeping areas.
- Test smoke alarms at least once a month. Replace batteries at least once a year.
- Never disable smoke alarms; even temporarily – you may forget to replace the battery.
- Smoke alarms don't last forever; replace once every ten years.



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

(Halloween Safety, continued)

- 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
- 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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**Participants in the 19th Annual Canon City Seminar
with OSensei Robert Bowles
(September 2011)**

MEKA attendees included: Renshi Mark Gorman, Sensei Anna Gorman, Ivan and Ruby Aidun, Jon and Liz Allen, Tim Babicke, Max Chalamidas, Joan Harris, Laura Medina, John Udoni

