

Creating Champions For Life. Everyday.

CHAMPION KARATE

DRAGON TALES

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Summer Camp

Last year's summer camp was a big hit, so we're doing the same format again this year. We will have a week in June and one in August. It will start at 9 AM and end at 3 PM. The idea is to give students a taste of what we do in the Black Belt Club and Leadership Club. We will break groups up by ages, and all ranks are welcome, even beginners! We will have an empty hand class (i.e. Tapi-Tapi drills, Grappling, Lock Flow), a weapons class (i.e. Stick drills, Padded stick sparring) and a leadership class (i.e. 10 qualities of a leader, leading through influence vs. authority and much more.) We will be going to the park for activities there as well, and Fridays is pizza day (we provide)! For more info see Mr. Friedman or Ms. Jacqui at the front desk. Hurry though as last years camp sold out very quickly! Limit of 20 spots (per session) available!

Welcome Jacqui!

Jacqui Cheney joined the Champion Karate family in late February and she is looking forward to having a huge impact on our school. Jacqui has lived throughout Central Florida most of her life. She has a passion for music and helping people and is always quick with a kind word and a smile. She graduated from Lake Mary High School in 2005 and is looking forward to finishing up the last two years of her B.A. in Sociology at UCF.

She is a world traveler who moved back to Lake Mary from San Jose, CA this past June. She was lucky enough to get (cont. page 4)

Champion Karate Annual Celebration and Fundraiser...May 31!

This year we would like to re-establish our yearly get together that will give our students a chance to meet others who might not be in their classes, give parents and family members a chance to get involved with the Champion Karate family as well as raise money for The Guardian Angels. This is an annual event put on by Mr. Friedman as way of saying thank you to all our students, families and friends.

We will be hosting this event at the Bettye D. Smith Cultural Arts Center, which is a gorgeous historical building in downtown Sanford. The center is located right next to the park which we will be taking full advantage of with tons of games, activities and a barbeque. All food, drinks and games/activities are FREE. We just ask you purchase at least 1 raffle ticket (\$5.00) for each person attending. These tickets will give everyone in attendance a chance to win some really awesome prizes, and 100% of the money raised will be going to charity (guardian angels). If you would like to make any kind of donation (plates, cups, food, etc.), or if you want to help out by donating your time as a volunteer, we could use your help! Please stop by the office and talk to Jacqui.



Members of the Champion Karate family enjoy food, fun and a support a great cause!

May 2009

Health Talk

The Stress Factor: Your Belly's Hidden Enabler

For years obesity researchers figured that the reason people in high-pressure jobs tended to have bigger bellies was that they ate and drank more to cope with their stresses. But about 10 years ago scientists discovered that in addition to more doughnut crumbs around their desks, high-stress individuals had higher levels of a hormone that plays a critical role in fat distribution. Called cortisol, this hormone acts like a squirrel getting ready for winter whenever you're under stress, gathering up whatever free-floating fat cells it can find and storing them away in your belly. Don't let it!

If you're serious about whittling your waist, take stock of the stress in your life. Is your fuse shorter than it used to be? Do you find yourself feeling tightness in your chest, face or jaw? Consider adding Kenpo Karate to your workout. We have an adult class designed for busy adults who want to learn some practical self defense and want a good old fashioned stress relieving workout! Try a class, the first ones on us! If after a month you don't see the results you're looking for, we'll give you your money back. Come see Mr. Friedman so he can get you on your program today!

What's New @ ChampionKarateFL.com?

Check Out Our New Blog on our web home page.

Women's Self Defense Class Starting Soon! Check the office for details!

Watch the calendar for free Saturday Sparring Classes!

Thanks for the Referrals!

Thank you for honoring us by referring your friends & family. The best compliment you can give is to tell others about our school. As the old saying goes, "if you like what you see tell others, if you don't, tell me." (LOL)

- 1) Rebecca Holborn
- 2) Michael Grimaldi
- 3) Alek Shoeneck
- 4) Emmett Arnold
- 5) Luke Elrod
- 6) Richie Thacker
- 7) The Alvarez Family

Remember, if you recommend someone and they sign up you get a free uniform!! (one per family per sign up)

Important Dates!!!

May 25th Closed for Memorial Day

June 13th- Seminar at Champion Karate with guest instructors Mr. Sean Kelley and Mr. Rainer Schulte. See the great photo below from their last seminar at Champion Karate. See Mr. Friedman for registration information.

June 22nd through June 26th - Champion Karate closed for summer vacation.



May 2009

Monthly Theme:

MOTIVATION....

Motivation is something we all need to complete even the simplest daily tasks whether it be finishing our homework, going grocery shopping or getting through your work day. If you want to excel in life, self motivation is essential. You must know how to motivate yourself. You must be able to keep your spirit high no matter how discouraging a situation is. That's the only way to get the power you need to overcome difficulties. Those who are discouraged in difficult times are certain to lose even before the battle is over. The question is: how do you motivate yourself? Here are several tips I've found to be effective to build self motivation:

Have a Cause

I can't think of a more powerful source of motivation than a cause you care about. Such cause can inspire you to give your best even in the face of difficulties. It can make you do the seemingly impossible things.

Have a Dream. A Big Dream.

Only as high as I reach can I grow, only as far as I seek can I go, only as deep as I look can I see, only as much as I dream can I be. *Karen Ravn*

Be Hungry

Wanting something is not enough. You must hunger for it. Your motivation must be absolutely compelling in order to overcome the obstacles that will invariably come your way. *Les Brown*

Run Your Own Race

I do not try to dance better than anyone else. I only try to dance better than myself.

Mikhail Baryshnikov

Take One More Step

Success is not final, failure is not fatal: it is the courage to continue that counts. *Winston Churchill*

Let Go of the Past

Finish each day and be done with it. You have done what you could. *Ralph Waldo Emerson*

Apply these tips and motivate yourself. Don't settle for mediocrity. Let your self motivation take you to excellence.

WELCOME NEW STUDENTS

Igor Prieto • Alyssa Dely
Kunal Samant • Cassidy McCann
Ralph Colley • Koby Perez

TIPS FOR NEW STUDENTS

Bow when going on or off the mat.

Always say "yes sir" or "no sir" when speaking with instructors

No shoes or socks on the mat.

Make sure you have received a welcome packet.

Always try your hardest and have fun.

Try not to miss class. The more classes you attend, the faster you will get to a black belt.

New Student Information



Self defense classes for women begin soon. See Mr. Freidman or Jacqui for dates and times.

May 2009

Champion Birthdays

April

Ali Elbana
Alyssa Dely
Blake Alexander
Cyriac Manjaly
Gabriel Urbano
Gerard Alipid
Hunter Stacey
Jacob Ames
Jasmine Romero
Logan Alvarez
Mathew Ostrowski
Michael Knight
Scott Macaione



Tyler
Renfrow

May

Andy Romero
Ashley Andrus
Charles Hatfield
Hannah Ozimek-
Newman
Henry Batista
Imran Fazal
Jaiden Swain
Jordyn Mayfield
Kathryn Whelton
Miles Berman
Nicolas Lopez
Robby Green
Theron Asumu
Vincent Decomo

Students of the Testing Cycle

The following students have been chosen for “students of the testing cycle”:

*Hunter Heald
Preston Ray
Spencer Renfrow*

This award is handed out at graduation to individuals who show outstanding performance in and out of the karate school. Congratulations! Here are a few reasons why they got the award.

- Give 100% effort in everything they do in class
- Help out classmates when they can.
- Always have all parts of the Gi and they are clean.
- Get good grades in school, and good behavior notes.
- Respectful to parents and to others.

Welcome Jacqui (continued from page 1)

get the chance to spend a summer in Tokyo, Japan with family and visit Ireland the year of her graduation. Those trips were for pleasure. Her year in San Jose was a completely different journey.

After pursuing her education degree for two years she decided to take a year off and re-focus her efforts. After researching many different non-profit organizations she decided to join City Year. City Year is an Americorps program that has 17-24 year old volunteers move to an inner city for a year. They choose to work with elementary, middle, or high school age students. Their time with these students is spent tutoring them, getting them involved in community service, teaching them about local social issues, and most importantly keeping them off of the streets where gangs are prevalent. Jacqui was in charge of writing curriculum for the middle school aged program in San Jose. She had many opportunities to step outside of this role by acting as a liaison between her team and their cooperate sponsor, attending luncheons, planning and executing large scale events and helping to create training for her fellow corps members.

With this experience under her belt Jacqui now knows exactly what her life goal is, to change lives. We are so excited to have her here with us, and look forward to the impact she will have on our school.

Upcoming Graduation

Graduation will take place Sunday May 17th.
The ages and times are the following:

5&6 Y/O---1:00
7&8 Y/O---2:15
9-12 Y/O---3:30

We will be having Teen Graduation on Friday May 15th at 5:00. Teens that cannot attend should see Mr. Friedman for other arrangements. Class will be canceled that day. Adults will graduate in their class as usual.

Make up Graduation for ages 5-12 will be June 20th (times to be announced).



Congratulations Erick Tangarife (left) and Steven O’Neil on earning their Junior Black Belts, April 25.

May 2009