

# NEWSLETTER

Sept - Oct

2005

MidAmerica Karate opened its doors on September 2, 2002. Thanks to all of the students, parents, and instructors that have supported us through the first few years. We hope in some way that MidAmerica Karate has had a positive impact in you or your child's life. We appreciate all of you and are glad you are a part of our MidAmerica Karate Family. We are seeing your kids grow—as martial artists and by watching their gi pants get too short for them!!!! We have seen students walk out on the floor for the first time, who are actually in tears-scared—lacking confidence—then go on to be the Student of the Month. We have read essays from testing students that utterly "WOW" us—our students are able to explain to us what karate is beyond the physical movements. We have shared the nerves and goose bumps that parents get when "OUR" kids compete in a tournament. We have felt the joy of watching kids win trophies and the pain when a kid feels disappointment. However, we have had tears in our eyes just because we are so PROUD of all our students.

Thanks for all the memories:  
Mike, Karen, and Dave

## DRESS CODE ON THE FLOOR

**MidAmerica Karate does have a dress code!!!!!!**

When on the floor, uniforms are to be worn. Uniforms

include - MidAmerica Karate t-shirts. If you have one of the MidAmerica Karate t-shirts, you may wear that with your gi pants and no gi top. However, other t-shirts are not to be worn during class. We do like to have some fun on the floor. However, karate does need some form of structure and respect—all of us wearing uniforms is important. White uniforms can be worn by anyone. Once reaching orange belt, blue uniforms can be worn, Green belt can wear a solid red uniform or a combination of white, blue and red top and bottoms. Brown belt and above may wear other colors.



**Thanks for your cooperation**



## MIDAMERICA KARATE INSTRUCTOR OF THE YEAR



(The Kids Summer Camp favorite.)

### Renshi Greg Burge

Rank: Black Belt-4<sup>th</sup> Degree  
Class: CardioKicks & Adult Instructor  
Years in the Martial Arts: 16  
Occupation: Sales Associate-Super Wal-Mart  
Education: A.A.  
Favorite Quote: "Set goals, reach those goals, then set higher ones, never forgetting what you have achieved and can achieve".

Notes: Martial Arts has taught me discipline, to be in control of my emotions, and to stay focused on the task at hand. Through perseverance, anything can be achieved. In addition, helping fellow students, and watching them grow has brought great joy to me.

## OH! MY! Look at that PARKING LOT!!!

Please accept our apologies for our not so pretty parking lot. The owners of our building are operating various businesses that will slow down a bit in the winter months—but if you want to buy some dirt—you know where to go!!!! Thank you for bearing with us.

### REMINDER

Please be alert for kids that may be entering or exiting the building between classes while driving in the parking lot....thanks

### CARDIOKICKS

Tues & Thurs  
5:30-6:15pm  
Sat 9:30-10:15am



Cardio Kicks is a high intensity aerobic program utilizing the principles of the martial arts. It is a fun energized workout designed for all ages and fitness levels while promoting sound martial arts principles. Saturday class will focus on sculpting the body and strengthening the core—using weights, balls, etc.

COME on in and give it a kick!!!!!!!



The first step is always the hardest.

## IS YOUR CHILD 3 ½?

**KIDPLAY KICKS** is the place for them.

This class is geared toward the young preschooler. Focus, respect, balance, teamwork are a few of the life skills that are taught in a karate atmosphere. These skills are important for the development of a positive child.



Classes for ages 3 ½-5 are Monday from 5:40-6:10 or Mon. from 6:15-6:45

## MIDAMERICA TSHIRT AND JACKET SALE

All tshirts on sale for \$8.00  
Jackets on sale for \$25.00

(in stock only)  
expires 9/30/05

## STUDENT OF THE MONTH

Congratulations go out to the recent Students of the Month- Tommy Johnston and Aditya Sreekumar.



These students have shown Sensei something extra the past month - whether it's a great attitude, or great form, or just extraordinary improvement. The students with the red belt should be congratulated. Great Job!!!!

Many martial arts systems are represented by a picture of a tiger and a dragon. The tiger being a strong fierce animal represents the physical realm of the martial arts. Increased strength, speed, coordination, flexibility, aerobic health, and self-defense skills. The dragon being a mythological creature represents the mental realm of the martial arts. Increased confidence, awareness, concentration, self-esteem and knowledge. How has the Tiger or the Dragon affected you?



## DOJO RESPECT TIP

Students can bow when they walk in the door of their dojo. This is a sign of



respect upon entering their training facility. By bowing when entering, you are also showing a respect toward your instructors and your fellow students. After having a great workout, it is also a common courtesy to bow on leaving the school.

## NEXT TOURNAMENT

The next tournament is The Ron Reed Invitational in Sullivan, IN. on October 9<sup>th</sup>.



Tournament class will be starting again in the month of September to all students age 5 and up. Class is on Sat 10:15-10:50am. Everyone is invited to be on the tournament team.....but to stay on the team you must show focus.

Promotion to a new belt is done in our testing process. Students must have a certain number of hours in a specific time frame. They must have and show the knowledge that is needed for the specific belt. Focus and attitude is an important factor that will help determine if the student is ready. Some students may and will be promoted faster than others. Tests will not be held every month, so a student may have to wait a month to test or test a month early. Other activities may and will get in the way of the student's path to Black Belt. Parents of students need to help their child understand this—and help to promote a positive environment—not a competitive environment. When the student is asked to test, the instructor feels the student is ready for promotion. At this point, if a PARENT does not feel their child is ready to move on (due to disciplinary reasons-lack of focus or knowledge), parents may have a say in whether to hold off on the promotion. Basic time guidelines for each belt promotion

2 mos- and 16 classes for Advanced White

3 mos- and 24 classes for Yellow

4 mos- and 32 classes for Orange

5 mos- and 40 classes for Purple

6 mos- and 48 classes for Blue

6 mos- and 56 classes for Green

6 mos- and 56 classes for Brown

8 mos- and 64 classes for Adv. Brown

8mos- and 64 classes for Black-1<sup>st</sup> degree

*(Students must be 14 years of age or older before testing for 1st degree black. Junior students will be awarded the rank of Shodan -Ho - probationary black - black with a white stripe through the middle.)*

## BIRTHDAY WISHES

### SEPTEMBER

Matthew H	9/2/98	7
Logan A	9/4/97	8
Sensei Dave B	9/6-	??
Will L	9/20/96	9
Bradley G	9/23/98	7

### OCTOBER

Tommy J	10/5/97	8
Zane R	10/10/99	6
Riley C	10/18/99	6

NOTE: If you are in the Mon night program, there is an extra charge for the Sat class. Please let Sensei Karen know if your child is interested in joining this team.

## FUTURE FALL EVENTS

### PARENT'S NIGHT OUT

(kids get to have a "kicking" time with Renshi Duke and Sensei Karen)

### BUDDY BOARD BREAK

--Bring a friend to this exciting event and show them how to break a board