

Fall 2006



# FRONT KICKS

The Newsletter for the American Karate Academy

## AKA Staff

**Shihan Danny Chapman**  
8th Dan, Chief Instructor

**Master Mike Hoyal**  
5th Dan, Senior Instructor

**Sensei Tim Bowles**  
3rd Dan, Senior Instructor

**Sensei Matt Stonerock**  
2nd Dan, Instructor, Lil'  
Dragon Instructor

**Sensei Cam Chapman**  
2nd Dan, Assistant  
Instructor

**Sensei Michael Culbreth**  
2nd Dan Assistant  
Instructor

**Sensei Lindsey Grant**  
1st Dan, Assistant  
Instructor

**Sensei Lori Lynn  
Chapman**  
1st Dan, Assist Instructor

**Sensei Jessica Grant**  
1st Dan, Assist Instructor

**Sensei Jennifer Grant**  
1st Dan, Assist Instructor

**Tressia Grant**  
1st Dan, Assist Instructor

**Lenny Ramirez**  
Publisher of Front Kicks

**Trainee Instructors/ Junior  
Assistant Instructors**  
Michael Ford, David Grant  
Charles Williams, Jake  
Forczek, Saad Rehman  
Brandon Wen

謙遜の強さ

訓練の強さ

## IKSA Seminar a Success!

The IKSA National Training Seminar held in September was a huge success!! Eighty-eight martial artists participated in the seminar and 115 attended the promotions and awards banquet. Sensei Chapman would like to thank each member who participated in the seminar and/or banquet.

**Camp Bunkai**  
On Saturday, January 20, 2007 we will be attending

Camp Bunkai in Chattanooga. This event is hosted by IKSA instructor Master Doug Welsh. The featured instructor is Grandmaster Floyd Burk. Some students may choose to leave on Friday afternoon. More details will be available the first of January.

**Holiday Season**  
Please note that there will be no classes on Thanksgiving Day.

Classes will continue as scheduled during the Christmas season.

**New Publisher**  
**Lenny Ramirez** has agreed to become the new publisher of "Front Kicks". When Sensei Chapman asked for someone to volunteer for this position 4 AKA students responded. But Lenny was first so he gets the job! Thanks Lenny for doing this for the students.

## In the Spotlight...

In this issue of "Front Kicks" we are spotlighting **Caroline Williams**.

Caroline is a 9 year old advanced Green belt.

She is in the 4th grade at Edmondson Elementary School and began her training in August of 2003. Caroline started training because her brother, Charles, was in Karate. She enjoys the weapons of the Martial Arts. The Martial Artists she admires most are Bill Wallace and Mark Shuey. When not training in karate, Caroline

enjoys hanging out with her friends, swimming, using her computer, and playing on her trampoline.

The adult student spotlighted is **Sara Williams**. Sara is a blue belt with 2 stripes. Sara is a nurse at Vanderbilt Hospital where she trains other nurses in the use of the computer. She began taking Karate in April of 2005 after getting good feedback about the program from her 2 children who were training. She wanted to develop more self-confidence and be able to defend herself. She enjoys

the physical fitness aspect of the Martial Arts and really likes Katas. In her "free" time Sara likes scrap-booking and cooking. She enjoys having her daughter, Emily, in class. They encourage each other and work together well.

**Student of the Month**  
Our student of the month for September was **Samuel Sylvester** and for October **Noah Carter**.

Congratulations guys!



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## Promotions

In August, **Jennifer Grant** successfully tested for her black belt. The 12 hour test was administered by the black belts of the AKA. Her warrior spirit shone through as she battled her larger opponents in sparring and self defense.



During the IKSA Seminar 3 AKA students were promoted.

**Sensei Stonerock** and **Sensei Michael** were promoted to Nidan, 2nd degree black belt.

**Tressia Grant** was promoted to Shodan, 1st degree black belt.

Congratulations to these 4 students.

**Black Belt Club Luke and Eric Donahue** are the newest members of the Black Belt Club. These young students have made the commitment to make it all the way to black belt!

**Full Splits Club**  
The newest members of the Full Split Club are **Tristen** and **Raven Laravea** and **Annie** and **Lilly Roberson**.

Who will be next??

## Recent Promotions

David Mosesyan-BI  
Morgan West-YI  
Clark Cable-YI  
Frankie Cable-P  
Noah Carter-YI  
Andy Barrett-YI  
Samuel Sylvester-BI  
Alexis Albers-YI  
Jimmy Conry-YI  
Kent Miller-YI  
Rita Wells-Adv Gr

Tristen Laravea-YI  
Raven Laravea-YI  
Richard Sheng-P  
Marshall Lange-BI  
Shayla Carter-YI  
Matthew Donahue-BI  
Michael Ford-Adv Br  
Victor Gore-YI  
Austin Hamill-YI  
Dmitry Kolobov-YI

Felix Wilson-YI  
Jacob Firek-YI  
Brandon Wen-Adv Gr

**Congratulations!**



## New Students!

**Welcome to the following students who have recently joined our program.**

Benjamin Winnans  
Shayla Carter  
Tristen Laravea

Raven Laravea  
Forrest Graham  
Victor Gore  
Austin Hamill  
Alex Leisure  
Drake Anthony  
Jake Allen  
Ivanna Kelley

Josiah Freeman  
Jon Jones  
George Harrington  
Felix Wilson  
Jacob Friek  
Brian Lu  
Dmitry Kolobov  
Weston Sharpe  
Michelle Freetly