



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
4th Dan, Senior Instructor

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

Sensei Cam Chapman
3rd Dan, Assist Instructor

Sensei Michael Culbreth
2nd Dan Assist Instructor

Sensei Lindsey Grant
2nd Dan, Assist Instructor

Sensei Lori Lynn Chapman
2nd Dan, Assist Instructor

Sensei Jennifer Grant
1st Dan, Assist Instructor

Sensei Tressia Grant
1st Dan, Assist Instructor

Sensei Michael Ford
1st Dan, Assist Instructor

Sensei Jeff Morrison
1st Dan, Assist Instructor

Lenny Ramirez
Publisher of Front Kicks

Trainee Instructors
Charles Williams
Lenny Ramirez
Jake Forczek
Michael Ratliff

Junior Assist Instructors
Brandon Wen, Savannah Fiedor, Caroline Williams, Sarah Conley, Molly Anderson, Luke Donahue

IKSA Seminar a Success!

The 13th Annual IKSA National Training seminar was a huge success. More than 90 martial artists from 8 states attended the classes while nearly 100 attended the banquet.

Sensei Chapman would like to thank each AKA student who participated in the seminar.



AKA Demonstration Team

The AKA demo team loves to perform! They are available for various groups and occasions.

In the Spotlight..

Our spotlighted student from the children's class is **Molly Anderson**. Molly is a nine-year-old green belt who is a 4th grader at Montessori Academy in Brentwood. Molly's parents encouraged her to start the martial arts to help her overcome her shyness. It obviously worked! Molly recently participated in a tournament in Chattanooga where she placed 1st in sparring, 2nd in katas, and 4th in breaking.

She serves as a Junior Assistant in the Lil' Dragons class where she does a great job. Molly

They have performed for church groups, Boy Scouts, the YMCA Parent Night Out program, and others. If you would be interested in having this martial artists do an exciting demo for your group contact Sensei Chapman.

Instructor Promotions

Four AKA black belts received promotions at the IKSA Seminar. **Sensei Lindsey Grant** and **Sensei Lori Lynn** were promoted to 2nd degree black belt.

Sensei Cam was promoted to 3rd degree.

Sensei Tim Bowles was promoted to 4th degree and given the title "Renshi" (low master) and presented with a new (red/white-black) belt to wear.

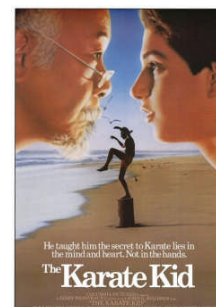
Congratulations to these dedicated instructors!



enjoys the sparring classes the most. When not in karate, she enjoys swimming, being on the computer, and playing with her two cats. Molly attended Karate College this past summer and looks forward to going again in June 2008.

The adult student we are featuring this edition is **Emily Winters**. Emily is a green belt who started her training in September 2004. She wanted to learn how to defend herself. She likes the self defense techniques we learn and katas. Emily is a 16 year old junior at Battle Ground Academy in Franklin.

When not in karate she enjoys running track (400 and 800m) and keeping an eye on current events. Her favorite martial arts movie is



"The Karate Kid" Emily hopes to major in college in political science and/or environmental science. She likes to bake and makes delicious cookies which she shares with the class. When asked about how it felt to have her mother in class Emily said, "It's great, especially on nights we spar!"



American Karate Academy
the YMCA,
8207 Concord Road
Brentwood, Williamson
County, TN 37027

Phone: 615-794-4330
E-mail:
5rebels@hughes.net

We're on the Web!

See us at:
www.americankarateacademy.com



New Students!

We are proud to recognize the following additions to our karate "family"

Nick Colvin	Zach Colvin
Naser Ibrahim	Ramez Ibrahim
Cole Bruss	Andrew Bergman
Ethan Thaler	Baptiste Grenon
Corentin Grenon	Bailey Brown
Garrett Moore	Steven Harbort
Alex Price	Ethan Eckert
Joseph Harbort	

Newest Black Belt: Sensei Jeff Morrison

Sensei Morrison began his training with Sensei Chapman in 1987. He earned the rank of brown belt before having to quit training because of work obligations. In Jan 2004 Jeff continued his training determined to finish the job he started in 1987.

On September 1, 2007 Jeff realized his goal-making black belt. "I am proud of Jeff's dedication," said Sensei Chapman. "His journey is truly a remarkable one." Jeff, an architect who travels the

country building hospitals and their additions, will serve as an assistant instructor and will develop a ground fighting curriculum for the AKA.

"I've Been Everywhere, Man"...

Sensei Morrison recently reached a goal when he visited Alaska. He has now been in all 50 states of the United States. We knew he traveled a lot but that is amazing!



HOLIDAY SCHEDULE

There will be no classes on Thanksgiving Day, Christmas Day, or New Years Day.

These are the only 3 days when classes are cancelled.



Christmas Time's a Coming...

..and karate supplies make great Christmas gifts. If you would like to order any martial arts equipment for yourself or your child see Sensei Chapman. He can advise you on your purchase and help determine your needs. To ensure delivery by Dec 25th orders need to be placed by Dec 15th.

Student of the Month

Our student of the month award went to **Kent Miller** in August, to **Sara Conley** in September, and to **Pierce Lancaster** in October.

Congratulations!!



Martial Arts Reading List:

Here are some books that Sensei Chapman recommends for the serious martial artist:

Karate-Do: My Way of Life
By Gichin Funakoshi
(required reading for all adults before reaching Advanced Blue Belt).

Zen in the Martial Arts
By Joe Hyams- better than it sounds!

Against All Odds: My Story
By Chuck Norris-learn the true story of this martial artist turned actor.

Mastering Karate
By Jerry Beasley-a good general knowledge book of karate.

Recent Promotions

Congratulations to the following who have recently earned belt promotions:

Emily Winters-Green	Lenny Ramirez-Green
Haley Moran-Yellow	Pierce Lancaster-Yellow
David Boughton-Yellow	Mackenzey Ramirez-Yellow
Kyle Starr-Brown	Zoey Lagrange-Green
Andy Barrett-Blue	Ivannah Kelley-Blue
Joseph Harbort-Yellow	Steven Harbort-Yellow
Zach Colvin-Yellow	Nick Colvin-Yellow
Ivanna Kelley-Blue	



Congratulations!