



# FRONT KICKS

The Newsletter for the American Karate Academy

## AKA Staff

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

**Master Mike Hoyal**  
6th Dan, Senior Instructor

**Sensei Tim Bowles**  
4th Dan, Senior Instructor

**Sensei Matt Stonerock**  
3rd Dan, Instructor, Lil' Dragon Instructor

**Sensei Cam Chapman**  
3rd Dan, Assist Instructor

**Sensei Michael Culbreth**  
3rd Dan Assist Instructor

**Sensei Lindsey Grant**  
2nd Dan, Assist Instructor

**Sensei Lori Lynn Chapman**  
2nd Dan, Assist Instructor

**Sensei Jeff Morrison**  
1st Dan, Assist Instructor

**Lenny Ramirez**  
Publisher of Front Kicks

**Trainee Instructors**  
Lenny Ramirez  
Eric Donahue  
Charles Williams  
Luke Donahue

**Junior Black Belts**  
Brandon Wen – Assist Inst

**Junior Assist Instructors**  
Caroline Williams  
Sarah Conley  
Mac Sweeney  
Ivanna Kelley,  
Lilly Roberson, Austin Hamill, Matthew Conley, Michael Aguon

## AKA Promotions!

During the recent IKSA National Training Seminar Master Chapman promoted 3 AKA black belts to higher dan rankings. **Sensei Matt Stonerock** was promoted to 3<sup>rd</sup> degree black belt. Sensei Stonerock has been training with Master Chapman for nine years. He leads the Lil Dragon program and the demonstration team. Each spring he directs the Karate Demonstration Night at the YMCA.



**Sensei Michael Culbreth** was also promoted to 3<sup>rd</sup> degree black belt. Sensei Culbreth trained at the Y before Master Chapman took over the program and has continued to train with him every since.

He has been an Assistant Instructor since his promotion to black belt and is a part of the demonstration team.

**Master Mike Hoyal** was promoted to 6<sup>th</sup> degree black belt. He began his training with Master Chapman in 1992. He is a senior instructor and co-soke dai (inheritor of system). He also serves as an assistant seminar director of the IKSA National Training Seminar. Master Chapman presented him with a kyoshi belt (black with red stripe) which he may wear at 6<sup>th</sup> and 7<sup>th</sup> degree.

## 14<sup>th</sup> Annual IKSA Training Seminar A Success!

The 14<sup>th</sup> Annual IKSA Training Seminar was held on the weekend of Sept 26/27. More than 80 martial artists from around the country attended. The host school was the American Karate Academy. On Friday night Master Floyd Burk and Master Bernie Fritz taught a black belt class on the "5 Animals of Kung Fu." Masters John Ben-Judah and Ron Velarde taught the colored belt class on ground fighting techniques. Afterwards the black belts and their families headed to Master Chapman's house for food and fellowship. On Saturday there were 6 classes taught for the children. Instructors were Master Burk, Master Lisa Heitke, Master Mike Hoyal, Master Doug Welsh, Sensei Lyvon Free, Sensei Issachar James, and Sensei Aaron Watters.



The instructors of the adult classes were Master Burk, Master Fritz, Master Chapman, Master Melvin Stewart, Master Welsh, and Master Terry Pollard. Each student who attended the seminar was presented a "Certificate of Participation."

At the end of the seminar Master Chapman announced that the AKA would be hosting the seminar again in Sept of 2009. The special guest instructor will be Bill "Superfoot" Wallace.



## Caught in Act III, Scene 1

In early September the drama teacher of Franklin High School approached Sensei Chapman. She needed someone to help with the sword fight choreography of the fall play "Romeo and Juliet". Sensei Chapman gave her Sensei Stonerock's name. Sensei Stonerock, assisted by Sensei Cam, worked with the actors of the play on nearly every Saturday and Sunday afternoon from mid-September until opening night in November. "They have really done a good job", commented the drama teacher. "The realism of the sword fighting scenes added so much!"



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We're on the Web!

See us at:

[www.americankarateacademy.com](http://www.americankarateacademy.com)



## Camp Bunkai!

On Jan 24, 2009 Master Doug Welsh of Trenton, GA will be hosting Camp Bunkai. The featured instructor will be Master Floyd Burk. There will be details available in December.

Put this on your calendar today!



### Students of the Month!

The student of the month in August was **Kyle Aviom**. In September it was **Olivia Dibble**. In October it was **Crystal Haskins**.

**Congratulations to these fine young students!**



### Holiday Closings...

There will be no karate classes on Thanksgiving, Christmas, or New Years Day. These are the **ONLY** days we will be closed!



### Chapmans Go West...

Sensei Chapman and Sensei Cam recently went to San Diego to attend Master Burk's Holiday Tournament. Sensei Cam participated and Sensei Chapman judged black belt forms, weapons, and sparring. "We had great weather and got to spend some time visiting with Master Burk and his wife," said Sensei Chapman. "I will be going back next summer to teach at Master Burk's summer camp."

## Black Belt Club

Our newest additions to the Black Belt Club are **Michael Augon** and **Jeff Bennie**. Michael is a 10 years old green belt (with 2 stripes). He started his karate training at age 5. Jeff is a purple belt with 2 stripes. They are both is determined to earn their black belts. Joining the BBC is a way of showing that determination. Congratulations to Michael and Jeff.

The best of luck to them as they climb the remainder of the ladder to Black Belt.



## New Students!

Welcome to all the new students who have recently joined our karate "family".

They are: Jimmy Wall, Matthew Carrico, Lauren Taylor, Antonio Johnson, Steven Michael, Kevin Michael, Gabe Minias, Noah Hogan, Elijah Kupetz, Keaton Sharpe, Garrett Harrell, John Matt hew Hardcastle, Savannah Hardcastle, Carson Petty, Crystal Haskins, Jack Conroy, Kassari Taheri, and Ali Hemyari



## Recent Promotions

The following have recently earned belt promotions:

Jack Conroy-YI	Daron Holmes-YI
Andy Barrett-Gr	Weston Sharpe-BI
David Boughton-P	Mackenzey Ramirez-P
Joshua Harrison-BI	Pierce Lancaster-BI
Casey Crowe-BI	Sam Shirley-YI
Sean Alexander-YI	Olivia Dibble-YI
Sara Conley-Brown	Kyle Starr-Adv Brown
Lenny Ramirez-Brown	Keaton Sharpe - YI
Caroline Williams-Adv Br	

**Congratulations!**