



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, Assist Instructor

Sensei Michael Culbreth
2nd Dan Assist Instructor

Sensei Lindsey Grant
1st Dan, Assist Instructor

Sensei Lori Lynn Chapman
1st Dan, Assist Instructor

Sensei Jessica Grant
1st Dan, Assist Instructor

Sensei Jennifer Grant
1st Dan, Assist Instructor

Sensei Tressia Grant
1st Dan, Assist Instructor

Sensei Michael Ford
1st Dan, Assist Instructor

Lenny Ramirez
Publisher of Front Kicks

Trainee Instructors/ Junior Assistant Instructors

Charles Williams
Lenny Ramirez
Saad Rehman
David Grant
Jake Forczek
Brandon Wen

Schools Out for Summer But Karate...

Karate Keeps on Going!!

Our schedule for the summer does not change!

Classes continue year round. It is hoped that students will not take off for the summer. Usually those students never return. If they do, they are behind in their skills. Often they get discouraged and quit.

So keep on training!!!



In the Spotlight...

In this edition we are featuring **Savannah Fiedor** from the children's class and from the adult class, **Lenny Ramirez**.

Savannah is an advanced green belt who started her training in Sept. 2002. She will be turning 11 years old on May 21. She is finishing up her 5th grade year at Kenrose Elementary School. With encouragement from her Dad, Savannah started karate so she could learn how to defend herself. She particularly enjoys sparring and battle warriors. In her free time she enjoys swimming, playing with her 3 dogs and 3 cats, riding her bike, and playing with her friends. Her favorite TV show is "Lost". She also enjoys watching the International Fight League with her Dad.

IKSA National Training Seminar 2007

On Sept 21/22 we will host the 13th Annual IKSA Training Seminar.

Classes are for children and adults. On the night of the 22nd a catered banquet will be held in the gym.

Put this on your schedule NOW!

The guest instructor is World Champion

Bill "Superfoot" Wallace.

DO NOT miss this!!!



Camp Side Kick a Success!

Thanks to all who attended the camp. It was a blast! Master Burk was impressed with AKA students, both children and adults.

We will do it again next year!

Tournament Results

Several AKA students attended tournaments in Franklin and Trenton, GA

Nearly all returned home with awards. Each student represented the dojo well. Master Chapman was appreciative of all who participated.



Lenny Ramirez, blue belt, was born in New York City from parents who were born in Puerto Rico and are of Spanish and French descent. He is fluent in Spanish. Growing up he's lived in New York, Puerto Rico, Florida, Texas, New Mexico, and finally Tennessee. Lenny is an International Marketing Manager for EMI-Christian Music Group. He handles operations and marketing for all markets outside of the U.S. with focus on Canada, United Kingdom, South Africa, Australia, and South America.

Lenny is also in the process of establishing his writing career through an agent. Lenny started karate in June of 2006.

He had always thought that if he ever had a little girl he would really want her to study the art. He is glad his little girl Mackenzy loves karate (Lil' Dragons) too and that his wife Kristen supports their training.

The thing Lenny enjoys most about karate is that he is aware that he will never know it all and is in a constant state of growth and will never become stagnant. Lenny is working on establishing a writing career in the genres of science fiction, fantasy, and children's books.

He has written several books in these genres as well as a graphic novel called, *Haven*.



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



Frequently Asked Questions??

"Why do we bow when we enter the dojo?"

Answer:
We bow as we enter the dojo for several reasons. The basis of each is respect. We bow to show our respect to the instructors and black belts. We bow to show respect to the art we practice. By bowing we also show respect for each other and what we have in common, the practice of the martial arts.



Students of the Month

Our student of the month for February was **Ivan Wall**

For March it was **Lily Stankevich**,
and for April, **Morgan West**.

Congratulations to each!

"What is the IKSA?"

Answer:
The Independent Karate Schools of America is a service and support organization for martial artists around the world. The organization was founded by a group of instructors including Master Floyd Burk. The group wanted an organization that was affordable for all instructors and that would provide a number of supportive services. The IKSA awards charters to schools who apply and meet the requirements.

Schools can be found in many states including Alaska! There are also IKSA schools in Canada and Denmark. The IKSA also promotes instructors based on strict criteria. The IKSA was formed in 1982 thus making this its 25th anniversary! Master Chapman joined the organization in 1985. Today he is a National Supervisor of the IKSA

We proudly wear the IKSA patch on the right shoulder of our gi.



AKA Web Site

Be sure and periodically check out the web site at

www.americankarateacademy.com

It has some informative and cool stuff!

Thanks to our webmaster,

Sensei Tim Bowles



New Students!

We are proud to recognize the following additions to our karate

Braeden Williams
Jacob Trauscht
Christopher Gurkin
Jack Terry
Griffith Terry
Austin Collier

Tori Lantrip
Steve Lantrip
Hassan Alsada
Nicholas Hoagland
Matthew Shounoda
Mark Shounoda

Recent Promotions

Casey Crowe-P
Sara Winters-Gr
Nassim Zahrir-YI
Alex Leisure-YI
Ivan Wall-BI
David Wenker-BI
Brandon Wen-Br
Lenny Ramirez-BI
Jake Lewis-YI
Annalise Barber-YI
Charles Williams-Adv Br
Saad Rehman-Adv Br
Lily Stankevich-P

Andy Barrett-P
Daniel Shoushtari-YI
Nicholas Hoagland-YI

Cameron Gharachilou-YI
Morgan West-P
Noah Carter-P

Congratulations!