



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 Jeff Morrison
1st Dan, Assist Instructor

Lenny Ramirez
Publisher of Front Kicks

Trainee Instructors

Lenny Ramirez
Eric Donahue
Michael Ratliff
Charles Williams

Junior Black Belts

Brandon Wen – Assist Inst
David Grant – Assist Inst

Junior Assist Instructors

Savannah Fiedor
Caroline Williams
Sarah Conley
Molly Anderson
Luke Donahue
Mac Sweeney

AKA Newest Black Belt!

On April 12, 2008, **Brandon Wen** successfully tested for his black belt. The test lasted 6 hours and was administered by the black belts of the AKA. Brandon, 12, began his training in June 2004.

He has attended numerous karate seminars and tournaments. Brandon has been a junior instructor assisting with the Lil' Dragons class. He was the 2006 (children's class) student of the year. Brandon's test consisted of katas, sparring, self defense techniques, written test, and endurance activities.

In the Spotlight ..

We are spotlighting **Weston Sharpe** in this edition of the newsletter. Weston, age 7 is a purple belt who began his martial arts training in the Lil' Dragon class with Sensei Stonerock. He is a first grader at Ezell Harding School where his favorite subject is math (currently working on an 8th grade level!). Weston is a gifted chess player who recently finished 13th in a state-wide competition. He also enjoys riding his scooter, playing baseball, and playing Uno Poker.

Weston enjoys the warm-ups in class and doing katas. He is currently working with his little brother, Keaton, who is in the Lil' Dragon class. Weston's goal some day is to be a Sensei. "

He impressed each member of the black panel with his knowledge and skill.

He will be moved up to the adult class in May and will continue to work with the children's classes as a Junior Black Belt Assist Instructor.



With his determination I have no doubt he will achieve his goal", said Sensei Chapman.

Our featured adult student is **Zach Riddle**. Zach began his training at the Franklin dojo in 1996. When Sensei Chapman moved to the YMCA on Seaboard Lane (an adult only facility), Zach continued his training at a Brentwood school where he earned his black belt. He then began training again with Sensei Chapman at the Brentwood YMCA.



Tournament Results!

On April 5th, several members of the AKA attended the Masters Invitational Karate Tournament.

The following students participated and brought home trophies in katas (K), sparring(S), battle warriors(BW), or sword and shield (SS): **Matt Cardwell:** 2nd K and S; **Lenny Ramirez:** 1st K, 3rd S; **Kyle Starr:** 2nd K, 3rd S; **Luke Donahue:** 3rd BW; **Essam Mushin:** 3rd BW; **Ivan Wall:** 1st SS, 2nd S, 3rd BW; **Brandon Wen:** 1st K, 2nd S; **Michael Ratliff:** 1st S, 2nd K; **Zach Riddle:** 1st K, 2nd S; **Mac Sweeney:** 2nd K and S; **Michael Aguon:** 1st K, 3rd BW; **Cam Chapman:** 2nd S; **Matt Stonerock:** 1st S and K.

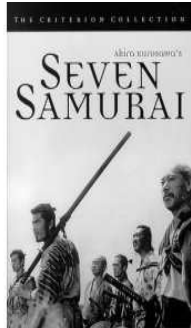
Congratulations to all who attended and represented the AKA.

Zach has now advanced to Brown belt (with 2 stripes). Zach is a sophomore at Brentwood High School where he is an active member of "Youth in Government." He likes to run, read books on history and philosophy, and admits he enjoys a good board game. Zach has attended Karate College for 11 years and likes the classes taught by Bill Wallace. His favorite martial arts movies are Legend of Drunken Master, Hero, and Enter the Dragon. When asked what else we should know about him Zach said he hopes be a doctor someday and "loves karate!"

Karate College 2008!

Karate College will be held in Radford, VA, **June 26-29.**

Advanced children and all adults are invited to attend and have been given flyers. If you lost yours see Sensei Chapman for a replacement. The first payment is due on May 15.



Sensei Michael Culbreth
Congratulations to Sensei Culbreth who will be graduating from Ravenwood High School in May. He plans on attending Tennessee Tech this fall where he plans to major in an area involving the Environmental Sciences.



Student of the Month

Our student of the month for Feb was **Jacob Trauscht** and for March **Christy MacClary**

Congratulations!!



Summer Schedule

Our schedule for the summer will be the same as it is for the rest of the year.

Payment Options

Several students have started paying for several months of karate lessons at the same time. The Y will take payments for 6 months in advance. So if you do not want to worry about keeping up with when to pay, take care of several months at once! As usual these payments should be made at the front desk and a copy of your receipt should be given to Sensei Chapman.

YMCA Demonstration Night

The 4th annual Karate Demonstration Night at the YMCA was very successful.

More than 65 AKA students performed for an audience of nearly 100. The Lil' Dragons, Beginner Children, Advanced Children, and Adult classes demonstrated a variety of blocks, punches, kicks, and katas. The Black Belt Demonstration Team executed a weapons routine.

They also did several examples of fight choreography. The evening concluded with the Black Belts breaking boards with a variety of hand and foot strikes. Highlights included Sensei Stonerock doing a break using a flying side kick over several prone students and Master Chapman breaking two boards that had been lit on fire. Master Chapman would like to thank everyone who participated in the demo and all the parents/friends that attended. A collection was taken for the Y's "Open Doors" campaign.



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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"

Sophie Post
Ryan Benkhatar
Hamood Ghusein
Tega Ewuare
Rohan Gupta
Ava Benkhatar
Bret Barry
Tyler Smith



Recent Promotions

Congratulations to the following who have recently earned belt promotions:

Bailey Brown-YI
Jack MacClary-YI
Jeff Bennie-YL
Pierce Lancaster-P
Jacob Trauscht-P
Stuart Stankevich-Gr
Robert Williams-Gr
Lenny Ramirez-Adv Gr
Joshua Harrison-P
Andrew Bergman-YI
Matt Cardwell-YI
Christy MacClary-P
Cameron Gharacholou-P
Ivan Wall-Gr
Brandon Wen-Bk

Congratulations!



Believe

