



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

Sempai Lenny Ramirez
Publisher of Front Kicks

Trainee Instructors
Sempai Lenny Ramirez
Eric Donahue
Luke Donahue

Junior Black Belts
Caroline Williams
Kyle Starr

Junior Assist Instructors
Sarah Conley
Mac Sweeney
Austin Hamill
Matthew Conley
Michael Aguon
Stuart Stankevich

New AKA Black Belts

On Apr 4 Black Belt tests were administered to two young AKA students, **Caroline Williams-12** and **Kyle Starr-13**. The 6 hour test consisted of a written test, sparring, self defense techniques, katas, and various endurance activities. Both students did an outstanding job. The tests were overseen by the Black Belts of the AKA.

"Both Caroline and Kyle did excellent on their test," said Master Chapman. "I am very proud of them both." Caroline and Kyle will continue to train and improve their martial skills.



Karate College

We will again be making the trip to Radford, VA in June to attend the 22nd Karate College. Flyers have been passed out to adult and advanced children classes.

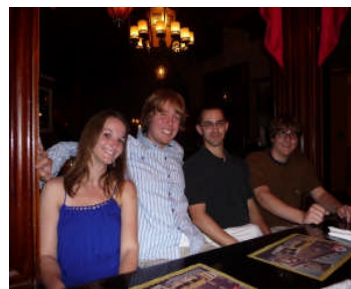
The first payment is due May 15. If you have questions be sure and ask Master Chapman.



Camp Sidekick and Demonstration Night a Success!

Master Chapman wants to thank all who attended Camp Sidekick in March. Nearly 50 students enjoyed their training with Master Burk and his students. Demonstration Night was recently held at both Brentwood and Franklin YMCAs. Both sites saw successful events. There was a large turnout of both students and spectators. The demo allowed the students of both schools to showcase their martial arts techniques. Advanced black belts also showed off their fight choreography skills and broke numerous boards.

"I was very pleased with the demonstrations at both schools", said Master Chapman. "I appreciate all the hard work the students put in to prepare for the show. I also would like to thank the parents, friends, etc. that attended."



The Grads

*Sensei Grant (far left)
Sensei Chapman (far right)*



JKD Seminar

On May 2nd, Master Raymond Cagle of Arden, NC presented a JKD (Art developed by Bruce Lee) seminar at the American Karate Academy. Eighteen AKA students worked on hand strikes, blocks, and kicks. Master Cagle kept the two hour seminar moving along at a good pace. The students were allowed plenty of time to work with their partners on the new movements. "Master Cagle did an outstanding job," said Master Chapman. "I really appreciate him coming down to do this seminar at no charge to our students."



Graduates

Two AKA instructors will be graduating in May. **Sensei Lindsey Grant** will graduate from David Lipscomb University with a Bachelor of Science Degree. She will be doing graduate work which will allow her to pursue a career as a Physician's Assistant. **Sensei Cam Chapman** will be graduating from Franklin High School. He will be attending the University of Tennessee at Chattanooga this fall. Congrats to both of these staff members!



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We're on the Web!

See us at:

www.americankarateacademy.com



New Students!

Welcome to all the new students who have recently joined us in the study of martial arts.

They are:

Michaela Apple
Jevon and Jordan Donaldson
Graden Barber (*moving up from Lil Dragon class*)
Stephen Deane
Eric Brown
Harrison Stahl

Summer Schedule

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

No Changes!



Student of the Month...

The student of the month for February was **Antonio Johnson**, for March **Dylan English**, and for April **Jacob Trauscht**.

Congratulations to these three!



Haven

Sensei Matt Stonerock and **Sensei Lindsey Grant** participated in a demo for an upcoming comic book series called, *Haven* written by **Sempai Lenny Ramirez**. They demonstrated techniques used in order to bring an element of realism to the artwork. Sensei Stonerock demonstrated staff technique while Sensei Grant showed her fighting style.

Haven will release in July as a digital download and available via i-Tunes and other platforms to be followed by print at a later date.



For more information, go to www.myspace.com/havengraphicnovel.

Stay tuned for a surprise character in the series!

Recent Promotions

The following have recently earned belt promotions:

Catherine Verrier-YI	Christopher Verrier-YI
Jack MacClary-P	Jack Conroy-P
Crystal Haskins-P	Hannah Torres-YI
Kellin Schockley-YI	Michael Aguon-Br
Jacob Kreider-YL	Jack Bryant-YL
Kyle Bednar-YI	Levi Carter-YI
Jimmy Wall-YI	Trevor Phillips-YI
Keaton Sharpe-P	Lexi Caldwell-P
Olivia Dibble-P	David Boughton-BI

