



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 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
Savannah Fiedor
Caroline Williams
Sara Conley / Kate Foltz
Michael Ratliff
Molly Anderson

Superfoot is Coming!

World Champion Bill "Superfoot" Wallace will be headlining the 13th Annual IKSA National Training Seminar. The event will be held at the Brentwood YMCA on Sept 21/22 and Superfoot will be teaching classes on flexibility and kicking.

Wallace was an undefeated kickboxer and highly successful point fighter as well. The fun will begin on Sept 21 in the upstairs dojo. The instructors for the weekend will be introduced and 2 adult classes will be taught. The colored belts will train with the escrima stick and the black belts will have a self defense class. On Saturday there will be 7 classes for the children and 8 for the adults. On Saturday night there will be a banquet where awards will be

In the Spotlight...

In this edition of Front Kicks we are spotlighting **Sara Conley** from the children's class and **Michael Ratliff** from the adult class. Sara started her karate training in November of 2003 and is now a green belt who assists with the Lil' Dragon class. Sara, age 9, is a fifth grader at Crockett Elementary School. Sara started training because her Dad wanted her in an activity that could benefit her in several areas. She also had a friend who was in class at the time. Her favorite part of karate is kicking. She is looking forward to meeting Bill Wallace, the world's

presented to IKSA instructors and several black belts (including some of our own!) will be promoted to higher dan ranks.

EVERY AKA student should attend the seminar if at all possible. Flyers have been given to each student. For more details, talk with Sensei Chapman.



Master Chapman Leads Seminars in 3 States

Recently Master Chapman had the opportunity to teach seminars in VA, AL, and CA. During June Master Chapman taught at the world famous Karate

College and at Sensei Issachar James's USKA Summer Seminar. At Karate College, held annually in Radford, VA, Master Chapman taught 3 classes on sparring strategies and techniques. On the following weekend Master Chapman headed to AL to lead Sensei James's seminar. There he taught sparring strategies and flexibility training. In July Master Floyd Burk of San Diego invited Master Chapman to teach at "Camp Roundhouse".

Master Chapman shared the teaching load with Master Rob Moses. Master Moses, a Kung Fu stylist, is the martial arts instructor of movie star David Carradine. Master Chapman taught sparring strategies, flexibility, and dynamic kicking at the camp which was attended by 75 of Master Burk's students.

greatest kicker, next month at the IKSA seminar. When not doing karate she enjoys reading and playing with her many pets. Sara said to sum it up that she continues to come to class is because karate is FUN!!

Michael Ratliff has been training in karate for 5 ½ years. He began as a member of the children's class in March 2002. In March 2005 he moved up to the adult class. Michael is an Advanced Brown belt who eagerly awaits his black belt test. He is a 15 year old sophomore at Page High School. Michael's favorite part of karate is sparring (at which he excels)!

He enjoys attending Karate College each June and highly recommends it for all. Michael's favorite karate "star" is actor Tony Jaa. During his free time he enjoys playing video games and spending time with his girlfriend. "I am very pleased that Michael has grown and improved over the years.

I look forward to awarding him his black belt in the near future," said Master Chapman.





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"

Joshua Harrison
Ray Dilday
Faith Roberts
Pierce Lancaster
Mike McClendon
Chrissy Billante

Ten Years of Training!

In July, Master Chapman presented beautiful plaques to **Sensei Bowles** and **Sensei Cam** to honor their hard work and achievement. These awards signify an exceptional 10 years of dedicated training at the American Karate Academy.

Very few students who start in karate make it this far. Ten years is a noteworthy achievement.

"I wanted to recognize these two students because of their dedication to the martial arts and to the

American Karate Academy" said Sensei Chapman.

"I hope they will continue to train for another ten years!"



Black Belt Club

Brandon Wen, Lenny Ramirez, Mac Sweeney, and **Kate Foltz** have recently joined the BBC. They have made the commitment to train until they get their black belt.

The BBC is an invitation-only club. Sensei Chapman invites students who he thinks have the dedication to the martial arts and the proper attitude.



Student of the Month

Our student of the month for May was **Andy Barrett**.

The June winner was **Jacob Trauscht** and in July **Annalise Barber**.

Congratulations to each!!!

Full Splits Club

Weston Sharpe is the newest member of our full splits club.

Way to go Weston!

Congratulations to these fine, young students!!!



Recent Promotions

The following recently earned belt promotions:

Kent Miller-P
Greyson Malone-P
Austin Hamill-P
Essam Mushin-BI
Sara Conley-Gr
Matthew Conley-BI
Luke Donahue-Br
Michael Ratliff-Adv Br
Weston Sharpe-P
Christopher Gurkin-YI
Jacob Trauscht-YI
Mac Sweeney-Gr

Austin Collier-YI
Tori Lanthrip-YI
Steve Lanthrip-YI
Savannah Fiedor-Br
Ivanna Kelley-P
Caroline Williams-Br
Michael Shounoda-YI
Mark Shounoda-YI
Joshua Harrison-YL
Kate Foltz-Gr
Molly Anderson-Gr
Eric Donahue-Br

Congratulations!