



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

AKA Newest Location.....

Sensei Matt Stonerock recently opened up a 3rd location of the American Karate Academy. The new dojo is located at the **East Nashville YMCA on Gallatin Pike**. Classes are available for children ages 4-12. In the fall the Program Director of the East YMCA approached Master Chapman about the possibility of starting a martial arts program. "I immediately thought of Sensei Stonerock", said Master Chapman. "I suggested he start the program for the East Y." Sensei started classes in mid-January and enrolled nearly 20 students in the first two weeks. Classes meet on Mondays and Saturdays.



Camp Sidekick..

The 4th Annual Camp Sidekick will be held on **February 28**. Master Floyd Burk, Master Chapman's instructor, will once again be coming from San Diego to lead the camp. There will be 3 classes available for children and 3 for the adults. Children's classes start at 10:00 and adult classes start at 1:15. All students will soon receive a camp flyer. Please make every effort to attend the camp.



5th Annual Karate Demonstration Night..

Our annual demonstration night will take place on **Thursday, Mar 19th** in the gym. All students will be participating. It will be a time of punching, kicking, and fun. Students will participate in groups so there is no need of stage fright! Black belts will be demonstrating weapons and fight choreography that would make Jackie Chan proud! No doubt a few boards will be broken as well.

The fun begins at 7:00 and will last about 45 min. So invite friends and family to Karate Demonstration Night!!!



Student of the Year..

The winner of the 2008 student of the year award in the children's class was **Mac Sweeney**. Mac is a Brown belt. He is a junior instructor who frequently helps with the Lil Dragon's class. He attended Camp Sidekick, Karate College, and the IKSA National Training seminar in 2008. "Mac is a hard worker with a great attendance record" said Master Chapman. "He is very deserving of the award."

The adult winner is **Lenny Ramirez**. Lenny had a great year in 2008. He attended numerous camps and seminars, including Karate College. He earned his Brown belt and was given the title of "**Sempai**" (senior student) because of his hard work and dedication. Lenny is the publisher of Front Kicks and is a member of the Black Belt Club. He is a Trainee Instructor and teaches some of the children's classes each month. "Lenny is faithful and dedicated to the AKA" said Master Chapman. "He is going to make an excellent black belt in the not-too-distant future."





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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:

Trevor Phillips, Emma Pyron, Gabby Trisko, Catherine Verrier, Christopher Verrier, Hannah Torres, Nico Kaszynski, Jack Bryant, Mina Nagib, Jacob Kreider, Kyle Bednar, Sam Luke, Ryan Luke, Sam Moore, Wayne Moore.

Black Belt Club

The Black Belt Club is for those dedicated students who have decided they will work hard and earn their black belt. The black/red uniform with BBC patch is an outward symbol of their commitment.

Adult students may apply for admission upon earning their purple belt. Students in the children's class must wait until they have moved into the advanced class.

The following are members of the BBC: **Charles Williams, Luke Donahue, Eric Donahue, Jeff Bennie, Sempai Lenny Ramirez, Michael Aguon, Andy Barrett** (our newest member!), and **Mac Sweeney**. If you meet the criteria for joining the black belt club set up a meeting with Sensei Chapman to discuss your application.



AKA Demo Team

The AKA Demo Team loves to perform! They have recently put on their show for the "Little Daisies" and for the Parent's Night Out at the Franklin YMCA. The team is led by **Sensei Stonerock**. Other members are **Sensei Cam Chapman, Sensei Grant, and Sensei Culbreth**. During the most recent demo **Kyle Starr** also participated. If you know of any group that would enjoy a karate demonstration talk with Sensei Stonerock or Master Chapman. There is no charge for the demo.

Student of the Month...

Our most recent winners of the student of the month award are **Crystal Haskins** and **Gabe Minias**, and **Matthew Carrico-Jan**

Congrats to these fine young yellow belts!



Recent Promotions

The following have recently earned belt promotions:

Lilly Roberson-GR	Austin Hamill-GR
Savannah Hardcastle-YL	Noah Logan-YL
John Michael Hardcastle-YL	Kyle Aviom-P
Carson Petty-YL	Sam Moore-YL
Wayne Moore-YL	Gabe Minias-YL
Garrett Harrell-YL	Antonio Johnson-YL
Matthew Carrico-YL	Lauren Taylor-YL
Jeff Bennie-BL	Matt Cardwell-BL
Lily Stankevich-BL	Christy MacClary-BI
Ryan Luke-YL	Sam Luke-YL
Savannah Fiedor-Adv BR	Corinna Crowe-P
Dylan English-YL	Nicholas Aldrich-YL

Congratulations!

