

February 2011

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March 2011

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April 2011

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Feb 1-28: Sale! Purchase any Sweatshirt and receive a FREE half-hour private lesson with Shihan!

Feb 11: Padded Weapons Sparring Night...

Come see why everyone is having so much fun! 5-6:30pm, \$5 per person, to cover the equipment cost. See you there!

Feb. 12: Dojo Clean Up Day and Construction Party...

9am-3pm. Lunch provided, please sign up to make our Dojo a nicer place to be... every volunteer, student and parent, is greatly appreciated! Kids under 12 please come with an adult. Come help for a few hours or the whole day; thank you for your time and participation!

Feb 14: Parents' Night Out... 5-9 pm for 5 and up, 5-7 pm for babies/toddlers. Time for you and your sweetie to get a night out! There will be Open Mat Training for ages 5+ in the Large Room under Shihan and our Assistant Instructors' watchful eye, while the Small Room will be a nursery for babies to toddlers under the competent care of our two Instructors, Shannon & Brittany Griffin. Please feed your children before class, and leave a cell number to reach you in case of any emergency. Happy Valentine's Day!

Feb 21: Presidents Day Holiday, Dojo Closed.

Feb 26: Laser Tag!!! Time for the Laser Blasters!!! \$15 a person covers Dinner, Bounce Town and two rounds of laser tag! Meet at El Dorado Hills "Laser Tag" at 5:30, Dinner is at 6, Games begin at 6:30 and will go until 7:30. Plan on wrapping up the night by 8pm! Don't miss it!!

Mar 5: Brown & Black Belt Special Class... 9-12 am, training on location, wear durable workout clothing!

Mar 7: Instructor Training Night... 7-9 pm. This meeting is mandatory for all Instructors wishing to teach here.

Mar 11: Demo Team Tryouts... 5-7 pm. We are forming the NMK 2011 Team and have an exciting year ahead of us with many new ideas! Come be a part of this great team!

Mar 18: Padded Weapons Sparring Night... 7-8:30pm! Join us for this popular night of fun! \$5 per person.

Mar 26: Rollerskating Night! 7-10 pm, at Sunrise Rollerland. Time to boogie, old school style! Includes all you can eat Pizza and soda, skate rental, all for only \$12 a person! Let's get our families together and have some fun!

Apr 1: New Man's Karate's 17th Anniversary!!

Apr 1: HCS Charter School funding ends. From this date you are responsible to pay for the regular tuition fees until October 1st. Please email us with any questions.

Apr 2: Gold Country Karate Tournament. Registration starts at 8 am, Opening Ceremony at 9 am. This is our first open tournament in years! We will be inviting all schools in the area to join; this is a great competition opportunity for our community! Parent and student volunteers needed.

Apr 4: Instructor Training Night... 7-9 PM mandatory meeting for all Instructors Brown and up.

Apr 8: Padded Weapons Sparring Night... 7-8:30pm! \$5 per person, to cover the equipment cost. See you there!

Apr 9: Kid's Expo, Demo Team Performs! Time TBA

Apr 16: Escrima Class by Master Instructor Edward Bansuelo... from 9-12, covering advanced movements and defense techniques with this practical stick fighting martial art. Light refreshments and Lunch. \$45 ea./ \$80 per family

Apr 18 - 22: Spring Break, Dojo Closed

if a job is worth doing, it is worth doing well.



NEW MAN'S KARATE

Newsletter and Event Calendar

Meet our New Tiny Tot Instructors!

Hi, my name is Shannon Griffin, and I first gained a love for karate while taking a martial arts elective course at Smith Flat Charter, taught by Ik-Kyu Mike Harris. In the summer of 2007, after earning my Advanced Yellow Belt, I began taking classes at New Man's Karate. My sister, Brittany, decided to join the New Man's Karate family with me. Since then, karate has been my all-time favorite hobby; not only is it great exercise and a valuable life-skill, but it is also exciting, challenging, and loads of fun.

When Shihan Newman first asked my sister and I to teach the Tiny Tots class, I was ecstatic! I've always loved kids. They tell funny stories, they get excited about the littlest things, they wear their hearts on their sleeves, and they just talk cute! Kids are fun, sweet, and easy to love. It wasn't long before I found myself loving the kids in the Tiny Tots class like they were my own little brothers and sisters.

Despite being sisters, Brittany and I work together really well. Unlike some siblings who constantly argue and pick on each other, the two of us have always been pretty close friends. We may look a lot alike, but our personalities are complete opposites - affecting our martial arts as well as our teaching styles. Brittany has a calm demeanor and is a bit of a perfectionist. She is great at forms and at gentling guiding lower ranking students individually, paying close attention to detail. I, on the other hand, am a crazy kid at heart. I tend to be good at keeping classes quick-paced, fun, and spontaneous. I've always struggled with the fine details of forms, and am more of a sparring-type of gal. Brittany and I balance each other out, and actually make a pretty good team. Being able to share my love of martial arts with a class full of 4-6 year-olds alongside my sister has been a huge blessing in my life, as well as one of the greatest challenges!



Being awarded 5th Degree Black Belt, and title of Shihan!

Tidbits of Information...

- On Dec 30, 2010, while in Idaho training with Professor Foley, "Sensei" Newman was given the honor of the 5th degree Black Belt (Go Dan) promotion, along with the title change from "Sensei" to "Shihan" (an honorific title for "Senior Instructor"). The title change has taken some getting used to, but we are excited to see the fruit of years of hard work and dedication to training and teaching the arts being honored!
- See the calendar on the other side for great activities that your whole family (and friends!) can participate in – and not break the bank! "The family that plays together stays together!" ☺
- Don't miss our amazing deal for the month of February! Purchase any NMK Sweatshirt and get a FREE half-hour private lesson with Shihan!
- Tell your friends about the great training you are getting at NMK! When your friend signs up because you sent them, you earn a 3pc set of Cold Steel Escrima \$75 Value! Or \$70 credit toward your membership!!! Spread the word, be rewarded, and train with more friends!
- Attention; when writing checks or making any payment, please write the STUDENT'S name on the check. Thank you in advance!!