

HB Location:  
Edison  
Community  
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21377

# USA WADO -RYU NEWSLETTER

Volume 1,  
Jan./Feb. 2010

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## Upcoming events

- March 28 —15th annual Karate-do tournament

## MESSAGE FROM SENSEI

HAPPY NEW YEAR!

I wish to everyone that this year will be a good year. But backtracking a couple weeks to December, I am delighted to announce the advancement of four new black belts as well as two 4<sup>th</sup> degree black belts. I believe that this is the result of their hard work and effort to reach this objective. From time to time, we experience enjoyable things as well as agonizing things. To be able to push through times that seem utterly hopeless will help you build character and be able to bear disappointments in life. These things are best experienced when you are still young, to build self-confidence and grow as

a person. Life is hard. But by taking things one step at a time, you will eventually reach the top. If you decide to quit, you end up in the middle of nowhere, and an effort exerted becomes wasted. Never give up; as long as you keep moving forward, you will be able to attain your goal.

The pursuit of karate takes on a similar fashion, to persist and stand firm, even when you have doubts. Let's all do our best this year, and hopefully you will be able to achieve your goal.

**Sensei**



*Sensei Shoji Nishimura*

## STUDENT PROFILE: JAY MAEHARA



*Caption describing picture*

I started Karate when I was in Fourth grade. I was the only one who was my age. The kids my age have color belts. I felt inferior to them even though I was the same age. I started to work hard so the color belts would not make fun of me. I worked hard and tried my

best. After 7 years I have finally come to the same belt color with kids my age. I had school but that did not bring me down. I had thought about quitting because it seemed impossible, but never gave up.

## Events Photos



Congratulations!

## Inside Story Headline

### Orange (13th)

Elijah Brown  
Connor Matsuda  
Sara Moaddeli  
Cody Rogers  
Jasmine Vogel  
Nate Winkle

### Yellow (12th)

Taegan Baldwin  
Cameron Bayles  
Lef Beine  
James Broussard  
Brian Guthrie  
William Lawler  
Alex Lee  
Jonathan Ngo

Alex Ngo  
Nathan Peterson  
Lauryn Reed  
Lauren Taylor  
Shea Vandergrift  
Dylan Vo  
Ethan Vo

Jacob Winkle

### Blue (11th)

Bryan Davis  
Matthew Davis  
Michael Davis  
Sean Guthrie  
Ryan Hubis  
Sophia Kondo  
Savannah Kondo  
Jacob McGorin  
Courtney Morus  
Nolan Walt

### Blue w/s (10th)

Nolan Anderson  
Evan Ling  
Julie Nguyen  
Mathew Nguyen

### Alyssa Real Green (9th)

Kayla Hayashi  
Samantha Parcell

### Green w/s (8th)

Ryan Jones  
Yavor Kirilov

### Purple (7th)

Kenneth McGrath

### Red (5th)

Kyle Acocello  
Hanna Nagasaka

### Red w/s (4th)

Ian Anderson  
Christine Chen  
George Nagasaka

### Brown (3rd)

Keiju Nagasaka  
Joseph Vogel

### Brown 2st (2nd)

Arielle Masterenk  
**Black w/st(shodan-ho)**

Joey Bush  
Kengo Kishimoto

### Student of the Month

Ryan Hubis

### Spirit Award

Kyle Acocello  
Shawn Guthrie

### Achievement Award

William Lawler(28<sup>th</sup>)

### Main Dojo

### KYU TEST Promotion

November 4, 2009

### Yellow (12th)

Armon Kianipey

### Blue (11th)

Yuya Kamiya  
Tobimaru Nagai

### Tyler Ramirez

### Green (9th)

Stephanie Tam  
Kensuke Tokutsu

### Green w/s (8th)

Blake Zarraga

### Purple (7th)

Kaizo Hall  
Takazo Hall  
Alicia Haumann

### Purple w/s (6th)

Dean Balagot  
Michael Veas

### Red (5th)

Chiara Ghidoli  
Brandon Montes  
Jonah Montes  
Nathan Montes  
Tanner Mauro  
Dylan Pagaduan

### Red w/s (4th)

Jessica Chin  
Tyler Genevay  
Sabrina Medina  
**Brown (3rd)**  
Richard Chin  
Noelani Murayama  
Chelsey Sellona

### Brown w/s (2nd)

Tim Hall

### Brown w/2stripes (1st)

Andre Leung  
Austin Leung

### Boris Shirman (11/19)

Colin Yamamoto  
**STUDENT OF THE MONTH**

Tyler Genovay

Richard Chin

### SPIRIT AWARD

Chiara Ghidoli  
Chelsey Sellona  
**ACHIEVEMENT AWARD**

Tyler Ramirez

Colin Yamamoto

### YMCA KYU TEST

### Promotion Results

October 31, 2009

Orange (13th)  
Neil Bernas  
Jaime Cross  
Marcelo Donoso  
Christine Lee  
Kenneth Lee  
Nadia Owen  
Tasmin Owen

Rodney Trunnel  
Travis Yeh  
Akimasa Miyake

### Yellow (12th)

James Fryer  
Edwin Voorhees

### Blue (11th)

Ali John Salehi

### Green (9th)

Greg Chlebeck  
Anthony V. Gutierrez  
Matteo Marsella  
Keanu Miyashiro  
Rayhaan Shaikh

### Green w/s (8th)

Vincent Nguyen  
Arturo Torres Jr.

### Purple (7th)

Raymond Chlebeck  
Katie Saaty

### Red w/s (4th)

Brian Nguyen  
Keith Nguyen

Sean Sng

Chai Yen Tan (Kelly)

### STUDENT OF THE MONTH

Brian Nguyen

### SPIRIT AWARD

Keanu Miyashiro

### ACHIEVEMENT AWARD

Keith Nguyen



*Continue Practicing every-day and reach your goal.*



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**We are on the web  
[www.usawadoryu.com](http://www.usawadoryu.com)**

## TECHNIQUE OF THE MONTH

### Mawashi Geri (Round- House Kick)

Many Karate Students have trouble learning to do Mawashi- Geri correctly because they're used to doing Mae-Geri, We don't move our supporting leg or foot But for Mawashi-Geri (Round -House Kick), It is very important to turn your supporting foot at least 90 degrees out that your hips turn property and you can kick your target with your top of your foot, which is the proper way to perform Round- House Kick when you learn. Here is how to do it correctly:

- (1) Lift your right knee high and to the side of your body, keeping the bottom half of your tucked back.
- (2) As you kick out , around, and in to your target, turn your left (supporting) foot at least 90 degrees to the left, this will help you turn your hip to the left as kick and give your kick more impact.
- (3) Hit the target with the top of your foot from the base of your toes to the end of the foot.
- (4) Be sure to snap your leg back into position (1) above before setting leg down. Do not simply let you leg "flop "down! Also, try to keep your upper body straight as you kick--don't lean back too much or you could fall over when you kick hits target. But most important thing is to turn your supporting foot at the same time as you turn your hip and kick. Practice as much as possible to develop a strong Mawashi- Geri.



## Birthday Celebrants !

### January Birthdays

Jack Serkin (3<sup>rd</sup>)  
Raihan Fazalbhooy (4<sup>th</sup>)  
Nico Brown (6<sup>th</sup>)  
Brian Guthrie (6<sup>th</sup>)  
Daniella Lloyd (10<sup>th</sup>)  
Mikael P. Lamayo (11<sup>th</sup>)  
Jordan N. Barrera (13<sup>th</sup>)  
Andrea Sanchez (15<sup>th</sup>)  
Tobimaru Nagai (16<sup>th</sup>)  
Leila Kaye (21<sup>st</sup>)  
Ryan Dalusag (26<sup>th</sup>)  
Piper Harris (26<sup>th</sup>)  
Sara Chin (29<sup>th</sup>)  
Alex Peng (29<sup>th</sup>)  
Nesta Fitzgerald (30<sup>th</sup>)  
Ruipeng Bai (31<sup>st</sup>)  
Koki Yasuhiro (31<sup>st</sup>)

### February Birthdays

Nadia Owen (1<sup>st</sup>)  
Manda Nguyen (2<sup>nd</sup>)  
Ryan Hubis (3<sup>rd</sup>)

Akimasa Miyake (4<sup>th</sup>)  
Alexander Nishimura (4<sup>th</sup>)  
Joshua Wheelen (4<sup>th</sup>)  
Kellen Andrunas (5<sup>th</sup>)  
Steven Chin (5<sup>th</sup>)  
Ian Anderson (7<sup>th</sup>)  
Danika Pagaduan (7<sup>th</sup>)  
Clay Conaway (10<sup>th</sup>)  
Brooke Hollingworth (10<sup>th</sup>)  
Austin Leung (12<sup>th</sup>)  
James Broussard (13<sup>th</sup>)  
Kennedy Hoenig (13<sup>th</sup>)  
Miriam McGorin (15<sup>th</sup>)  
Jonathan Ngo (15<sup>th</sup>)  
Emma Nagasaka (17<sup>th</sup>)  
Brandon Drucker (19<sup>th</sup>)  
Garrett Drucker (19<sup>th</sup>)  
Alex Ngo (19<sup>th</sup>)  
Joseph Vogel (19<sup>th</sup>)  
Jay Takuya Maehara (20<sup>th</sup>)  
Alden Andrunas (21<sup>st</sup>)  
Alicia Haumann (22<sup>nd</sup>)

Vincent Wu (22<sup>nd</sup>)  
Sohaib Heoan (23<sup>rd</sup>)  
Damian Mietkiewicz (23<sup>rd</sup>)  
Rushil Raghavan (24<sup>th</sup>)  
Letf Beine (25<sup>th</sup>)  
Noelani Murayama (25<sup>th</sup>)  
Stephanie Tam (26<sup>th</sup>)  
Brian Liang (27<sup>th</sup>)  
Kelly Liang (27<sup>th</sup>)  
Keiju Nagasaka (27<sup>th</sup>)  
Quiana Dang (28<sup>th</sup>)

