

Volume 1, Issue 1

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Location: Edison Community Center, 23377 Magnolia Street,
Dunstable Beach, CA 92646

USA WADO RYU NEWSLETTER

Announcement

- Attention everyone!! June 30th will be our main Dojo's Kyu test so please mark your calendars and remember that there will not be a regular class on that day.

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Message from Sensei

Dear Students and Parents,

Summer is approaching soon. I hope everyone is excited for summer vacation season. Two students from our main dojo came back from UC Berkeley. They train at the Wado karate club in Berkley with Abe Sensei who has been teaching there for over 40 years. It is great dojo. Our main dojo will be open from 6:00-8:15pm Mon-Wed, 10:00-11:45am on Saturday and 3:00-4:15 pm on

Sunday. Make sure to keep attending to stay in- shape or to get in- shape for the beach season. We also have a Summer Day Camp coming up on July 25th (Sun) 10:00-3:00pm. Come brush up on your self-defense, weapon and Kumite techniques. If you have friends that are interested in Karate or Judo, now is a great time for them to join! We have a special summer promotion for new students: 2 month of instruction plus a uniform at very discounted rate



Caption describing picture or

(main dojo only). Plus, go watch the new karate kid movie. It will be fun! Sensei

Student Profile:



MAX HAUMANN

My name is Max Haumann. I have been doing karate for four years with my sister and now my mom does it too. I am not very good at sports but I am very smart, especially in math. My favorite food is watermelon and I like to play tennis and baseball also. Karate is very hard for me. I am not a natural at karate, but I work hard and never give up. My fa-

vorite times in karate are the summer and winter camps because we play games that make it fun and I learn a lot. My goal is to get a black belt in three years or less. Karate is my biggest challenge but I want to be able to defend myself and prove that I can accomplish this goal.

NEW KARATE TEAM JACKET



OFFICIAL USAWADO-RYU JACKET

Karate-Team-Jacket
 . These jackets are amazing! They are very lightweight and trendy
 . Wado-Ryu in handwritten kanji on the front chest
 . Dual colored lettering on the back
 . Made from a soft and breathable high-quality micro fiber material
 . Each jacket is custom ordered (first batch will be ordered on June 10th so get your order forms in before then!)
 Only \$40

More photos on our website !!



UTAH OPEN TOURNAMENT



Kumite Grand Champion
Tomitaka Katsuhisa



Emily from Arizona Wado-ryu



USA WADO-RYU TOURNAMENT



Birthdays

May

Ethan Sellona (1st)
 Kengo Kishimoto (3rd)
 Jeremiah Counihan (6th)
 Catherine Saaty (6th)
 Jasmine Karlan (7th)
 Matthew McGorin (7th)
 Samantha Parcell (7th)
 Sean Prager (7th)
 Kayla Hayashi (9th)
 Celeste Lin (9th)
 Alix Rousseliere (9th)
 Savannah Kondo (10th)
 Sophia Kondo (10th)
 Kosala Pallegedarc (11th)
 Conner Matsuda (11th)
 Jodi Conaway (14th)
 Cooper Hayashi (17th)

Brian Jennings (25th)
 Max Nishimura (25th)
 Shea Vandergrift (25th)
 Kenneth Lee (29th)
 Maxwell Jenquin (30th)
 Keith Nguyen (30th)

June

Joshua Bohm (3rd)
 Dugan Farrell (6th)
 Quentin Frivaldi-Vargas (8th)
 Rayhaan Shaikh (9th)
 Sullivan Beck (11th)
 Darius Moaddeli (11th)
 Daisy Haumann (14th)
 Chai Yen Tan (Kelly) (14th)
 Joseph Vogel (14th)

Deanna Pagaduan (15th)
 Deion Pagaduan (15th)
 Treyton Crooks (16th)
 Calder Sorensen (16th)
 Chase Leblanc (17th)
 Nathan Ling (20th)
 Hung Roan (21st)
 Corazon Karlan (25th)
 George Beck (27th)
 Jasmine Vogel (28th)
 Yuji Katsumata (29th)
 Tim Medina (29th)
 Jonah Montes (30th)
 Nathan Montes (30th)
 Vincent Nguyen (30th)



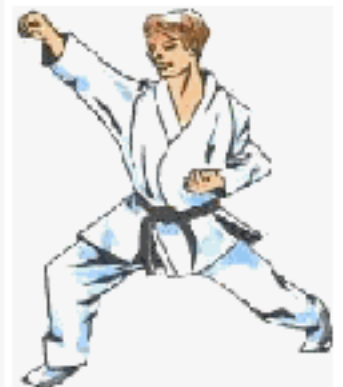
Happy Birthday!!!

Technique of the Month

Junzuki no Tsukomi – Lunge Punch

Junzuki –no-tsukomi is the next progression from Junzuki. Both Junzuki and Junzuki-no-tsukomi are stepping punches and generally move in a similar manner. However, the main difference is that in Junzuki-no-tsukomi the rotation of the body is greater, the stance is narrower and your body weight is shifted more forward. With Junzuki-no-tsukomi, you are able to punch much farther than Junzuki. In order to execute Junzuki-no-tsukomi, start from a basic junzuki punch in zenkutsu dachi (junzuki dachi). Slide forward as if punching junzuki to the face level (Jodan). While moving forward, rotate your hips and body almost 180 degrees to the side while punching Jodan level. This will cause your stance to narrow. Your front foot should still be pointing to the front and your rear foot should be at a 90 degree angle from your body. You are now in Junzuki-no-tsukomi dachi and your front and rear foot should be along the same line without crossing the line (See illustration). Your body is now in a Mahanmi (side viewing) stance. At the same time you are punching forward allow your weight to shift to the front leg thus making it a lunging technique. At the end of the technique, your front knee should be out over the toes of the front foot, your body pushed forward and rotated to the side with the punch extended to the face. If you can, imagine that a straight line traveling from your arm/shoulder, down through your hip to the rear foot.

Common mistakes to avoid are leaning your upper body forward without shifting your weight, over extending your stance, stance too wide or too narrow, and not rotating your body to the side. It is important to focus on coordinating the rotation of the body, shifting the body's weight and the execution of the punch.



**What's Your
 Child Doing
 This Summer?**



PLEASE VISIT OUR WEBSITE @
WWW.USAWADORYU.COM

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USA WADO-RYU

YMCA KYU TEST Promotion Results

May 1, 2010
Orange (13th)
Claudio Lopez
Kasara Pollegedarc
Max Kane
Azul Lin
Celeste Lin
Jacob Osuna
Jacob Henein
Jared Mori
Kegan Mori
Justin Tandoc

Yellow (12th)
Ha-young Ihm
Tasmin Owen
Jonathan Goshima
Nadia Owen
Katharyn Oleksak
Thara Mitha
Blaise Bartosil
Ali John Salehi

Blue (11th)
Kenneth Lee
Christine Lee
Justin Tandoc
Jaime Cross

Blue w/s (10th)
Charanyan Sriram
Brandon Acosta
Green (9th)
Ali John Salehi
Purple (7th)

Keanu Miyashiro

Purple w/s (6th)
Mikael Lamayo
Vincent Nguyen

Red (5th)
Auturo Torres Jr.
Sara Mudallal

Brown (3rd)
James Peck
Brian Nguyen
Keith Nguyen

STUDENT OF THE MONTH

Keanu Miyashiro
SPIRIT AWARD
Brian Nguyen
**ACHIEVEMENT
AWARD**
James Peck

Main Dojo KYU TEST Promotion April 7, 2010

Orange (13th)
Cael T. Howard
Blue w/s (10th)
Armon Kianipey

Green w/s (8th)
Stephanie Tam

Purple w/s (6th)

Back Page Story Headline

Kaizo Hall
Takazo Hall

Red (5th)
Dean Balagot
Michael Vees

Red w/s (4th)
Tanner Mauro

Brown (3rd)
Jessica Chin
Quentin Frivaldi-
Vargas
Chiara Ghidoli
Brandon Montes

Brown w/s (2nd)
India Frivaldi-Vargas
Daisy Haumann

STUDENT OF THE MONTH

India Frivaldi-Vargas
Stephanie Tam

SPIRIT AWARD

Chiara Ghidoli
Cael T. Howard

ACHIEVEMENT AWARD

Daisy Haumann
Armon Kianipey

HUNTINGTON BEACH KYU TEST PRO- MOTION MARCH 20, 2010

Orange (13th)
Stephanie Chun
Michael Daoud
Sydney Kim
Sam Kipper
Giacomo Marino
Christian Nguyen

Emily Nguyen
Nikolas Venetantis
Steven Venetantis

Yellow (12th)
Sullivan Beck
Elijah Brown
John Daoud
Cooper Hayashi(4/8)
Alyssa Lambert
Connor Matsuda
Sara Moaddeli
Madison Reed
Cody Kazuki Rogers
Linda Scotton
Jasmine Vogel
Joshua Wheeler

Blue (11th)
Cameron L. Bayles
William Lawler
Alex Ngo
Jonathan Ngo
Lauryn Reed
Lauren Taylor
Shea Vandergrift
Dylan Vo
Ethan Vo
Blue w/s (10th)
Ryan Hubis
Leila Kaye
Savannah Kondo
Sophia Kondo
Jacob McGorin

Green (9th)
Nolan Anderson
Julie Nguyen
Mathew Nguyen
Alyssa Real

Green w/s (8th)
Kellen Andrunas
Kayla Hayashi
Samantha Parcell

Purple (7th)
Alden Andrunas
Brian Burton
Ryan Jones
Yavor Kirilov

Purple w/s (6th)
Kenneth McGrath

Red (5th)

Red w/s (4th)
Grant Conaway
Jeremiah Counihan
Travis Counihan
Brown (3rd)
Jonathan Wong

Brown w/s(2nd)
Matthew McGorin
Emily Gong

Brown w/2st (1st)
Megumi Kishimoto

Blackw/s (Shodan-
ho)

Jay Takuya Maehara

Student of the Month

Megumi Kishimoto
Jonathan Ngo

Spirit Award

Emily Gong
Leila Kaye

Achievement Award

Grant Conaway
William Lawler