

Red Dragon Martial Arts Academy

Newsletter February 2011

Welcome back to our 5th edition of the newsletter.

The weather is finally picking up and the winter season is slowly but surely leaving us. With that in mind Red Dragon Martial Arts is starting up the Demonstration schedule.

In class Demonstration at the Sauk Prairie Elementary School.



Master Instructor Sifu John Jager and Jonathan Cummings demonstrate simple self-defense techniques to the eager audience.



Belt Testing - Congratulations to you all!

Teens & Adults Class



Master Instructor Sifu John Jager (5th degree Black Belt), Rochelle Ederer (2nd degree Brown Belt), Alanna Friscino (Green Belt) and Assistant Instructor Sebastian Zang (2nd degree Brown Belt).



Kids Class



Back Row: Master Instructor Sifu John Jager (5th Degree Black Belt), Layne Hall (Blue Belt), Grace Vils (Yellow Belt), Jackson Ramaker (Yellow Belt), Devin Fitzgerald (Blue w/Green Stripe), Thomas Delafield (Orange Belt)

Front Row: Brandon Breunig (Green Belt), Shauna Lauritzen (Purple Belt), Sydney Martin (Blue Belt), Bonnie Rech (Purple Belt).



Little Ninjas



Left to right: Master Instructor Sifu John Jager (5th degree Black Belt), Adisson Markley (white with green stripe), Jonathan Lauritzen (white with orange stripe) and Assistant Instructor Tammy Markley (3rd degree Brown Belt).



Student Editorial by Rochelle Ederer and Brandon Breunig:

This time we have two students in our editorial – Rochelle and her son Brandon give us their take on what Karate means to them.



Karate makes me feel safe. When there's a bad guy that comes inside, we can all attack at once. I started karate in 2007, when I was four years old. I started in the Little Ninjas' class, and now I'm a green belt in the Kids' class. I have to work really hard and earn my stripes. I have to make a good effort and not talk back to Master John, Mr. Sebastian, Mrs. Markley, Ms. Alana, and Mr. Cody, and Ms. Jessica, and Mrs. Rochelle, that would be my mom. When I work really hard, I get a stripe, and after so many stripes, I get to test for my next belt. I am working towards my green with brown stripe belt. I'm not very far behind my mom. She's a second degree brown belt. I'm three belts behind my mom. Karate has helped me focus, and it teaches me respect, self-discipline, and self-control. – **Brandon T. Breunig**

I've known Sifu since 1998. I met him during a kickboxing class shortly after I moved to the Sauk Prairie area. In 2008, I needed a challenging physical activity that I could participate in to help alleviate some stressors in my life. Sifu suggested karate. I remember back, sitting in the parents' area thinking "How cool would it be to try it?" I have to admit that was a little intimidated at first, since I'm no spring chicken at age 29 and holding. However, I found that I really enjoy the physical and mental challenge that the sport brought to me. I had to learn a lot about self-control, and thankfully, my karate family, namely Mr. Cody, Mr. Ian, Jared (especially Jared © --sorry, Jared), and Mr. Dan helped me with this challenge. Most importantly, through karate, I have made so many wonderful friends with karate students and parents. It really has become another family to me. I look forward to coming into the karate school after work and seeing all of my friends. There is also something very special to be said about being able to watch the students focus on this sport.

I became an Assistant Instructor in 2010, even though I was sidelined by a serious shoulder injury at the time, which eventually needed surgery. I am no longer able to teach as much because I have to be cautious with my shoulder. With the support and encouragement of my karate family, Mrs. Markley, Mr. Sebastian, Mr. Ian, and Mr. Cody, my husband, David, and especially my physical therapist, I have slowly returned to the sport. It also meant a lot to me, and was very encouraging to hear Mr. Ian, who I have a friendly rivalry with about passing in rank, asked when his "[training] partner" was coming back to class. I have to admit, that made me smile, and it is something that I will always remember. It feels good knowing that my friends care. Although I am still limited in my motion, I have been making some good steps forward in my progress. It sure feels good to hear Mr. Sebastian say "You can still hit hard."



On February 26, 2011, I tested for my second degree brown belt. It was the most physically demanding test I have taken to date, but I did not give up, and for that, it made me feel proud of what I accomplished.

As a mom, I am very proud of my son, Brandon. I think that, through his hard work with karate, he is more confident and more focused than when he first started in 2007. He has gotten more serious about it, and even a bit competitive with it. I feel very privileged to be participating in a sport with him and to watch him grow. Not to mention, it is really cool to be wrestling or sparring with him, and when he pulls out a karate move, such as a wrist lock, I know how to counter it.

Thank you, Sifu, for encouraging me to get involved in the sport, despite my reluctance. It is by far, one of the best things I have ever done for myself. – ***Rochelle R. Ederer***

News / Upcoming Events

Belt Testing March 20, 2011



Sebastian Zang – Editor
Reddragon.saukprairie@gmail.com
<http://www.reddragon-sauprairie.com>

