

Red Dragon Martial Arts Academy

Newsletter January 2011

Welcome to the New Year and welcome back to our 4th edition of the newsletter.

A new year brings new challenges, new opportunities and of course new goals. We here at Red Dragon Martial Arts hope you will continue working hard at the studio, at home, at work and school. Always strive to be best you can be.

We also wish you all a -

HAPPY VALENTINES
DAY



Belt Testing

Of course we also had our first belt tests for the year 2011. Here are our proud students presenting their new belts after the belt tests.

Belt Testing - Teens & Adults



From left to right: Master Instructor Sifu John Jager (5th degree Black Belt), Tim Garman (Blue Belt), Brett Hodges (green w/brown stripe), Jodi Goldberg (green w/brown stripe), Jessica Yanke (Green Belt), Matt Olday (Yellow Belt) and Assistant Instructor Tammy Markley (3rd degree Brown Belt).



Belt Testing - Kids Class



Front Row: Jason Gallegos (Blue Belt), Alex Hagey (Orange Belt), Ethan Jones (Yellow Belt), Shauna Lauritzen (Orange Belt) .

Back Row: Master Instructor Sifu John Jager (5th degree Black Belt), Noah Mack (Yellow Belt), Eli Hannah (Orange Belt), Lucian Martin (blue w/green stripe), Caleb Bos (blue w/green stripe), Eli Mack (Yellow Belt) and Assistant Instructor Tammy Markley (3rd degree Brown Belt).



There was no test for the Little Ninjas Class, be sure to check for them in the next issue of the Newsletter.

Student Editorial by Ian Rodriguez (Teens & Adults Class)



"I've been doing martial arts for about 8 years now. For me martial arts aren't just a fighting style, it's a way to live life. Through all these years martial arts have gotten me out of trouble. I'm not involved in any drugs or gangs. I have learned to have discipline, control my anger, I know when to defend myself and when not to go over the edge. Martial arts have time and time again pushed me beyond my limits, but not in a bad way. By doing so I have raised my standards

and I always push myself to be the best I can be every time. Martial arts help me relax and calm myself down when I fell down or mad. Before martial arts I was a quitter, now I never give up. I either reach my goals or surpass them. I am almost a black belt, that's one of the things that keeps me motivated in martial arts. I won't stop until I have my black belt and even then I will continue. To me martial arts are a way to show your pride, determination, and your respect. Without martial arts I would be a complete different person. " ~ Ian Rodriguez

"The ultimate aim of the art of Karate lies not in victory or defeat, but in the perfection of the characters of its participants." - Gichin Funakoshi



Upcoming Events/News

- February 25, 2011 – In House demonstration of our Red Dragon Martial Arts Academy Demoteam.
- February 26, 2011 – Belt Testing at the Sauk City studio.
- Saturday morning Cardio Kickboxing classes now have a weekly sign-up sheet at the studio. Please be sure to sign up if you're planning on attending. Without a minimum of 3 participants there will be no Saturday class.



All of us here at Red Dragon Martial Arts Academy wish you a happy Valentine's Day.



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