

Red Dragon Martial Arts Academy

Newsletter November 2010

Welcome back to our 2nd edition of the newsletter.

November has been a quieter month, but nonetheless we've also had some exciting news.

Belt Testing - Teens & Adults



From left to right: Dan Holl (2nd degree Black Belt), Jessica Yanke (blue with green stripe), Sebastian Zang (2nd degree Brown belt), Jose Diaz (Purple Belt) and Master Instructor Sifu John Jager (5th degree Black Belt).



Belt Testing – Kids Class



Left to right: Hunter Kent (Green Belt), Gus Albers (Blue with green stripe), Caleb Bos (Blue Belt), Lindsey Godwin (Blue Belt), Ryan Godwin (Blue with green stripe) and Paige Kent (Yellow Belt).

The Little Ninjas did not have a belt test this month, but be sure to lookout for the belt testing in December.

We also had some late testing students from the Kids Class, but of course they had the chance to test for their new belts:





From left to right: Master Instructor Sifu John Jager (5th degree Black Belt), Alex Hagey (Yellow Belt) and Ismael Ochoa Jr. (Yellow Belt).

CONGRATULATIONS to you all, you have worked hard and earned your new belts. Wear them with pride and continue your hard work.

Karate Creed:

I come to you with only Karate - empty hands, I have no weapons; but should I be forced to defend myself, my principles, or my honor; should it be a matter of life or death, of right or wrong, then here are my weapons - "Karate, my empty hands".

By Ed Parker, Grandmaster American Kenpo Karate



A lot of students have their preferred or even favorite technique; Sebastian's favorite is the Scissors-Kick which he had ample time to demonstrate during the adult belt test and one of our onlookers snatched a great picture of the action:



Scissors kick performed by Sebastian Zang; picture by Tammy Markley



Student Editorial – By Tammy Markley

What does karate mean to me?



Well, karate started out as a challenge made by two friends at Red Dragon. My son was doing karate there so I figured why not? At 40, I needed a new challenge because as an elementary school teacher, I frequently tell my students that "you learn something new every day!" What better way for me to learn new things! Martial arts have helped me grow as a person, physically and mentally. I was never a coordinated or athletic person and since becoming a martial artist, I have better balance and control along with a greater ability to focus on things. My son just told me that I must have a great memory because of all I've learned in karate. Well the thing is, he's the same belt I am, so he has the same capacity to memorize.

I also love the sense of empowerment that martial arts has given me. I know if my family or I were threatened, I would know what to do without even thinking, because martial arts has given me strength, courage and a repertoire of skills to defend myself and others! This knowledge came from a desire to learn what those above me had learned. Watching others who rank above me practicing and learning new forms and combinations just made me work harder to achieve that next belt! And now, I am close to earning my brown belt, which is amazing to me! I never thought I would get this far, I wasn't planning to earn a black belt. I would look at the belts and think "I could never do that". And yet now, I know what will happen, I will earn my black belt and make myself and my family proud of my accomplishment. This is especially for my Mom, who cut out the picture in the paper of her 40 year daughter after she earned her purple belt and put it on the fridge. She told me how proud she was of me and I was humbled. My black belt will also be to honor her, the amazing woman who gave me inner strength and the tenacity to keep going and NEVER give up!



Upcoming events Calendar:

December 5th – Demonstration at Sauk City Community Center

December 18th – Belt Testing at the Sauk City Studio

No Classes on Friday December 24th and Friday December 31st.

All of us here at Red Dragon Martial Arts Academy wish you a safe winter season, Happy Holidays and a Happy New Year!



Sebastian Zang – Editor

Reddragon.saukprairie@gmail.com

<http://www.reddragon-sauprairie.weebly.com>

