



Hello FOLKS: Its time for some updates on what is going on at our DOJO.

NEW STUDENTS

Bill Grossman's School of Kenpo Karate is happy to welcome the following new students to our Kenpo family.

- Mario West
Daniela Recinto
Amari Williams
Vontre Williams
Martin Deñas
Alyssa Acosta
Joey Plise
Aryanna Cisneros
Glen Carner
Patty Koutoulas
Chayanne Sophorn
Jasmine Noches

SPECIAL OF THE MONTH:

Get a friend to join and get a cash reward:

- 3 month program = \$25.00
6 month program = \$50.00
1 year program = \$100.00

Karla Flores just got a \$100.00 reward, you could be next!

ANNUAL BANQUET:

December 9, 2007

See Page-3 for more information. The information is just preliminary. Sign-up forms are be available.

BLACK BELT TEST:

November 17, 2007

KENPO PROMOTIONS:

Congratulations to the following:

Yellow Belts:

- Alexia Villagran
Alondra Vergara
Yessenia Andrade
Andres Esparza
Dexter Payumo

Orange Belts:

- Brittany Burgo
Iana Vergara
Nohemi Vergara
Julisa Vergara
Andrei Quimbao

Purple Belts:

- Armando Rodriguez
Peter Hawrylow
Rory Resuello
Charles Tillman
Nicole Velasco
Eloisa Medina

Blue Belts:

- Michael Matau
Nick Matau
Sergio Medina - 3rd Brown
Kimberly Noches -3rd Brown
Harjot Grewal - 3rd Brown

AND FINALLY:

Ricardo Nuñez
1st Degree Brown

CONGRATULATIONS TO ALL!

NEXT LOWER BELT TEST:

The next test for lower belt will be:

December 2, 2007

ARNIS CORNER:

Professor started teaching again on Saturday September 8th.

Arnis is a great addition to your Kenpo. Check with Professor and Simu for more details on how to join the Arnis class. Next Test :

December 2, 2007

NEW COMITIEES AND BOARDS:

Professor and Simu have commissioned a couple of new boards. These are:

Testing Board:

- Professor
Simu
Sifu Kats
Mr. Andersen
Mr. Leonetti
Mr. DeMartini

Ethics Committee:

- Mr. Francisco
Ms. Chacon
Mr. Cummings

TOURNAMENT CORNER:

Recent Tournament Results:

Ed Parkers International
Karate Championship
Long Beach, CA
August 2007

- Dominic Antonelli
Gold Medal - Weapons
Gold Medal - Kata

Qualifies for Championship competition at Disney World



TOURNAMENT CORNER: (CONTINUED)

San Francisco Karate Challenge San Francisco, CA July 2007

- Caryl Cotter 2nd - Kata
Erin Cotter 2nd - Kata
Karla Flores 2nd - Kata
Magali Flores 2nd - Kata
Rory Resuello 3rd - Kata
Shaun McGrath 2nd - Kumite, 1st - Kata

Preliminary List of Tournaments:

- January 26, 2008 - Kick-off Championships, San Jose, CA
March 1, 2008 - Rising Sun National, S. San Francisco, CA
April 5, 2008 - Ultimate Slam, S. San Francisco, CA
May 10, 2008 - Unity Championships, Vallejo, CA
June 28, 2008 - Shark City, San Jose, CA
August 23, 2008 - BASKA Double Point Tournament
November 14 & 15, 2008 - BASKA Belt Finals and BASKA Nationals, Reno, NV

What is a side kick

- 3. Keep your legs and feet facing forward as you turn your head, looking in the direction of the attack.
4. Raise your fists to guard your midsection.
5. Slide your back leg up until it is under your body supporting your weight.
6. Pull up the knee of the front leg toward the chest as far as possible.
7. Rotate the upper body and hips away from the direction of the kick.
8. Retract your kicking leg immediately following the strike.
9. Return to your original position to defend or strike again.

FROM MASTER PROFESSOR'S DESK:

SIDEKICK

What is a side kick

A side kick is an effective way to keep an attacker away from you. Powerful and practical, it is one of the first kicks taught in Kenpo karate.

- 1. From a side horse stance, feet about shoulder-width plus half apart, point your feet straight ahead and grip the floor with your toes.
2. Bend your knees forward of the ankles and keep your back straight as you press your knees outward, as if riding on horse-back.

Tips

(T) The back leg will be slightly bent to support and help maintain balance throughout the kick.

(A) At full extension, the toes of the kicking foot will be below the level of the heel of the kicking foot.

(K) Keep your head level throughout the kick.

GROSSMAN'S ELITE TEAM:

The Elite Team has been chosen; 12 of us made it! Training will be every Friday from 7:30 pm to 9:00 pm. Uniforms have been ordered and are being embroidered at this time with the team's logo. The competition season begins in January, 2008. The following is the list of tournaments the team will be required to compete; your support will be greatly appreciated.



Established
1978

Bill Grossman's School of Kenpo Karate

KARATE NEWS



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www.grossmanskenpo.com

Bill Grossman's School of Kenpo Karate 2007 Annual Banquet & Promotions

Join us for an evening designed to honor the students and instructors for another year of effort and dedication in the Martial Arts. Come and mingle with the students and their families and enjoy the season. Friends and family members are welcome.

Date: Sunday, December 9, 2007

Location: Doubletree Hotel
835 Airport Blvd.
Burlingame, California

Time: Reception 4:00 p.m.
Demonstrations 5:00 p.m.
Promotions 6:00 p.m.
Dinner 7:00 p.m.
Awards 8:00 p.m.

Menu: Menu selection and reservation forms will be available in the near future.

Awards: [Rookie of the Year Award](#) presented to students with less than one year of training who have demonstrated a good foundation for training.

[S.W.A.T. Award](#) presented to those students who have achieved one year or more of training and have good attendance and a good attitude.

[5/10/15/20 Year Award](#) presented to those students who have achieved the associated milestone.

[Teaching Award](#) presented to those students who continually give of their time to assist in teaching other students.

[Warrior Award](#) presented to those students who have represented the school in 5 or more tournaments throughout 2007

Mark your calendar to save the date!!