



# KANTHAK KARATE

Family Martial Arts & Safety Training Center

[www.kanthakkarate.com](http://www.kanthakkarate.com)

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Kanthak Karate August 2009 Newsletter

# SHARK ATTACK! At Karate Swim Party!



SHARK ATTACK! A rare fresh water shark was seen circling the swimmers at the pool party this year. A few swimmers were attacked, (actually grabbed), but luckily there were no fatalities. After scaring the little kids in the shallow end it was determined that the fresh water shark was none other than Karate Dad Mr. Tim Woodring. Mr. Woodring is a professional Rescue Diver and we really appreciate all his effort to making this pool party a blast!

We had over 90 students, family and friends in the pool. The Parents were hogging the rope swing, with several moms & dads whipping out back flips, twists, and the occasional flop.

The Pool Party is just one of our No/Low Cost Super Summer Series-

The next event is our Picnic and Water Fight on Saturday, August 29th

Details Inside!



# Kanthak Karate Family Martial Arts & Safety Training Center

## Birthday Party's Rock At Kanthak Karate All Year Round

With plenty of birthday party throwing experience, its no wonder why everyone is scheduling their birthdays at Kanthak Karate.

Our birthdays are fun, safe, and best of all run in a fast paced organized class from a certified black belt instructor. Kids learn vital safety skills that could keep them safe in the out side world, and have a blast at the same time.

Party's are 2 hours with 18 kids and under. We start with safety training, then move into ropes, tag, pad jumping, pad wipe outs, and best of all get chased by a bamboo sword! Invitations are provided by us, make sure to have all of your friends fill out and bring the paper work before the party.

What's the catch? If you are enrolled to our gym birth-days are only going to cost

you 100\$ We care about our students, this is another benefit of being a member at our gym, and another way for us to thank you for training at our school.

Schedule your birthday today at the front desk or call the school today (360)260-5115



Having Fun Up Side Down at a Kanthak Karate Birthday Party.

## MR. B TRAINING TIP OF THE MONTH

### *The Body Powers The Stick*

At this point we are in full swing with our stick classes. Everyone is at a different point in their stick training. Lots of my students have taken at least one season of stick, and also at the same time we have lots of first timers as well. I want to give a tip that can be used by every student at every level.

Think about the stick, if you have seen someone that can move a stick correctly with energy it can be some what overwhelming to see the amount of power that can be created with these techniques. However don't let that fool you, a stick is simply a piece of wood by its self. Unlike a gun that can be fired from any one that can pull the trigger, a stick takes a body that knows what its doing and correct techniques to transform that piece of wood in to an effective weapon.

The first way to get some power from your stick is your wrist. Your wrist alone when used correctly can create a lot of power very quick. Think about a professional hockey player hitting a puck, most of the time they are simply using a wrist flick to launch the puck at a very fast speed into the goal. When you are stroking your angles make sure you are snapping your wrist similar to a bull whip. Next great way to create power is to bend your arm when you are in your ready positions and straighten your elbow at the same time you stroke and snap your wrist. These actions combined is how you get max power from your arm. Now add this to your body movement. Your body should be bending up and down with the sticks height. When you do a #1 angle your body is up on the ready position and then bends as you stroke, straighten your arm and snap your wrist. Put this all together and get a powerful stroke.

## STICK CLASSES ARE GOING GREAT KEEP IT UP

Stick classes have been in swing for about a month or so. Understand that we have all kinds of stick students. Some of you guys have a few years of stick under your belt, and some of you are just starting out. However the case I want everyone having fun!

Beginning students, our focus on you guys is to get you threw angles 1-5, depending on the age some of you may even reach angles 1-12. These angles should be run effectively with power in all of your strokes. In this level we will also be doing some partner techniques starting out with angles to angles and eventually getting to stick covers. Stopping a stick from hitting you and building a awareness of staying safe around a stick.

Advanced students, our focus for you is to get 1-12 sharp and effective with platform stance and correct wrist and arm strokes. Learn different variations of stick angles using angles 1-12. Be effective on your stick covers and learn new covers with new cover extensions. Become more effective with a single stick. Then eventually work some beginning double stick.

No matter what the level stay focused in classes and get the most from every class you attend. And have fun!

## Kanthak Karate August News

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# Karate Picnic & Water Fight

**Saturday August 29th 11am - 3pm at Hathaway Park in Washougal**

Its finally here again! Kanthak Karate is holding its annual karate picnic and water fight. The event will be held at Hathaway Park in Washougal Washington on Saturday August 29th from 11am to 3pm. All students family and friends are welcome to come join in on the fun. This is a pot loch picnic so everyone is to bring their favorite dishes to contribute to the food table. Please list on the sign up what items you are planning to bring for the food table (deserts, hot dishes, plates, forks, drinks, cups, etc.) 11am to about 1pm is food time then we are planning on starting off the water fight about 1:30 and will battle until everyone is soaked!

**Picnic Water Fight Check List:** Swim Suit, Goggles, Water Guns, Towels, Dry Clothes, Lawn Chairs, food to add to the potluck table, Sun Screen, Sun Glasses, Frisbees, Footballs, Baseballs, Picnic Supplies, Rafts, Inner Tubes, Life Jack-ets and or any other "picnic" supplies you might need. There are barbeque grills at the park you will need to bring your own charcoal and matches and be sure to clean up your mess when you leave, or you can always bring your own grill.

**Hathaway Park Features:** The Washougal river runs through the park, there is a small sandy beach area where you can swim and cool off. There are baseball diamonds and lots of room to run and play catch or Frisbee. There are indoor restrooms, a shaded area for our picnic with picnic tables equipped with barbeques, and a play ground next to all that!

**Sign up today at the front desk if you are planning on attending, this is one you won't want to miss!**

# Week Day Morning Class

**TUESDAYS AND THURSDAYS 10AM**

This summer Kanthak Karate has been holding week day morning class at 10AM on Tuesdays and Thursdays. Summer time schedules can be a little rough and it can be hard to balance out all your activities and events.

By adding a different time for you to attend class maybe we can help you out. **The class is intended for all colored belt students and runs about an hour.** The class is instructed by Mr. B like a regular class with open handed

**and stick techniques.** Catch your class in the morning and save the rest of your afternoon to do what you please. **The last AM class will be Thursday, August 27th come join the fun**

## **BBC Annual Neighbor Hood Picnic Party**

This year first degree black belts Paul Cooper and Mikah Sutton ran our booth at the BBC annual neighborhood picnic party. At our booth was a machine that could measure how fast you can make a hands down holster draw punch to a pad. This is always a lot of fun to compete with your friends. The picnic party was a lot of fun and we plan being there next year. This event is free of charge, with bounce houses, picnic games, face paintings, bike parades and more, next year come join in on the fun.

# August Karate Monthly Lay Out

SUN	MON	TUE	WED	THU	FRI	SAT
28	29 Regular M/W Classes	30 <b>10am Morning Class &amp; Regular T/Th Classes</b>	1 Regular M/W Classes	2 <b>10am Morning Class &amp; Regular T/Th Classes</b>	3	4
2	3 Regular M/W Classes	4 <b>10am Morning Class &amp; Regular T/Th Classes</b>	5 Regular M/W Classes	6 <b>10am Morning Class &amp; Regular T/Th Classes</b>	7 <u>4PM &amp; 5PM STICK BONUS CLASS</u>	8
9	10 Regular M/W Classes	11 <b>10am Morn- ing Class &amp; Regu- lar T/Th Classes</b>	12 Regular M/W Classes	13 <b>10am Morning Class &amp; Regular T/Th Classes</b>	14 <u>4PM &amp; 5PM STICK BONUS CLASS</u>	15 Private birthday parties scheduled
16	17 Regular M/W Classes	18 <b>10am Morn- ing Class &amp; Regu- lar T/Th Classes</b>	19 Regular M/W Classes	20 <b>10am Morning Class &amp; Regular T/Th Classes</b>	21 <u>4PM &amp; 5PM STICK BONUS CLASS</u>	22
23 30	24 30 Regular M/W Classes	25 <b>10am Morn- ing Class &amp; Regu- lar T/Th Classes</b>	26 Regular M/W Classes	27 <b>LAST 10AM MORNING CLASS</b>	28 <u>4PM &amp; 5PM STICK BONUS CLASS</u>	29 Karate Picnic Water Fight 11am to 3pm Hathaway Park Washougal

# STAR WARS LIGHT SABER PARTY

## Friday September 11th

1st Party 7:00 to 7:45 - m/w 4:00, 5:25, 6:00 & t/th 3:35, 4:10, 5:00 Classes

2nd Party 8:00 to 7:45 - m/w 4:35, 6:50, 7:40 & t/th 5:35, 6:25, 7:15 Classes

### LUKE, I AM YOUR FATHER!!!!

Its time again for the ever so popular STAR WARS LIGHT SABER PARTY! This year we are planning on holding 2 separate parties. We have to many students to run only 1 light saber party we will be holding 2 separate. The first party will be for the M/W 4:00, 5:25, 6:00 & T/Th 3:35, 4:10, 5:00 classes. The second party will be for the M/W 4:35, 6:50, 7:40 & T/Th 5:35, 6:25, 7:15 classes.

Each party will have 45 minutes of light saber action inside the Kanthak Karate Death Star. The gym will be completely glowing with black lights and black light posters giving you that awesome not on earth feel. If you have any decorations that you want to let us borrow feel free to throw in your suggestions. We like to build on it every year, it keeps getting better and better!

Also like the years past this will be a costume friendly party. That means bring your best Star Wars costume, come as Master Yoda, Han Solo, Luke Skywalker, or whoever you would like to be! We want to see your awesome costumes with your light sabers, this makes for a awesome picture experience.

If you are planning on attending please sign up in the book as soon as possible, we will see you there!