



IN OUR 21ST YEAR!

CHANGE YOUR MIND CHANGE YOUR BODY® THE BUSHIDO SCHOOL OF KARATE

Volume 20, Issue 80

WWW.BUSHIDOKARATE.COM

July, August, September 2019



Congratulations!

The following students were promoted between April 1st and June 30th, 2019

Orange Belts

Izzy Contreras

Jimair Brownlee

Aaliyah Brownlee

Blue Belts

Franco Cardona

Scott Weiss

Joanna Cruz

Valeria Hernandez

Ashlee Brownlee

Kayler Ramirez

Nereo dela Cruz
Garcia

Yellow Belts

Timothy Berezov

Alexander Chacha

Charlsie Morales

Green Belts

Tenzen Sherpa

Daniel Gjokaj

Khamari Lewis

Declan Hazen

Red Belts

Julia Emilie Pineda

Brown Belts

Adrian Almanzar

Elena Zreik

Karateka Corner

(A Karateka is a student of karate)

BUSHIDO KNOWLEDGE

Learning the forms in "counts" is how all Bushido Karate students are taught.

The very first time a student is taught white belt form there are 8 counts until the first kiai.

We filled in counts #1 and #5. Can you complete the rest?

White Belt form in 8 counts

1. **Look**
2. Slide your _____ leg back to reverse forward _____ stance
3. Fix your hands for _____ block
4. Pivot into a _____ leaning stance
5. **Down block**
6. _____ with the left hand
7. Step your _____ leg into a forward leaning _____
8. Right hand _____ with a loud _____!

BUSHIDO KARATE FACT....When a student earns Black Belt, he or she has to know these counts to help teach fellow students!!

BLACK BELT PROMOTIONS

1st Degree: Skye Tamilio, 589 classes since September 2014

1st Degree: Keven Cajamarca, 494 classes since December 2015

Promoted in rank

Deshi David Figueroa

Training at The Bushido School of Karate since 1999

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June 30th	1 JULY	2	3	4 Happy July 4th CLOSED for INDEPENDENCE DAY	5	6
7	8	9	10	11	12 CB Seminars + Classes are IN SESSION	13
14	15	16	17	18	19	20
21	22	23	24	25 *Promotion Test at 6:00 p.m. NO REGULAR CLASSES	26 (test movea from 7/26 to 7/25)	27
28	29	30	31	*Candidates for Promotion Tests MUST ARRIVE ONE HALF-HOUR BEFORE THE TEST BEGINS		
AUGUST				1	2	3
4	5	6	7	8	9	10
11	12 Begin ordering wood on 8/12!	13	14	15	16	17
DONATION DAYS! We will be collecting GENTLY USED Kid's Clothing!						
18	19	20	21 Last day to order wood!	22	23	24
25	26	27	28	29	30	31
We are CLOSED for SUMMER VACATION, August 25 th – September 2 nd						
SEPTEMBER						
1	2 Happy Labor Day!	3 We Re-open for Classes	4	5	6 CB Seminars + Classes are IN SESSION	7
CLOSED for VACATION		Pick-up bundles of wood 9/3 – 9/7				
8	WOODBREAKING WEEK 9/9 – 9/14					14 MOVIE & PIZZA NIGHT!
15	16	17	18	19	20	21 *Promotion Test at 11:00 a.m. NO REGULAR CLASSES
22	23	24	25	26 Bring-A-Friend to Class	27	28 BB Seminar I + Classes are IN SESSION
29	30	OCT 1	2	3	4	5 