



WHERE CHAMPIONS TRAIN

JULY 2011

# KOSHO KARATE

## What's Next?

### July

2-4 **Closed, Fourth of July**  
16 SogobudoTraining (Members Only)  
25-28 **Summer Camp**

### August

20 SogobudoTraining (Members Only)

### September

5 **Closed. Labor Day**  
10 SogobudoTraining (Members Only)  
17 Gold Cup Tournament

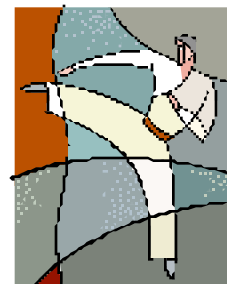
### October

10 Closed, Columbus Day  
15 SogobudoTraining (Members Only)  
22 Brown and Black Belt Review



## Sogobudo Training (Sogobudo Members Only)

**JULY**  
Sat., July 16  
9:00-10:50 am  
\$25



## REMINDER:

The "2nd Week Street Wear" program has been changed to the **"GO" Schedule**. In the Junior/Adult karate classes, students should wear ordinary clothes during one week and their karate uniform (gi) during the next week. Please check the schedule for dates.

**This will not affect the 3-9 year old classes.**

By alternating the clothing, both the martial "arts" and the martial "sciences" ("ordinary clothes"-week) aspects of training can be equally emphasized.

## "GO" Schedule Junior/Adult Karate students ONLY

(G) Wear your gi (karate uniform)  
(O) Wear ordinary clothes

July 5-7      G  
July 11-14    O  
  
July 18-21    G  
July 25-28    O



## Congratulations, Trevor Barroero!

Five years ago,  
Trevor Barroero  
earned his 2nd  
Degree Black Belt  
(Karate, Kobudo  
and Tae Kwon Do)  
at KoSho Karate.



Now, Trevor is a high school senior and one of only sixteen percussionists worldwide to be selected into an elite two-week summer program at the Julliard School of Music in New York City.

To help cover expenses, Trevor and some of his friends held a fundraising concert, at St. Phillips Plaza on 6/26/11, which showcased the incredible talent.



## Trevor, we're proud of you!

*Kathleen Dreier of  
Esens Photography,  
a longtime member of  
the KoSho family, took  
many wonderful photos  
at the 6/26/11 event.*

*To see more photos,  
please go to*

<http://esensphotography.smugmug.com/Music/Trevor-Barroero>





# Happy July Birthdays!



Wali Ahmed  
 Stephen Bengé  
 Darrell Berno  
 Linda Berno  
 Rachel Cahó  
 Jill Calderon  
 Maria Carrizoza  
 Bruno Caviglioli  
 Garrett Elliott  
 Sophia Galaz  
 Lauren Hartmann  
 Tiffer Hill  
 Phoenix Hinman  
 William Johnson

Ellyn King  
 Jennifer Lechner  
 Juanita Linebarger  
 Ray Linebarger  
 Margaret Louie  
 Ramon Martinez  
 Crystal Meeks  
 Justyne Park  
 Tannor Park  
 Trysten Park  
 Jennifer Schroeder  
 Cori Studwell  
 Ben West  
 Kent Wood



## **KoSho Karate, Sportsmen's Legacy Foundation and Wounded Warrior Project**

KoSho Corporation is a proud sponsor of Average Frank's **Summer of Fun**, which benefits children of fallen members of the military.

Donation checks for the Summer of Fun may be written to Sportsmen's Legacy Foundation, a 502(c)3 non-profit organization. Checks may be given to any staff in the KoSho Front Office.

KoSho Karate will be doing various activities this year to benefit the Wounded Warrior Project and other worthwhile causes. Stay tuned for further details...



## What Would You Do?

KoSho Karate students have long been known for their adherence to etiquette and the rules of the dojo.

Let's see if you know some of the rules, too, by answering the following correctly either True (T) or False (F).

1.) The first time a student sees Shihan (or any Black Belt), that student should continue doing their previous activity rather than immediately coming to attention and bowing. T F

2.) Suppose Shihan leaves a class which is practicing on a skill, and he steps off deck. After he is gone, a student can take over the class and do something else. T F

3.) It's OK for a student to say "Shut Up" and "Wimp" to Shihan. T F

4.) It's optional for a student to bow when entering or leaving the deck. T F

5.) If a student wants to speak to Shihan and he is in the dressing room, then that student should either go into the dressing room or stand in the doorway and talk to him. T F

**Answers:**  
All statements are FALSE.



## Student Survey

Please help us continue to improve KoSho Karate for everyone by answering the following questions. All answers are strictly confidential.

1.) Based upon your expectations when you first signed up, KoSho Karate:  
a) Exceeded my expectations  
b) Met my expectations  
c) Failed to meet my expectations

2.) Have you taken other classes than the ones for which you first signed up? For example, if you originally signed up for Cardio Kickboxing, have you also taken Karate class?  
a) Have only taken the original program's classes  
b) Have expanded into other programs

3.) If you could change one thing at KoSho Karate to improve it, what would that be?

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Please give the following demographic information:

Gender:

- M  
 F

Age Group:

- 3-9 yrs old  
 10-15 yrs old  
 16-20 yrs old  
 21-35 yrs old  
 36-44 yrs old  
 45-54 yrs old  
 55+ yrs old

Return the survey to the "Suggestion Box" at KoSho Karate

# Managing Your Condition With Exercise

## Get Motivated to Exercise

By Kathleen M. Zelman, MPH, RD, LD  
from WebMD

Continued  
from the  
June  
Newsletter

**6. Osteoporosis.** Weight-bearing exercise (such as walking, jogging, stair climbing, dancing, or lifting weights) strengthens bone formation and helps prevent the osteoporosis or bone loss often seen in women after menopause. Combine a diet rich in calcium and vitamin D with regular weight-bearing exercise for maximum results.

According to *The Journal of the American Medical Association*, data from the Nurses' Health Study showed that women who walked four or more hours per week had 41% fewer hip fractures than those who walked less than an hour a week.

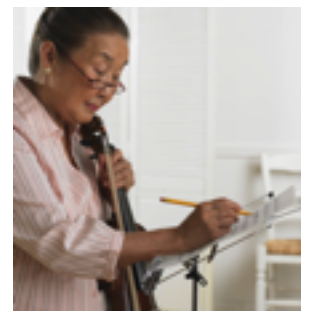
**7. Psychological Benefits.** Improved self-esteem is one of the top benefits of regular physical activity. While exercising, your body releases chemicals called endorphins that can improve your mood and the way you feel about yourself. The feeling that follows a run or workout is often described as "euphoric" and is accompanied by an energizing outlook. Exercise can help you cope with stress and ward off depression and anxiety.

And these are just a few of the ways exercise improves your health. Studies have suggested it can also help with certain types of cancer, improve immune function, and more.

### Putting It All Together: Exercise and a Healthy Diet

Exercise alone produces modest weight loss; when combined with a reduced-calorie diet, the effects are much more impressive. In a study published in *The Journal of the American Medical Association*, University of Pittsburgh researchers found that people who exercised regularly and ate a healthy, modest-calorie diet lost weight and improved cardiorespiratory fitness regardless of the length or intensity of their workouts.

Another study published in *JAMA* showed that it is never too late to reap the benefits of physical activity. Sedentary women 65 years and older who began walking a mile a day cut their rates of death from all causes by 50%.



# Managing Your Condition With Exercise

(continued)

## Resistance, Resistance

If exercise is so good for us, why aren't people doing it? Some 64% of men and 72% of women fail to fit in activity on a daily basis, according to data from the 2000 National Health Interview Survey. Americans today are no more active than they were a decade ago.

The American College of Sports Medicine recommends a combination of aerobic exercise (the type that makes you breathe harder, like walking or jogging) for cardiovascular conditioning; strength training (like lifting weights or calisthenics) for muscle toning, and stretching to improve your range of motion. Strive for doing all three types, but remember that any exercise is better than nothing. Here are some easy ways to work physical activity into your life:

Adopt a dog and take it for walks every day.

Do things the old-fashioned way --

get up and change the television channel;

open the garage door manually;

use a push lawnmower.

Take the stairs instead of the elevator.

Walk briskly whenever you can.

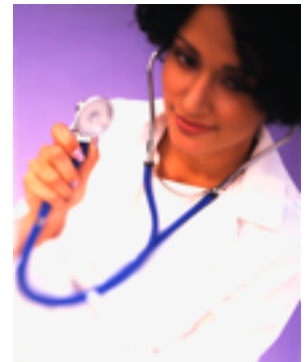
Minimize use of your car; walk to destinations within a mile.

Take up tennis or any other game or sport you enjoy.

Join a gym or health club

Next time you are tempted to skip exercising, keep these wonderful health benefits in mind and remember, every little bit helps. You may not feel up to a rigorous workout, but how about a walk in the neighborhood?

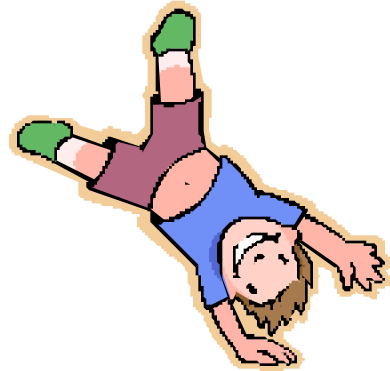
Don't pass up a chance of a lifetime -- that is, a longer and healthier one.





# Summer Camp 2011

## July 25 - 28



Kids have a lot of **fun** at the  
KoSho Karate camps!  
This is the only summer camp  
during 2011.  
**Don't miss out!**

**Cost:**

\$65/day  
\$50/day (additional family member)  
\$200/camp  
\$150/camp (additional family member)

All karate students and  
non-karate students, ages  
five thru twelve, are welcome.

9:00 am - 3:00 pm



3912 N. Oracle Rd. #102

For information, call  
520-887-4099

**Bring Lunch!!**