

JANUARY 2012

Karate Evolution News

Dates to Remember:

Friday, January 6th Movie Night

Kung Fu Panda Party—we'll show Kung Fu Panda movies, have a Kung Fu Panda Costume Contest, eat pizza, popcorn and *maybe* some Dragon Warrior Noodle Soup!

Saturday, January 28th Kids Night Out

Many thanks to everyone who made the holiday party great!

A gargantuan thank you to everyone for the wonderful surprise! We are so excited to start using our new equipment!

NEW! KARATE EVOLUTION FITNESS CLASSES!

Free for Karate Students 14 and up.
Special monthly rate of \$19.99 for Karate Family Members, \$39.99 per month for nonKarate students.

Monday- 5:30pm Kitz's Kardio

Tuesday- 6:30pm Mind and Body (Yoga/Tai Chi/Pilates)

Wednesday-5:00pm Cardio Strength

Wednesday- 5:45pm Core Performance

Thursday-6:30pm Tai Chi

Saturday- 11:15am Tag Team Cardio

Green= Easy

Yellow=Medium

Orange=Med/Hard

Red=Hard



Sale of the Month: Bo Staffs and Bo Staff Accessories 15% off!

Don't forget you can attend Saturday morning classes at Karate Evolution!

9:00 Family Class (all belts)

10:00 Little Ninjas

10:30 Beginner

(white, gold, orange belts)

11:15 Intermediate/Advanced

12:00 Black Belts

Karate Evolution instructors offer private lessons to help you catch up or get ahead in your training! Check in the office for details.

Reminder: Karate Evolution is closed if Kaukauna Schools are closed for weather.

Black Belt Module: Bo Staff Complex
2nd Degree Module: Create a Form



Student of the Month: The Wogikoski Family (Brad, Carson & Kaden)

The first of these three Kaukauna guys came to karate classes when he was 4 years old. Carson's parents thought karate would be good for his motor skills, balance and coordination. Carson looked like he was having so much fun on the floor that Brad started attending Mr. O'Brien's cardio kickboxing classes in the summer—a move that morphed into joining Carson in regular karate classes. "Karate's something I always wanted to do and it's cool to do it with my kids." Now Carson and Brad are slated to test for their Black Belts this spring. Kaden began karate last summer and just earned his green belt.

Candidate Training begins in February, so the Wogikoskis have been getting ready by running. Carson looks forward to sweating a lot and Brad is excited to train, but not performing in front of everyone at the graduation. They're regulars in the Saturday morning family class and Brad and Carson attend the Tuesday night grappling class. In fact, Brad enjoys grappling so much that he participated in a grappling tournament last September, placing 6th with a broken finger. Carson has been part of the Karate Evolution Demo Team, the Cheese Fest parade and starred in all 3 Karate Evolution movies to date. His favorite thing to do in karate classes are obstacle courses. Kaden likes all aspects of karate and especially enjoys Mr. Powell Sr. as a teacher.

When they're not kicking it in the dojo, Brad has been a machinist at Accurate Machine for 15 years. Carson is in 2nd grade at Park where he likes gym, but not art classes. He wrote a prizewinning speech this past fall for Veterans Day which landed him a spot on TV. Carson loves swimming, video games, football, Webkins, catching bugs and playing Survivor in the woods by his house. Kaden is in 4K at Tanner. He likes anything with sugar in it, especially chocolate chip cookies. His other interests include Power Wheels, riding bikes, Legos, swimming and drawing. Carson and Kaden really enjoy wrestling together, too. Their favorite family vacation destination is the Wisconsin Dells. Brad, Carson and Kaden haven't convinced the sole female in their family to try karate yet, at press time Amy prefers to watch the action from the sidelines.

Kung Fu Panda Word Search

Q G Y E K N O M A M H L
 U S I T N A M A P R Q S
 J H B K O H K S R . Q C
 T S X R O G V T R P U X
 O O X P G N O E E I E N
 L G G S W U S R P N N S
 I T V S A L C S I G A P
 O S I E Y I H H V F R Q
 M F I R T A I I N B C B
 G P Z G Y T K F H I J X
 L N Y I C K C U U P J C
 E Q E T N E H S L L S G

- | | | |
|--------|--------------|----------|
| Crane | Po | Mantis |
| Shen | Master Shifu | |
| Monkey | Tigress | Mr. Ping |
| Viper | Oogway | Tai Lung |

Why Self-Discipline?
 By Kathy Mangold, editor of *The Kids Martial Arts Center*

Why is self-discipline so critical to your child's development? Because, without the ability to use self-discipline or willpower to delay gratification, your child will not develop the skills necessary to excel and to compete in an increasingly complex and competitive world.

Everything in life takes work. Teaching our children to work and achieve is an important step toward the development of these skills. Martial arts training is an excellent way to start them on the road to success.

As parents we use discipline and the setting of limits to control our children's behavior. But if we teach them to rely on our limits instead of their own they will be ill equipped to make responsible choices.

Martial arts can help your child develop this critical self-discipline and self-control by teaching them to work to progress in rank until they reach the ultimate goal of achieving their black belt level.

Self-discipline is the key to the development of internal motivation, a healthy competitive drive, self-esteem and self-sufficiency. Martial arts training can help your child to develop all of these skills and more by setting a regular and consistent framework of expectation, goals and rewards.

As we head into a new year, let's remember "might for right" means having compassion and showing kindness towards others...

A Victim Treats His Mugger Right

Julio Diaz has a daily routine. Every night, the 31-year-old social worker ends his hour-long subway commute to the Bronx one stop early, just so he can eat at his favorite diner. But one night last month, as Diaz stepped off the No. 6 train and onto a nearly empty platform, his evening took an unexpected turn. He was walking toward the stairs when a teenage boy approached and pulled out a knife. "He wants my money, so I just gave him my wallet and told him, 'Here you go,'" Diaz says. As the teen began to walk away, Diaz told him, "Hey, wait a minute. You forgot something. If you're going to be robbing people for the rest of the night, you might as well take my coat to keep you warm." The would-be robber looked at his would-be victim, "like what's going on here?" Diaz says. "He asked me, 'Why are you doing this?'" Diaz replied: "If you're willing to risk your freedom for a few dollars, then I guess you must really need the money. I mean, all I wanted to do was get dinner and if you really want to join me ... hey, you're more than welcome." "You know, I just felt maybe he really needs help," Diaz says. Diaz says he and the teen went into the diner and sat in a booth. "The manager comes by, the dishwashers come by, the waiters come by to say hi," Diaz says. "The kid was like, 'You know everybody here. Do you own this place?'" "No, I just eat here a lot," Diaz says he told the teen. "He says, 'But you're even nice to the dishwasher.'" Diaz replied, "Well, haven't you been taught you should be nice to everybody?" "Yea, but I didn't think people actually behaved that way," the teen said. Diaz asked him what he wanted out of life. "He just had almost a sad face," Diaz says. The teen couldn't answer Diaz — or he didn't want to. When the bill arrived, Diaz told the teen, "Look, I guess you're going to have to pay for this bill 'cause you have my money and I can't pay for this. So if you give me my wallet back, I'll gladly treat you." The teen "didn't even think about it" and returned the wallet, Diaz says. "I gave him \$20 ... I figure maybe it'll help him. I don't know." Diaz says he asked for something in return — the teen's knife — "and he gave it to me." Afterward, when Diaz told his mother what happened, she said, "You're the type of kid that if someone asked you for the time, you gave them your watch." "I figure, you know, if you treat people right, you can only hope that they treat you right. It's as simple as it gets in this complicated world."

Produced for Morning Edition by Michael Garofalo.



Get to Know Your Instructor: Mr. Matthew Powell

When he was 7 Mr. Powell tried karate, but he was shy and didn't return for two weeks—after his mom convinced his big brother Michael to go to class with him. You wouldn't know it today since Mr. Powell (along with his brother and his mom) is on his way to a 3rd degree Black Belt and has become one of Karate Evolution's weapons specialists.

How does a shy 7 year old become a Bo Staff guru? Mr. Powell's dad gave him a lightweight bo staff for Christmas along with some videos. Mr. Powell took them both, learned tricks, made up his own form, learned more tricks by watching YouTube videos and kept practicing and practicing. He practices 1-2 hours a day. "I have no life. All I do is homework and bo staff." That diligence has paid off, Mr. Powell was the Grand Champion at the Petitjean Tournament in 2010 and 2011 Runner Up Grand Champion.



When he's not dropping jaws on the karate floor with his crazy bo staff skills, laid back Mr. Powell Jr. is a 9th grader at Kimberly High School where Metals is his favorite class. Two years ago Mrs. Harlow left a message asking if he and his brother wanted to be instructors, which was something he always wanted to do. When asked about working with his brother, Mr. Powell said it's not so bad, they're pretty close and have always been respectful and disciplined at home and out in public. "Michael is always my partner. It's nice to have his help." He likes working at the karate school, saying, "Mr. O'Brien's a good boss, treats us fair" and "I like watching the students' progress, how far they improve."

Mr. Powell most enjoys weapons and forms and isn't a huge fan of working with hand mitts and pads. The toughest thing he's learned so far is the Open Hand Complex. Someday Mr. Powell would like to continue to channel his inner Bruce Lee and open his own karate school or become a mechanical engineer.

Mr. Powell's Five Fast Favorites:

Video game: Assassin's Creed/Call of Duty

Music: Rap/Pop/Rock

Thing to do on a day off of school: Practice bo staff

Pizza Topping: Pepperoni

TV Show: George Lopez

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