



KoSho KARATE

BLACK BELT ACADEMY



June 2006



**Black Belt Promotions - April 29, 2006
Congratulations!**



Michael Baker

Adult 1st Degree Black Belt, Karate & Kobudo

Trevor Barroero

Junior 2nd Degree Black Belt, Tae Kwon Do

Cory Boone

Junior 1st Degree Black Belt, Karate & Kobudo

Jordan Camarillo

Youth 1st Degree Black Belt, Karate

Drew Cring

Junior 1st Degree Black Belt, Karate & Kobudo

Luis Garcia

Junior 2nd Degree Black Belt, Karate & Kobudo

Frank Harris

Adult 1st Degree Black Belt, Karate

Lauren Hartmann

Junior 2nd Degree Black Belt, Tae Kwon Do

Tim Mullin

Adult 1st Degree Black Belt, Karate

Branden Rodieck

Junior 1st Degree Black Belt, Karate

Austen Stowe

Junior 1st Degree Black Belt, Karate & Kobudo

Brandon Stowe

Junior 1st Degree Black Belt, Karate & Kobudo

Alyssa Yoshino

Junior 2nd Degree Black Belt, Karate & Kobudo

Mark Yoshino

Adult 2nd Degree Black Belt, Karate



Help us make KoSho better

Would you like a Strength & Conditioning class added to the schedule on Tuesday, Thursday & Saturday prior to the Cardio Kickboxing class?

Please either email your response to kosho@koshokarate.com

or stop by the front office and let us know.
Thanks!

Calendar of Events

June

12 - 16 Summer Camp #1

24 - Kids' Night Out

July

4 - **Closed**, Fourth of July

10 - 14 Summer Camp # 2

15 - Dojo Tournament

13 - 16 USKA World Championships, New Orleans

31 - Summer Camp # 3 (cont. in August)

August

1 - 4 Summer Camp #3 cont.

26 - Kids' Night Out

September

4 - **Closed**, Labor Day Picnic

16 - Gold Cup Tournament

Health Tip: Be Skin Cancer Aware

Our sun here in Tucson is fierce. Many people today are very careful to apply sunscreen. They know that too much sun exposure ages people rapidly. The other problem is skin cancer.

How To Do a Skin Self-Exam

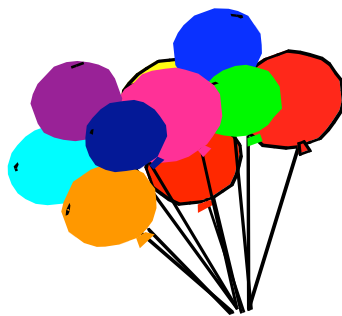
The best time to do a skin self-exam is after a shower or bath. Check your skin in a well-lighted room using a full-length mirror and a hand-held mirror.

Begin by learning where your birthmarks, moles, blemishes and freckles are and what they usually look and feel like. Check for anything new, especially a change in size, shape, texture or color. Also notice any area of scaliness, itching, bleeding, tenderness or pain.

Check yourself from the top of your head to your toenails. Report anything worrisome to your doctor.

Almost everyone knows at least one person who has had a skin cancer. Use your sunscreen and check yourself all over. Early detection is key. Most skin cancers aren't life threatening.

Dorothy Reed	1
Anthony Duvall	3
Tammy Meeks	3
Brandon Stowe	3
Mikal Cole	4
Manny Duarte	4
Ginger Sharp	4
Jelonni Goodson	5
R.J. Suzuki	10
Logan Boyd	11
Michael Metzger	11
Branden Rodieck	11
Stacia Reeves	12
Susan Kelly	13
Ron Nomura	14
Tawnya Langley	15
Jesse Ramos	15
Jane Starbuck	15
Danita Cota	17
Kimberly Hunter	17
Leanne Linebarger	20
Barbara DeLorenzo	21
Kairee Doty	21
Camden Walsh	21
Mac Grogan	24
Allison Aron	26
Tish Foraker	26
Brian Christiansen	28
Andrew Starbuck	28
Jennifer Trog	28
Jessica Trog	28
Logan Calendine	29
Nat Indik	30
Alan Linebarger	30



Happy June Birthdays





3912 N. Oracle Rd. #102

for information call
520-887-4099



2006 SUMMER CAMPS

Summer Camp # 1 JUNE 12 - 16

Summer Camp # 2 JULY 10 - 14

Summer Camp # 3 JULY 31 - AUGUST 4

All karate students and non-karate students, ages five thru twelve, are welcome. Invite a friend!

Save!

Cost per camp \$250.00
Cost per day \$50.00

All KoSho students will receive a gift certificate good for 1 day of camp.

plus!

25 Tickets per Day

A rank promotion for every 2 Days of attendance!

plus!

\$50.00 off for two camps

\$100.00 off for three camps

9:00 am - 3:00 pm

Register At KoSho Karate

Bring Lunch (No candy, please!)

Kids' & Juniors' Night Out

at KoSho Karate
3912 N. Oracle Rd.

Sat., June 24
5:00 - 9:00 pm



Cost \$12.00
per person

Ages:
5 years
and older

**Bring a
Friend!**

**Sign Up
Today!**



**Fun &
Games**

For more information,
please call 887-4099