

# KoSho KARATE

BLACK BELT ACADEMY



October 2006

## Seminar with Hanshi George Anderson

Sat., Oct. 28

10:00 am - 4:00 pm

(Lunch break: Noon - 1:30 pm)

at KoSho Karate Honbu  
(3912 N. Oracle Rd., Ste. 102)

Attendance at this seminar is encouraged for all Juniors and Adults. Kids need to obtain their Sensei's permission.

Cost:  
\$125



### Remember:

Attending at least two of Hanshi's seminars is a requirement for promotion to Black Belt in Karate.

*Words for Thought*

**Make It Happen**

Today is the tomorrow  
you talked about yesterday.

from The Making of a Champion

### Calendar of Events

#### October

9 - **Closed**, Columbus Day  
21 - Kids' Night Out  
28 - Hanshi's Seminar, Tucson

#### November

4 - Black Belt Review  
11 - **Closed**, Veterans Day  
18 - Tucson Open Karate Championships  
23-24 - **Closed**, Thanksgiving

#### December

2 - Kids' Night Out  
20 - KoSho Holiday Party  
23-26 - **Closed**, Christmas  
26-29 - Winter Camp #1

#### January 2007

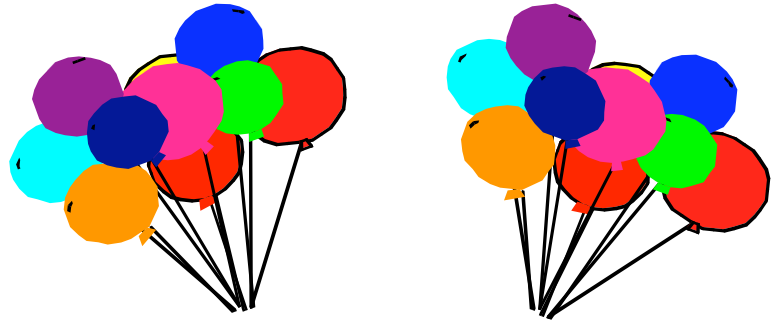
1 - **Closed**, New Year's Day  
2-5 - Winter Camp #2

## Skin Care Tips

(courtesy of Sandy Lewis, District Manager & Independent Consultant with **Arbonne International**)

- 1.) Only use products that are free from harmful ingredients that may adversely affect your skin and your health. Become a label reader!!!!
- 2.) Eliminate bar soap from your home, use only pure cleansing gel. When you get out of the shower, and you have used bar soap, you will notice your shower covered with soap scum. Likewise, your skin is covered with soap scum as well.
- 3.) Follow a simple skin care routine, formulated for your skin type. If it is too complicated you won't do it!
- 4.) Treat your skin from the inside as well as the outside. Your skin needs lots of hydration -- drink lots of water every day.
- 5.) Use a Vitamin C product nightly, which can be applied topically to the skin for younger looking skin. This is the hottest news in skin care!!

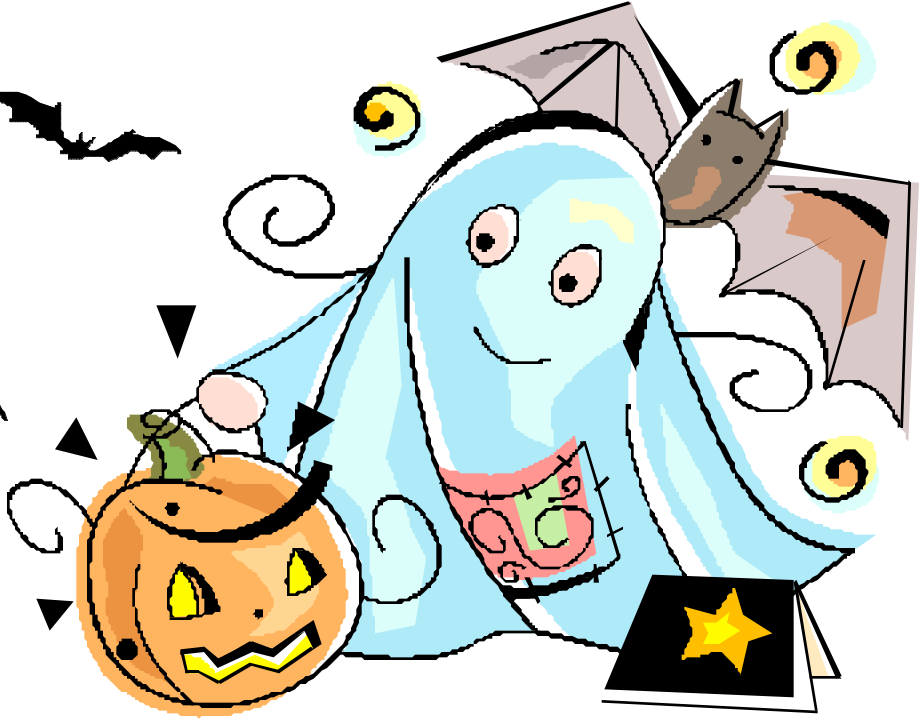
Miles Fujimoto	2
Sandy Lewis	2
Harris Brody	4
Norma Kaiser	7
Richard Patterson	7
Caroline Isaacs	8
Peter Angeli	9
Joan Bonvicini	10
Bill Johnson	10
Laurie Johnson	11
Jessica Carnes	11
James Esquivel	12
Stan Foutz	13
Bianca Portillo	14
Brittany Borane	14
Quincy Lyons	14
Jodee Jacobs	17
John Perkins	17
Christian Sharp	20
Neil Miyamoto	21
Mike Camarillo	21
Katy Hoogerwerf	21
Stephen Burpee	23
Kate Nichols	23
George White	24
Lorenzo Mars	24
Melanie Tschopp Frey	24
Mitzi Camarillo	25
Vince Napolitano	25
Daniel Fiederlein	27
Raven Maestas	27
Grace Hou	29
Spencer Salmon	29
Maria Francis-Moullier	29
Michael Villafane	30
Melvin Dilts	31
Nicole Taylor	31



# Happy October Birthdays!



# Happy Halloween!



## ?? Puzzle & Ponder ??

### TRUE or FALSE

“Shihan” is the proper way for either Johnny Linebarger’s personal students or his students’ students to address him

A: True. “Sensei” and “Shihan” are actually titles. Several years ago, Johnny Linebarger was awarded the prestigious title of “Shihan”. He has earned the right to be called “Shihan”. Also, by addressing him as “Shihan”, it lessens the confusion when other instructors in that dojo or other dojos are addressed by their awarded title of “Sensei”.

### WORD SCRAMBLE

Unscramble the following words:

LIRATAM TSAR

\_\_\_\_\_

SOOHK RTAAKE

\_\_\_\_\_

RACOID

\_\_\_\_\_

Answers:  
Martial Arts  
Kosho Karate  
Cardio

# Kids' & Juniors' Night Out

at KoSho Karate  
3912 N. Oracle Rd.

Sat., Oct. 21  
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