

KoSho KARATE

BLACK BELT ACADEMY

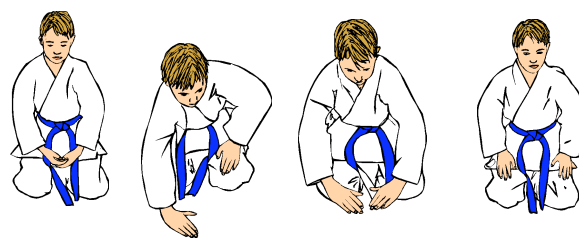


February 2007

Get ready for Super Weekend March 2nd - 3rd

On Friday March 2nd, we will be having a Kamiza Ceremony. The Kamiza is the symbolic heart of the dojo. Inside is a collection of a saki cups. Each cup represents a black belt, in good standing, who has become a member of Shihan Linebarger's KoSho Karate clan, the Dai-Ni Seishi. The Dai-Ni-Seishi is one generation away from Grand Master Trias' original Seishi Family. Inductees will become a part of the long and prestigious lineage of Shuri-Ryu Black Belts worldwide. This is something for which new Black Belts prepare a long time. During the ceremony, the new members will honor Shihan as he honors them. It is a very interesting and important part of KoSho Karate's Traditions. Please join us. Students who wish to be on deck during the ceremony must be in uniform.

On this date, the 6:00 pm cardio class will be held on Deck 2. Judo Class is cancelled.



Formal Rei

Saturday March 3rd is Shihan Linebarger's Annual Seminar. As it is every year, Shihan will be teaching us new and wonderful things. We are expecting special guests Bryan LaBrecque from Portland, Maine and Neil Miyamoto from Monterey, California. Sensei LaBrecque began training with Shihan in 1980 and runs a KoSho school in Maine. Mr. Miyamoto will be demonstrating some Qigong exercises (a form of Tai Chi). Some of you who have attended seminars with Sensei Miyamoto will remember him teaching us about the energy we all have in our bodies. He had a big man (250 lbs) sit in a chair. He then asked 4 small students, together, to lift his chair and all with just one finger. All students should attend this seminar; any rank, any age, except for the very youngest who must have Shihan's permission. Remember, to receive your Black Belt, you must have attended two of Shihan's seminars during your training. Don't miss this opportunity!



Please Note:
The Grand Master Trias Memorial Tournament has been postponed. Stand by for a new date.

All Black Belts are expected to attend these events



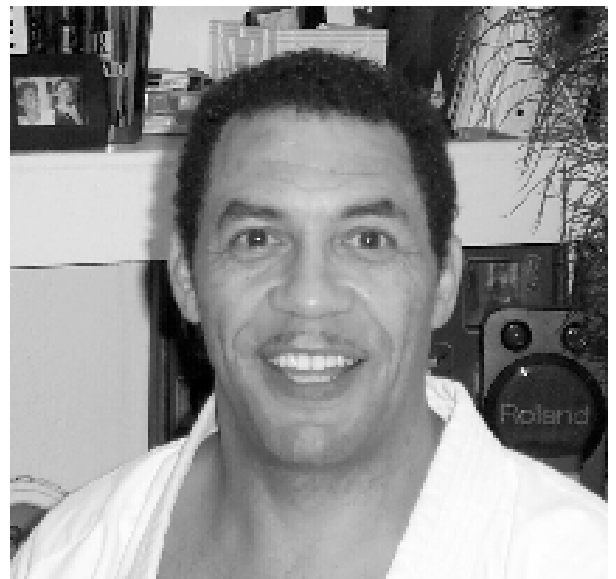
3912 N. Oracle Rd. Tucson, AZ 85705 520-887-4099

Shihan Johnny Linebarger's Annual Seminar

Saturday, March 3, 2007

9:00 am - 4:30 pm
Lunch break from 12:00 - 1:30

Cost \$125.00

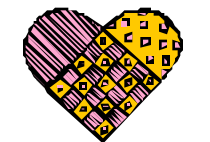
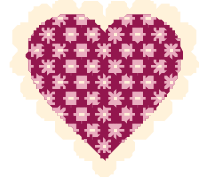
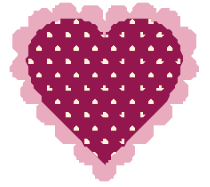


All classes are
cancelled

Special Guests
Bryan LaBrecque and
Neil Miyamoto

Happy February Birthdays!

Lin Conklin	3	Lori Fujimoto	16
Carey Leeds	3	Keegan Lapp	17
Christopher Cushman	5	Heather Whited	17
Jasmine Moore-Andrews	5	Corinne DiGiovanni	18
Makoto Braxton	10	Caesar Spinelli	19
Jordan Stafford	10	Sari Orlansky	22
Nancy Wallace	10	Darius Duvall	23
Ethan Chmiel	11	Tom Hill	23
Dominic Janes	11	Alex Linebarger	23
Hector Ortiz	11	Gaven Nickel	23
Horacio Ortiz	11	Landi Smith	25
Melissa Lowry	13	Blaire Stryker	26
Lance Niemeyer	13	Amanda Chmiel	27
Samantha Dillon	15	Monica Valenzuela	27
Robert Sutherland	15	Sharon Youngblood	27
Chris Fish	16	Eric Welch	28



**Celebrate
President's Day!**

**KoSho
Karate
Will Be
Closed**



Upcoming Events

February

10 - ASKA Championships
16-18 - Hanshi's Seminar in OHIO
19 - Closed, Presidents' Day

March

2 - Kamiza Ceremony
3 - Shihan's Seminar
29-Apr. 1 - USKA Nationals

April

1 - USKA Nationals (cont.)
7 - Shihan's Birthday
28 - Black and Brown Belt Review

Super Foods


After sifting through all the lists of Super Foods on the web, we have compiled a consensus.


Berries
Beans
Nuts and Seeds
Yogurt
Wild Salmon
Skinless Turkey Breast
Olive Oil
Soy
Coffee and Tea
Tomatoes and all brightly colored veggies
Broccoli, Cauliflower, Cabbage
Onions and Garlic
Citrus Fruits
Also Red Wine and Dark Chocolate, in moderation


I Know My 8 Safety Rules


1. I always check first with my parents or the person in charge before I go anywhere or get into a car, even with someone I know.
2. I always check first with my parents or a trusted adult before I accept anything from anyone, even from someone I know.
3. I always take a friend with me when I go places or play outside.
4. I know my name, address, telephone number and my parents' names.
5. I say no if someone tries to touch me or treat me in a way that makes me feel scared, uncomfortable, or confused.
6. I know that I can tell my parents or a trusted adult if I feel scared, uncomfortable, or confused.
7. It's OK to say no, and I know that there will always be someone who can help me.
8. I am strong, smart, and have the right to be safe.


February Sale

 Heavy weight Gis
were ~~\$185.00~~
now \$154.95

 Light weight Gis
were ~~\$45.00~~
now \$34.95

 Cardio gloves
were ~~\$45.00~~
now \$34.95

 Focus hand target pad
was ~~\$32.00~~
now \$21.95

 Equipment bags
Karate or Jujitsu Bags
were ~~\$30.00~~
now \$19.95
Stars and Stripes Bag
was ~~\$60.00~~
now \$49.95

 2006 Yearbook
Special price
\$34.95

**BUY
NOW!**