

# AKKS Newsletter

## December 2005

### UPCOMING EVENTS

12/10 - Guest Sparring @ ABMA School in Denver 1:30-3:00 pm  
12/21 - Belt Test  
12-26 - 12/31 NBL Super Grands in Buffalo, New York (Good Luck Mr. Coppock!)

### NOVEMBER BELT PROMOTIONS



Pictured left to right: Sarah Ellis (Blue), Alicia Chaffin (Purple), Devin Drakeford (Orange Stripe), Ed Van Aelstyn (3<sup>rd</sup> Brown), Devin Koch (Yellow), Jeremiah Drakeford (Orange Stripe), Reid Lohse (Yellow), Ryan Koch (Yellow), and Mr. Coppock

### DECEMBER BIRTHDAYS

Reid Lohse	12/1	Esa Hall	12/17
Kyle Brundige	12/5	Jennifer Dobyns	12/19
Crystal Loveland	12/8	Zachary Pacheco	12/19
Jeremiah Drakeford	12/15	Justin Bailey	12/23
Ty Curry	12/17		

Could everyone make sure that birthdays are listed on respective attendance card. Thanks!

### AKKS WINS 16 CKA STATE TITLES

When push came to shove, 17 AKKS competitors again showed what they are made of. After the dust settled at the Season Finale that took place at the Denver Merchandise Mart on November 19<sup>th</sup>, AKKS produced 12 individual state title winners (bringing home 16 state championships). Some of the highlights included **Mr. Coppock** winning his 20<sup>th</sup> career CKA State Title by taking the Sr. Black Belt 35-42 Traditional Forms title. Those individuals who double dipped by winning two state titles would include **Larissa Lonergan** (18-34 Beginner Traditional Forms and Sparring), **Ed Van Aelstyn** (35+ Intermediate Traditional Forms and Sparring), **Crystal Loveland** (9 Beginner Traditional Forms and Sparring), and **Erik Dean** (15 Advanced Traditional Forms and 125 pounds under beginner grappling).

Other Adult state title winners include **Mike Bartholomei** (35+ Advanced Traditional Forms), **Greg Fitzsimmons** (35-42 BB Heavyweight Sparring), **Joe Freund** (18-34 Intermediate Heavyweight Sparring), and **Andrea Scherbinske** (35+ Advanced Sparring).

Junior state title winners include **Connor Dean** (13-14 Intermediate Sparring), **Jeremiah Drakeford** (7 Beginner Sparring), and **Blake Ayotte** (11-12 Beginner Sparring)

Congratulations to all AKKS members who competed at CKA tournaments this year. Any time you stepped on the mat, you won! We also had a multitude of individuals who finished the season in the **top 10** in their respective divisions for state. Those individuals include **Jennie Rife, Daniel Rife, Jessica Cervantes, Jacie Walton, Devin Drakeford, Jenaree Davidson, Rory Dean, Tim Parkey, and Calvin Drakeford.**

### Competing in 2006?

For those who have thought about competing or thought about your kids competing in a fun and exciting environment, please talk to Mr. Coppock and he will make sure that you or your children will be prepared. Most of the events are held in Denver at the Merchandise Mart just off the 58<sup>th</sup> avenue exit off I-25. However, there are tournaments scheduled to take place in Colorado Springs as well. Anyone can compete and there are divisions for every age group and skill level. All junior competitors typically receive something for competing at individual tournaments and trophies are given to those who place. In addition, individuals can qualify for Colorado Karate Association season state awards, by becoming a CKA member. Pay before the beginning of the 2006 season and pay the 2005 rate of \$15 dollars (See Mr. Coppock). What does your \$15 do for you? You typically receive a \$5



# AKKS Newsletter

## December 2005

discount on individual tournament entries, earn points toward a state title (You can see up to date points on the CKA website at [www.coloradokarateassociation.org](http://www.coloradokarateassociation.org)), and earn points towards Total Points Challenge. CKA State Champions receive custom gear bags embroidered with State Champion and the competitor's name.

1st-8th place (12 and under) or 1st-4th Place (13+) - Competitors receive a trophy with an engraved plate with their name and state placing. Here is the schedule for local tournaments next year:

February 18 CKA Season Opener- Denver Merchandise Mart  
March 18 Rocky Mountain Karate Championships – Denver Holiday Inn  
April 8 SLAM - Denver Merchandise Mart  
May 20 RAGE - Denver Merchandise Mart  
June 17 Summer Festival - Colorado Springs  
August 5th in conjunction with Colorado State Games – Colorado Springs  
End of Aug Mark Baier Five Knuckle Frenzy (NBL)-Denver  
September 22, 23 High Altitude Open (Tyler Weaver) Six Flags Denver  
October 28 OctoberFist (Karen Kramer) - Denver  
November 18 CKA Season Finale -Denver Merchandise Mart

In addition, here are some National tournaments that some of our AKKS members are planning to compete at. If interested, please talk to Mr. Coppock.

February 23-24 Salt City Nationals (NBL) Salt Lake City, UT  
March 3-4 March Madness (NBL) Los Angeles, CA  
April 21-23 Golden Gate Nationals (NBL) San Francisco, CA  
May 6-7 Pacific Jewel (NBL) Portland  
May 26-27 (Memorial Day Weekend) Kumite Classic (NBL) Pittsburgh, PA  
August 4-5 Duel in the Desert (NBL) Las Vegas, NV

### Girl Uses Karate Training to Fight off Attacker

Milwaukie, OR – According to a September report by KOIN News 6 TV, a 14-year-old girl used her karate training to successfully fight off an attacker. The Milwaukee High School freshman was walking to school about 8:30 a.m. when a man jumped out from behind a bush and grabbed her arm. The victim says years of karate helped her escape his grip. “If someone grabs you by the hand, we learned to twist out of it. If someone grabs you by the arm, you learn how to get out of it,” the victim told the station’s reporter. “We trained a few times with Chuck Norris’ stunt double,” she said. The girl twisted her ankle running away, but made it to school, where teachers called the police.

### Egg Foo Young for the Soul

I was walking down a dimly lit street late one evening when I heard muffled screams coming from behind a clump of bushes. Alarmed, I slowed down to listen and panicked when I realized that what I was hearing were the unmistakable sounds of a struggle: heavy grunting, frantic scuffling and tearing of fabric. Only yards from where I stood, a woman was being attacked.

Should I get involved? I was frightened for my own safety and cursed myself for having suddenly decided to take a new route home that night. What if I became another statistic? Shouldn't I just run to the nearest phone and call the police? Although it seemed an eternity, the deliberations in my head had taken only seconds, but already the cries were growing weaker. I knew I had to act fast. How could I walk away from this?

No, I finally resolved, I could not turn my back on the fate of this unknown woman, even if it meant risking my own life. I am not a brave man, nor am I athletic. I don't know where I found the moral courage and physical strength -- but once I had finally resolved to help the girl I became strangely transformed. I ran behind the bushes and pulled the assailant off the woman. Grappling, we fell to the ground, where we wrestled for a few minutes until the attacker jumped up and escaped. Panting hard, I scrambled upright and approached the girl, who was crouched behind a tree, sobbing. In the darkness, I could barely see her outline, but I could certainly sense her trembling shock. Not wanting to frighten her further, I at first spoke to her from a distance. "It's OK," I said soothingly. "The man ran away. You're safe now."

There was a long pause and then I heard the words, uttered in wonder, in amazement. "Dad, is that you?" And then, from behind the tree, stepped my youngest daughter, Katherine.

Do all the good you can,  
In all the ways you can,  
In all the places you can,  
At all times you can,  
To all the people you can,  
As Long as you ever can

-Anonymous



AKKS Newsletter  
December 2005

