



KICK

AUTUMN, 2009

The NEWSLETTER of the American Karate And TaeKwonDo Organization

The AKaTo Invitational Karate Championships

It's time for our annual tournament. We're moving it to the last Saturday in October instead of our normal November (so yes, it is on HALLOWEEN!) But since this is a small event, we'll probably be out of the YMCA by 2 p.m. so you have plenty of time to get home and get changed for your Halloween trick or treating.

As an added event this year we are going to have a **Black Belt Specialty Kata division**. That means musical forms, weapons demonstrations and maybe even some gymnastics moves! It is always entertaining for younger students to see these experienced martial artists perform. Remember, black belts, we do your kata divisions first so be there on time.

Warrior Wisdom

Keith Yates and Merrill Matthews (the authors of *Young Samurai*) are busy putting the finishing touches on another book. This will be full of quotations from famous warriors from both the East and West.

Everyone has a plan until they've been hit.

—Heavyweight boxing champ, Joe Louis

See first with your mind, then with your eyes, and finally with your body.

—Yagyū Menenori

Pain is the best teacher but no one wants to go to his class.

—General Choi Hong Hi

Never do a wrong thing to make a friend or to keep one.

—General Robert E. Lee

A black belt is just a white belt who never quit.

—Unknown

Upcoming Events

Brown Belt Exam at the Richardson Y

Saturday, October 17, Noon

The Gospel Martial Arts Union National Conference in Indianapolis

Friday and Saturday, October 23–24

Note: Keith Yates will be inaugurated as the third Chairman of this large international organization at the event.

For more info see, www.gmau.org.

Black Belt Continuing Education Class

Saturday, November 21, 4 to 6 p.m.

Cooper Fitness Center

Tony Kaufman will be covering the second half of WonKon Kata (required for 3rd dan in Nam Seo Kwan).

Don't forget the Kobudo program!

Second Saturday of the month, 4–6 p.m.

October third tonfa class

November fourth tonfa class

December review tonfa and bo

January review tonfa and bo

February green belt examination

March begin sai

AKaTo's Annual Awards Banquet, advanced Black Belt promotions and Seminars

Still working on seminar topics, a banquet speaker AND an exact date, but, as usual, you won't want to miss this exciting day in March of 2010.

Keeping up

You've no doubt noticed we don't print a physical newsletter very often these days. That's because you can go to the website anytime to find out the latest scoop. You do that, don't you? **www.akato.org**



AKaTo's
2009

YMCA INVITATIONAL

KARATE CHAMPIONSHIPS



FREE
dogtags
for all
kids!

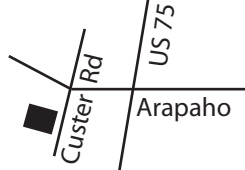
SATURDAY, Oct. 31, 2009 — Richardson YMCA

www.akato.org

At the door registration starts at 9:30 AM
Competition starts with BB Kata 10:15 AM



You'll be home
in time to
trick or treat!



Custer Rd. just south
of Arapaho Rd.
(half a mile off US 75)



**BLACK
BELT KATA**
(ADULT divisions)

Cool Samurai statues will be
awarded for 1st & 2nd in
both adult BB kata divisions.

Traditional Kata *Black Belts have
specialty kata also!*
Forms no higher than your next rank

Sparring

Boots, gloves, helmets, mouthpiece & cup (boys) required

1st & 2nd place trophies & two 3rd place medals per division.

CURRENT AKATO MEMBERS **PRE-REGISTRATION \$25** (\$30 non-members) must be received by Oct. 24.
Registration at the door \$30 for everyone. **(So save \$5 by entering early!)**

ENTRY FORM Put an "X" in the squares of the division(s) you wish to enter below.

CHECKS PAYABLE TO: **AKaTo**, and mail to: 1218 Cardigan St., Garland, TX 75040
or give to Mr. Yates, Ms. Barnett, or Ms. Rhine (\$25 pre-registration only given
to **current** AKaTO members and must be received by Oct. 24).

name _____

age _____ address _____

city, state, zip _____

email _____

style _____ rank _____

instructor _____

**NOTE: You must be personally invited
by an AKaTo senior instructor.**

I understand that a karate tournament is a potentially dangerous activity and agree that any injury or loss that I might sustain while attending and/or participating in this event is not the fault or liability of the Richardson YMCA, the American Karate and Tae Kwon Do Org., Keith D. Yates or any other person/organization connected with them.

signed _____ date _____

parent/guardian of minor _____ date _____

SPARRING

	9th 10th gup/kyu (Yellow)	7th 8th gup/kyu (Orange, Purple)	4th 5th 6th gup/kyu (Green, Blue belts)	All Brown/Red belts
7 and under				
8 - 9				
10 - 11				
12 - 13				
14 - 15 boys				
14 - 15 girls				
Adult Men				
Adult Women				

KATA

	9th 10th (Yellow)	7th 8th gup/kyu (Orange, Purple)	4th 5th 6th (Green, Blue)	Brown/Red belts	Black Belt Traditional Kata	Black Belt Specialty Kata (weapons or music)
8 and under						
9 - 11						
12 - 14						
ADULT						

▶ We may "shuffle" the divisions if there are not enough competitors in any one division (with your permission).