



Grand Master  
Hart



Grand Master  
Lewis



Grand Master  
French



Master W  
6th degree



Master Wren  
6th degree



Master Dial  
5th degree

### A Message from Grand Master Lewis

I hope everyone had a wonderful holiday season. December was a busy month for us, we had a great turnout for our pot luck, the kids enjoyed learning about each other, and they liked spending time together outside of class.

Everyone did a great job at their test on the 18th. The sparing test for our high blue belts and above was on Thursday the 21st, and everyone did a great job. Graduation was on the 23rd, and it was a pleasure to award students their new belt ranks. What a great way to end 2017.

We welcomed two new students from our after school program, please be sure to welcome them to the 5280KAF family.

January is going to be another busy and exciting month. We have our new class schedule effective January 1, 2018. Pick up a copy of the new schedule to be sure your future black belts will be attending the correct class and at the correct time.

We are also making some changes for those needing to learn the message of the months (orange belts and above). We will be breaking it down by learning just 1 sentence a week! For example: December 24th is the first week for Module 5, so students need to know the first sentence by the end of week 1, which would be January 6th.

January also brings New Year's resolutions, and I would like to challenge each and every one of you to make your New Year's resolution a simple one: ***"Strive to be the best you can be in everything you do"***.

For low brown belts and above, we have a SWAT training on January 6th; this is a must before you start to SWAT. Remember you need 24 SWATs and 24 classes in order to test.

Our Black Belt Test will be the weekend of January 12th and 13th. Feel free to come to watch, participate (if you would like), and support our black belts as they work hard to achieve their next level. Word is that there will be board breaking.

Because of the Black Belt Test there are no classes Saturday the 13th.

I am looking forward to seeing all of you learning, working hard, and making new friends.

Grand Master Lewis



**We live by our black belt creed: modesty, courtesy, integrity, perseverance, self control, and indomitable spirit.**

5280 Karate Academy Foundation is a non-profit 501(c)3 martial arts studio with locations in Lakewood and Westminster, Colorado. As master black belts with years of training in their field, Grand Master Hart and Grand Master Lewis believe that one of the most effective paths to martial arts training goes through individual attention. At 5280 Karate Academy, their team of black belt and master-level instructors work with students one-on-one as they delve into training in a safe, non-competitive environment. Tae kwon do and karate programs focus on building physical skills such as basic striking technique and self-defense as well as mental discipline and self-esteem. Once students become comfortable with the basics, coaches work with them to develop more personalized training programs designed to accommodate their individual fitness levels and goals.

**MISSION**  
Our **mission** is to encourage children of all ages to develop their full creative potential through the martial arts. 5280 Karate Academy Foundation strives, through the martial arts, to create a unique environment in which children of all ages (families), abilities, and experiences can feel free to imagine, create, and welcome the martial arts into their lives. 5280 Karate Academy Foundation provides a professional work environment that is challenging, rewarding, creative, and respectful of ideas and individuals. 5280 Karate Academy Foundation offers a place where people can learn the martial arts, meet new people, have fun, and feel comfortable.

#### OBJECTIVE

The **objective** of the charity is to relieve hardship and distress, and provide education for people in need, particularly children. A child's growth and development requires safety as well as loving and supportive relationships with parents, siblings, peers, teachers and others.

## Meet-a-Student

Alan Nguyen

Alan received his orange belt on December 23rd, attends Westgate Elementary and is in the 3rd grade.

Alan attends classes 2 to 3 times a week, and when asked what he likes most about karate, he said *"That you learn how to defend yourself from bullies."* He likes karate so much, Alan couldn't think of anything that he didn't like about karate.

When we asked 8 year old Alan if he had a favorite instructor, he said *"I think not."* When Alan is not in classes he likes to play video games on his iPad. His favorite video games are Roblox and Iddlelehero.



## After School Program News:

We had our Hutchinson Elementary After-School Program students graduate on December 9th. Thirteen students participated in the program, and they were a fantastic group. The program was twice a week for three weeks. They had a great spirit for learning and learned all six basic Korean Karate techniques in the three weeks of the program. The students were ready to receive their certificate at the graduation on the 9th, and two

of the students chose to continue their training with us. Welcome Alexis and Chloe, we are happy to have you join our school.

Master W

## Meet-an-Instructor



Brianna Herner is 18 years old, and a 3rd degree black belt. Miss Herner is a college freshman attending the University of Denver. She loves helping students and seeing them grow and become more confident. Watching the students grow into amazing martial artists is incredibly rewarding. Miss Herner loves everything about teaching, except that the classes are right at dinner time, so she gets pretty hungry by the time class is over.

She started teaching at the Littleton school and remembers that the power would go out during class. They would gradually move to the front of the school throughout class in order to have some light. That made teaching the class interesting and fun.

**Welcome New Students:**

Alexis Harrison

Chloe Escamilla

**Welcome Back:**

CJ Medina

**Congratulations: New Belt Ranks**



**Gold Belts:**

Connor Monroe

**Blue Belts:**

Kimberlee Dewick

Izabel Edlen

**Orange Belts:**

Mohammad Altoos

Chelsea Gallagar

Kara Gonzales

Alan Nguyen

Nathan Nguyen

Ashton Hardy

Abigail Hoffman

Chance Hopkins

Noah Klispie

Xitlali Mendoza

Reilly Miller

Benjamin Morgan

**High Red Belts:**

Jacob Heim

**Low Brown Belts:**

Danielle Brooks-Cordova

Erin O'Rourke

**Green Belts:**

Kellen Baldwin

Sasha Nekin

**High Blue Belts:**

Patrick Hennessy

**Brown Red Belts:**

Danial Bogaychuk

Stanislav Bogaychuk

Daniel Burke

Jasmine Heim

**Purple Belts:**

Julian Barney

Rosalyn Leyba

Abwoon Raath-Ponte

Destiny Taylor

**Low Red Belts:**

Marco Dovganik

Karsen Jeske

**Red Belts:**

Cody Castle

**January Birthdays:**

Jacob Heim January 02

Sebastian Silva January 05

Erin O'Rourke January 06

Kimberlee Dewick January 12

Izabel Edlen January 17

Karsen Jeske January 20



**Module 5 Starting December 24th****Level 1:** \_\_\_\_\_

To-San

American Karate Set 1-4

**Leadership:**

Sticks / Gup, 6ct, 9ct

**Level 2:** \_\_\_\_\_

Toi- Gye

American Tae Kwon Do 1-4

Sticks 9 &amp;12ct + Sparring

**Level 3:** \_\_\_\_\_

American Kickboxing 1-7

(Offensive / Defensive and Retreating)

Sticks all counts + Sparring

**Message of the Month: (December 24, 2017—January 28, 2018)****Positive Respect and Self-Control****Week 1: January 2, 2018**

As a winning black belt, I understand that respect represents a sincere appreciation of the values and the rights of other people.

**Week 2: January 8, 2018**

I understand that in order to respect others, I must respect myself by avoiding habits and behaviors that are unhealthy or destructive.

**Week 3: January 15, 2018**

I must control my physical and mental state so that I will have the ability to maintain a relaxed alertness, thereby maximizing my ability to respond quickly and appropriately in any situation.

**Module 6 Starting January 29th****Level 1:** \_\_\_\_\_

To-San

American Karate Set 5-8

**Leadership:****Jump Kicks****Level 2:** \_\_\_\_\_

Toi-Gye

Am Tae Kwon Do 5-8

Jump Kicks/Intermediate

**Level 3:** \_\_\_\_\_

American Kickboxing 8-13

Review all combos

Booken

**Message of the Month: (January 29, 2018—February 19,2018)****Positive Success****Week 1: January 29, 2018**

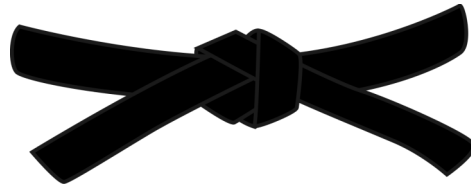
As a winning black belt, I dwell on the rewards of success, not on the penalties of failure.

**Week 2: February 5, 2018**

I understand that life is a self-fulfilling prophecy—I will get what I actively expect over the long run. Whatever I can do, or dream I can... I will begin it.

**Week 3: February 12, 2018**

Boldness has Genius, Power, and Magic in it. Do or Do not there is no try... I will not be intimidated by the negative reactions of others — nor will I become mired in mediocrity.



## Black Belt Page

Black Belt Test is January 12th and the 13th. Be ready to demonstrate the following at the test.

### **1st degree black belts:**

Choi-young

Sam-il

Break 4 boards

### **2nd degree black belts:**

Practical application and counter for Choi-young

One "trick" board break

### **3rd degree black belts:**

Practical application and counter for Choi-young,

Yoo-shin

One "trick" board break

Good luck and be sure to have the required number of swats and classes before testing.

## New Class Schedule January 1, 2018

### 5280 Karate Academy Foundation - 2018 Lakewood

| Class Schedules                | Monday         | Tuesday        | Wednesday      | Thursday       | Friday                     | Saturday         |
|--------------------------------|----------------|----------------|----------------|----------------|----------------------------|------------------|
| <b>As of Jan-Dec 2017</b>      | A              | A              | B              | B              | A & B                      | A & B            |
| <b>Basic Orientation White</b> | 4:00 - 4:45 pm | 6:15 - 7:00 pm | 4:00 - 5:00 pm | 7:00 - 7:45 pm |                            | 11:00 - 11:45 am |
| <b>Little Ninjas'</b>          | 4:00 - 4:45 pm | 6:15 - 7:00 pm | 4:00 - 5:00 pm | 7:00 - 7:45 pm |                            | 11:00 - 11:45 am |
| <b>Team Reverence</b>          |                |                |                |                |                            | 4:30 - 7:30 pm   |
| <b>Leadership (All Levels)</b> |                |                |                | 4:45 - 5:45 pm |                            |                  |
| <b>Level 1</b>                 | 4:45 - 5:30 pm | 5:30 - 6:15 pm | 6:00 - 7:00 pm | 4:00 - 4:45 pm | <b>Level 1</b>             | 11:00 - 11:45 am |
| <b>Level 2</b>                 | 5:30 - 6:15 pm | 4:45 - 5:30 pm | 5:00 - 6:00 pm |                | <b>Level 2</b>             | 11:45 - 12:30 pm |
| <b>Level 3</b>                 | 6:15 - 7:00 pm | 4:00 - 4:45 pm | 5:00 - 6:00 pm |                | <b>Level 3</b>             | 11:45 - 12:30 pm |
| <b>Black Belts</b>             | 6:15 - 7:00 pm | 4:00 - 4:45 pm | 5:00 - 6:00 pm |                | <b>Okinawan Karate</b>     | 1:30—3:30 pm     |
| <b>Black Belt Conditionals</b> | 6:15 - 7:00 pm | 4:00 - 4:45 pm | 5:00 - 6:00 pm |                | <b>2nd Degree &amp; Up</b> | 3:30—4:30 pm     |
| <b>Sparring</b>                |                |                |                | 5:45 - 7:00 pm |                            |                  |

### January, 2018 Important Dates / Events:

|                  |   |
|------------------|---|
| January 1, 2018  | New class schedule goes in effect                               |
| January 1, 2018  | Closed—Happy New Year   |
| January 6, 2018  | SWAT Training 12:30—1:30 Low Brown and Above                    |
| January 6, 2018  | Mandatory 1st degree black belt practice 1:30 pm to 2:30 pm     |
| January 12, 2018 | Black Belt Test - Lakewood starts at 6 p.m.                     |
| January 13, 2018 | Black Belt Test - Lakewood starts at 7 a.m. <b>(no classes)</b> |
| January 15, 2018 | Fitness Week  |
| January 22, 2018 | Progress Check—be ready to recite Module 5                      |

### February, 2018 Important Dates / Events:

|                   |   |
|-------------------|---|
| February 1, 2018  | Make and Hang Candy Bags                        |
| February 3, 2018  | Instructor's Leadership Training                |
| February 6, 2018  | Backwards Day                                   |
| February 7, 2018  | Tee Shirt Day                                   |
| February 8, 2017  | Bad Hair Day                                    |
| February 10, 2017 | Ugly Sweater Day                                |
| February 12, 2018 | Pajama Day                                      |
| February 13, 2018 | Bronco's Day                                    |
| February 14, 2018 | Take Candy Home                                 |
| February 19, 2018 | Progress Check—Be ready to recite Module 6      |
| February 25, 2018 | Spotlight Week—Need to know both Module 5 and 6 |