



### A Message from Grand Master Lewis



Grand Master  
Hart



Grand Master  
Lewis



Grand Master  
French



Master W  
6th degree



Master Wren  
6th degree



Master Dial  
5th degree



April was a busy month; we had our Black Belt test, Tournament, progress check, and Rooney Ranch after school program and graduation.

I want to congratulate all the Black Belts that rocked their test and progressed to their next level. Be sure to join them at the Black Belt Extravaganza on Saturday May 5th, it is at Green Mountain High School starting at 6 pm. I have been told it is going to be out of this world.

We had several students place and win trophies at the Tournament; congratulations to all!

May is the month we honor our mothers, and 5280 KAF would like to offer free training the entire month for all moms. Don't worry dads, your time will come in June.

We are learning Module 8, Positive Motivation. You will be required to say it at your progress check the week of May 14, so be sure you are working on it now.

Keep practicing Module 7, Positive Visualization, because you will be required to say both messages of the month at your test in June!

Parents, don't forget to donate gift cards for our Red Star recognition program. The instructors from each class choose one student they feel worked hard and was a good example during class. That student is awarded a red star on their card, and at graduation, if they have the most red stars they receive a gift card as an award. In order to make this a success we need your help by donating the gift cards. Your donation is 100% tax deductible.

Let's not forget the King Soopers cards ; you can see more information about the program in the article later in this newsletter.

Be sure to thank your parents for supporting your efforts towards your ultimate goal of Black Belt Excellence!

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

### Anita Liuzzi

Anita has been training for about 2 years, and she earned her low red this past March. When asked why she chose Karate, her response was, "karate helps keep my upper body strong, and I am learning self-defense". Anita's favorite part about karate is proving that she can do it.



Anita and Master Dial grew up together and they continue to be friends. Her favorite instructor is Grand Master French, and she loves that he has modified the forms for her and teaches her self defense. Anita keeps busy by volunteering at the Butterfly Pavilion for 14 years, singing in her church choir, and helping out in day surgery at UC Health.







# Congratulations

## Tournament

Abbie Huffman	1st Place	Forms
Jasmine Heim	1st Place	Forms
Jasmine Heim	1st Place	Sparring
Jacob Heim	2nd Place	Sparring
Danielle Brooks-Cordova	2nd Place	Forms
Danelle Brooks-Cordova	2nd Place	Sparring
D J Ironshell	2nd Place	Sparring
Kaylee Chuong	2nd Place	Sparring
Kara Gonzales	2nd Place	Forms
Connor Monroe	3rd Place	Forms
Reilly Miller	1st Place	Forms



# Welcome To THE TEAM

## New Students:

Shane Rubenstein  
Myles Rubenstein

## May Birthdays:

Jamie McClung  
Alicia Gambino  
Tyler Capolungo  
Marco Dovganik  
Reilly Miller  
Daniel Burke



**\*\* Be sure to let your instructor know when it is your birthday so your class can kick you and wish you a Happy Birthday\*\***



## May Curriculum

### Module 7 Starting March 25, 2018—June 16, 2018

#### Level 1:

Won-Hyo

9 Ct Kicks (Single)

#### Level 2:

Hwa-Rang

9 Ct Kicks (Double)

#### Level 3:

Exodus

9 Ct Kicks (Triple)

#### **Leadership:**

Nunchaku #1

Sparring w/ Nunchaku

Sparring w/ Nunchaku

***Need 10 red stripes to test, be sure you are turning your homework in at the beginning of class.***

### Messages of the Month:

***\*\*Need to be able to recite both at the test on June 11, 2018***

***\*\****

### Module 7 (March 25—April 20)

#### **Positive Visualization**

As a winning black belt, I practice, mentally rehearse, and visualize the successful outcomes of my activities.

My mind cannot tell the difference between what is real and what is vividly imagined.

I pre-play and re-play my performances in my mind to anchor success and minimize failure.

Positive self-motivation arrives through visualizing my desires while limiting my fears.

### Module 8 (April 21—June 11)

#### **Positive Motivation**

As a winning black belt, I understand that motivation comes from focusing on the long-term results I desire, not the daily disappointments and struggles I might encounter.

I will always move in the direction of my current dominant thoughts. I control my “inner dialogue,” creating a supportive conversation within myself.

This supportive inner dialogue will nurture my goals and my energies.



## **New Belt Ranks**

### **Congratulations**

Phillip Truong	Certified 2nd Degree
Victoria Mallory	Certified 2nd Degree
Preston Waller	Certified 2nd Degree
Tyler Capolungo	Certified 2nd Degree
Kaylee Chuong	Conditional 2nd Degree
Jasmine Sawyer	Conditional 2nd Degree
Alicia Gambino	1st Black Red
Braeden Adams	1st Black Purple
Avery Grosh	1st Black Purple
Steve Warburton	1st Black Purple
Katherine Cannady	1st Black Purple
Damian Springer	1st Black Orange
Jamie Warburton	1st Black Orange
Drennan Dowell	1st Black Orange
Natalie Currell	1st Black Orange
Carson Bountry	1st Black Orange
DJ Ironshell	1st Black Orange
Brianna Calhoun	1st Black Gold
Jasmine Heim	High Brown
Daniel Burke	High Brown
Daniel Bogaychuk	High Brown
Stanislav Bogaychuk	High Brown



## Help 5280 KAF at no cost to you!

### How does it work?

Buy a gift card from 5280 Karate Academy Foundation for \$5.00, there is \$5.00 pre-loaded on the gift card. You must buy the gift card directly from 5280 Karate Academy Foundation, or we do not receive the credit.

Before you do your normal shopping go to the customer service desk and load the gift card with whatever amount you will be spending or any other amount. Do your shopping and when it is time to pay, use the gift card. You can reload again and again.

### What can I use the card for?

You may use the card for any purchases at King Soopers (with the exception of some services such as Western Union, money orders, lottery tickets, or other gift cards, etc.) You may also use the gift card at King Soopers or City Market Fuel Centers.

### How does 5280 Karate Academy Foundation earn money?

Every time you **reload** the card, King Soopers add that amount to our reward account. Once the total in any give month reaches \$5,000, 5280 Karate Academy Foundation gets a check for 5% of the total. It's that simple. If we don't hit \$5,000 in that month, the balance rolls forward to the next month (s) and continues to accumulate until the balances reaches \$5,000 in the month.

### How long is the card good for?

The dollar amount on the card never expires. However, if your balance goes to zero and you don't reload it within 90 days, the card becomes inactive. You would then need to purchase a new card from 5280KAF. If you reload it after it is inactive, 5280KAF will not get credit for the reloads.

What a great way to help your school at no cost to you, the initial \$5.00 cost is already loaded to the card, you load the money to the card that you would spend at King Soopers, but instead of paying at checkout with cash, check or credit card, you use the gift card that you have already loaded with the amount you would be spending. Next time you are in the school be sure to ask for a card to get started.



# Sponsors Page

Thank you to all our Sponsors. 5280 Karate Academy Foundation (5280KAF) is the only Martial Arts School in Colorado that has the Non-Profit 501(c)3 designation. 5280KAF strives to serve as many people as possible with the resources we have available—every individual is important to our organization and we will not discriminate against anyone. By offering services that are concentrated on serving those less fortunate and addressing the greatest needs of our target community. We offer opportunities for the reduction of negative behaviors and activities amount today's youths through mentorship opportunities, athletic training, and character development. Supporting the development of mind, body, and soul, 5280KAF provides as many individuals as possible with a thorough foundation for future success.

## **Platinum Sponsors: (\$1,500.00)**

Kim Huebner

Alissa McNealy

Chipotle

## **Gold Sponsors (\$1,000)**

Natasha Lewis—Freeman

Jesus Rodrigues

## **Silver Sponsors (\$500.00)**

Jason Heim

ARC Thrift Stores

Complete Spectrum Financial Services, Inc.

Jen Young

Interested in sponsoring? Is your company interested in a Corporate Sponsorship? See our website <http://5280karate.org/donate/sponsors/> or see Grand Master Lewis for details.



# Important Dates

## May, 2018 Important Dates / Events

May 1, 2018	Moms train for free
May 5, 2018	Black Belt Extravaganza 6 pm—8 pm
May 12, 2018	Instructor Leadership Training 12:30 pm
May 14, 2018	Progress Check
May 15, 2018	Progress Check
May 16, 2018	Progress Check
May 21, 2018	Spotlight Week
May 28, 2018	Closed—Memorial Day
May 29, 2018	Stripe Week

## June, 2018 Important Dates / Events

June 1, 2018	Dads Train Free
June 3, 2018	Pre-exam Week
June 11, 2018	Exam Day All levels 5 pm
June 14, 2018	Sparring Test
June 16, 2018	Graduation 11:30 am
June 17, 2018	Module 1 Positive Self Confidence
June 22, 2018	Staff Meeting 6 pm
June 23, 2018	Swat Training 12:30 pm—1:30 pm

# Important Dates

## July, 2018 Important Dates / Events

July 1, 2018	Closed for Summer Vacation
July 2, 2018	Closed for Summer Vacation
July 3, 2018	Closed for Summer Vacation
July 4, 2018	Closed for Summer Vacation
July 5, 2018	Closed for Summer Vacation
July 6, 2018	Closed for Summer Vacation
July 7, 2018	Closed for Summer Vacation
July 9, 2018	Progress Check
July 10, 2018	Progress Check
July 11, 2018	Progress Check
July 13, 2018	Black Belt Test—No Classes
July 14, 2018	Black Belt Test—No Classes
July 14, 2018	Board Meeting 6:30 pm
July 16, 2018	Fitness Test
July 17, 2018	Fitness Test
July 18, 2018	Fitness Test
July 28, 2018	Leadership Training 12:30—2:30 pm

## August, 2018 Important Dates / Events

August 4, 2018	Instructor Training
August 6, 2018	Progress Check
August 7, 2018	Progress Check
August 8, 2018	Progress Check
August 12, 2018	Spotlight Week
August 17, 2018	Staff Meeting 6 pm
August 19, 2018	Stripe Week
August 26, 2018	Pre-Exam Week

## Class Schedules

### Beginning

### January 1, 2018

#### 5280 Karate Academy Foundation - 2018 Lakewood

Class Schedules	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>As of Jan-Dec 2018</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		

#### 5280 Karate Academy Foundation - 2018 Westy

Class Schedules	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>As of Jan-Dec 2018</b>	A	A	B	B	A & B	A & B
<b>Basic Orientation White</b>	6:00—6:45 pm	No class	6:00—6:45 pm	5:00—5:45 pm	5:00—5:45 pm	No classes
<b>Level 1</b>	5:00—6:00 pm	No class	5:00—6:00 pm	6:00—7:00 pm	6:00—7:00 pm	No classes
<b>Level 2</b>	5:00—6:00 pm	No class	5:00 - 6:00 pm	6:00—7:00 pm	6:00—7:00 pm	No classes
<b>Level 3</b>	7:00—8:00 pm	No class	7:00—8:00 pm	7:00—8:00 pm	Sparring	No classes
<b>Black Belts</b>	8:00—9:00 pm	No class	8:00—9:00 pm	8:00—9:00 pm	<b>7:00—9:00 pm</b>	No Classes