

The Old

Pine Tree



Scroll

August 2012

What's Next?

August

4 - AZ Karate Summer League

September

1-3 - CLOSED, Labor Day Holiday

October

8 - CLOSED, Columbus Day Holiday

13 - Tucson Gold Cup & AZ Karate Winter League tournament

November

3 - AZ Karate Winter League

22 - CLOSED, Thanksgiving Day

Pictures from the KoSho Summer Camp



Happy August Birthdays!

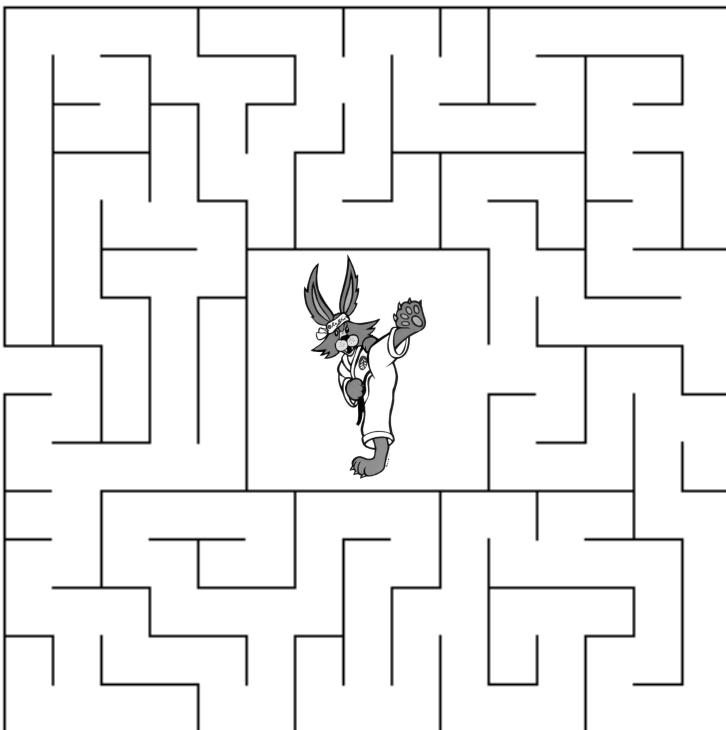
Michael Baker
 Denilya Barrett
 Linda Barroero
 Rachael Benge
 Nicole Benge
 Cory Boone
 Jake Buerger
 Heather Burnette
 Matthew Cavendish
 Seres Costy-Bennett
 Wendy Crozier
 Fred Dickinson
 Peter Dodge
 Roberto Elias
 Karen Enriquez

Frankie Febbo
 Nicholas Feldman
 Alexis Garland
 Cleo Hardin
 Peter Hardin
 Steven Hughes
 Steve Hupp
 Lara Illegems
 Howard Jackson
 Melinda Jacobs
 Tricia Jordan-Curtis
 Erin Kenski
 Cynthia Kilbourne
 Marjorie Kosky
 Jake Lialios

Wade Linebarger
 David Lubbers
 Georgie Ortega
 Hector Ortiz
 Shohan Ozeri
 Rosa Paz
 Todd Pearson
 Craig Roesler
 Jim Scanlan
 David Starbuck
 Veronika Sufleta
 Jim Tress
 Arianna Wills
 Mark Zbojniewicz



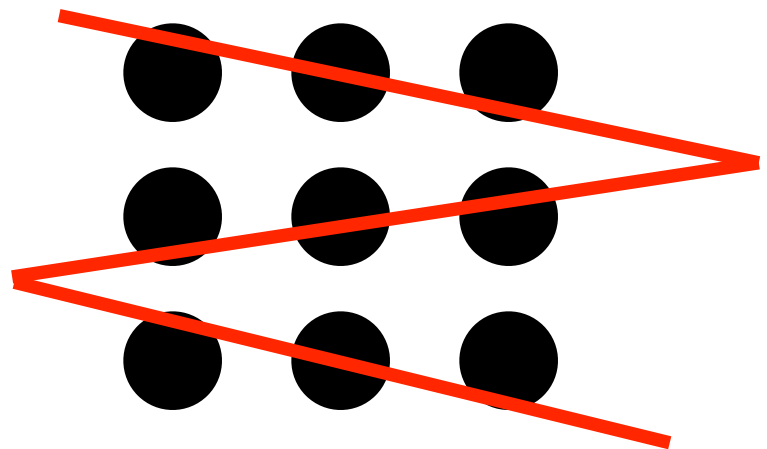
Help the KoSho Kickin' Coyote find his way out of the maze



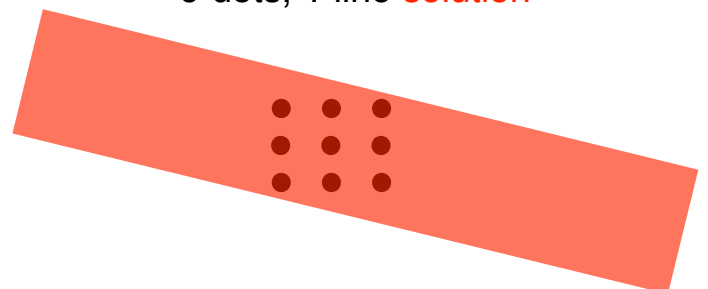
What Limits Do You Set? (part 2)

July Old Pine Tree Scroll

9 dots, 3 lines **solution**



9 dots, 1 line **solution**



(There was no restriction on the line sizes.)

KoSho Karate

Where Champions Train

Arizona Karate Summer League

Kumite (Sparring)
Chanbara (Foam Swords)

Team Competition Only

Cost:
\$20 for each
team member

The teams with the most gold medals at the end of a season will be eligible for the team cup.

Saturday, Aug. 4th
starts at 1 pm

at KoSho Karate
3912 N Oracle Rd.
Tucson, AZ 85705



For more information
and to pre-register,
please call 887-4099

The 5-month summer league season will be from April through August with one competition each month.

The 5-month winter league season will be from October through February.



Personal Protection Programs

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Everyone has the natural instinct to survive.

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Safe, realistic training**



Sponsored by:



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



Sat., Oct. 6 at Reid Park

Join KoSho Karate
as we raise money
for a great cause.

Details in the
September
newsletter.
Don't miss it!



Promotions and Testings



When you take a look at the requirements for a karate black belt at different schools and organizations, you quickly see that those requirements vary considerably. Unlike Judo, which has well-established promotional requirements, other styles of martial arts are not so organized. Karate, Kung Fu, Tae Kwon Do promotional requirements are, for the most part, determined by the knowledge and experience of the school's chief instructor. Usually, instructors employ the same type of promotional requirements by which they themselves were promoted.

For example, I once attended a promotion at a karate school here in Tucson. The instructor lined all his students up along the wall and either punched or kicked them in the stomach. Those who were still standing were promoted to the next grade. I've attended other promotions where the students only had to break a one-inch pine board to get their black belt. My first instructor required his students to do

everything he taught in the classes on both left and right sides. If you moved the wrong hand or foot at the wrong time, it was a mistake that would cost you your promotion.

The purpose of our promotional program is to measure each student so that they are absolutely certain of what they can do and what they know. It helps ensure that, in terms of their training, all KoSho students are headed in the same direction.

by Johnny Linebarger, Shihan

Words for Thought

Coming Together

We may have all come on different ships, but we're in the same boat now.
by Martin Luther King, Jr.

The Old Pine Tree Scroll is a monthly publication of KoSho Karate - Where Champions Train. Articles for the newsletter may be sent to:

KoSho Karate
3912 N Oracle Rd., Ste. 102
Tucson, AZ 85705

Ph: (520) 887-4099
Fax: (520) 292-6388
Email: KoSho@KoShoKarate.com

Level 1 Courses

Adaptive Personal Protection

3 different sessions in August!



3012 N Oracle Rd., Ste. 102
 Tucson, AZ 85705
 Ph: (520) 887-4099
 Fax: (520) 292-6388
 Email: kosho@koshokarate.com

P = Adaptive Tactical Pen

PL = Adaptive Tactical Pen & Adaptive Tactical Light

PLGH = Adaptive Tactical Pen & Adaptive Tactical Light, Grabs and Holds

Cost:

\$49/session

\$100 for all 3 sessions

Monday	Tuesday	Wednesday
August 6 9 am P 3 pm P 7:15 pm P	August 7 9 am PL 2:15 pm PL 6 pm PL	August 8 9 am PLGH 3 pm PLGH 7:15 pm PLGH
August 13 9 am PL 3 pm PL 7:15 pm PL	August 14 9 am PLGH 2:15 pm PLGH 6 pm PLGH	August 15 9 am P 3 pm P 7:15 pm P
August 20 9 am PLGH 3 pm PLGH 7:15 pm PLGH	August 21 9 am P 2:15 pm P 6 pm P	August 22 9 am PL 3 pm PL 7:15 pm PL
August 27 9 am P 3 pm P 7:15 pm P	August 28 9 am PL 2:15 pm PL 6 pm PL	August 29 9 am PLGH 3 pm PLGH 7:15 pm PLGH

Saturday
August 11 10 am P 12:15 pm PL 1:15 pm PLGH
August 18 10 am PL 12:15 pm PLGH 1:15 pm P
August 25 10 am PLGH 12:15 pm P 1:15 pm PL
SEPT. 1 CLOSED