



# Midwest Martial Arts Newsletter



Newsletter of the Southwind Shorin-ryu Organization

## It's a June-July 2014 Newsletter!



### Twenty-Fifth Sunflower State Games

The Sunflower State Games hosted its open martial arts tournament on July 12, 2014 at Christ the King Gymnasium in Topeka. More than twenty competitors represented Midwest Martial Arts. We are very proud of our

members who participated. We regret any omissions or errors in the results table below.

#### 25<sup>th</sup> Sunflower State Games Karate Tournament Southwind Shorin-ryu Results

NAME	AGE	RANK	EVENT
Kendall Broadus	10-11	Blue	Kata 4th
Phillip Canady	12-14	Brown	Weapons 4th
Phillip Canady	12-14	Brown	Sparring 2nd
Jarret Crane	18+	Brown	Weapons 2nd
Jarret Crane	18+	Brown	Kata 3rd
Elijah Eliot	8-9	Blue	Kata4th
Grace Eno	8-9	Blue	Kata 4th
Justin Fulton	15-17	Brown	Weapons 3rd
Justin Fulton	15-17	Brown	Kata 2nd
Matthew Fritz	18+	Brown	Freestyle Weapons 1st
Matthew Fritz	18+	Brown	Freestyle Kata 2nd
Emma Granberry	-7	Orange	Kata 3rd
Cora Iarossi	8-9	Brown	Weapons 2nd
Trenton James	12-14	Brown	Kata 4th
Laron Kinmon	18+	Purple	Kata 1st
Laron Kinmon	18+	Purple	Weapons 1st
Laron Kinmon	18+	Purple	Sparring 1st
Connor McGee	8-9	Green	Kata 4th
Abraham Sabarini	15-17	Brown	Weapons 4th
Abraham Sabarini	15-17	Brown	Kata 1st
Abraham Sabarini	15-17	Brown	Sparring 1st
Nicholas Selm	10-11	Brown	Kata 4th
Nathan Selm	8-9	Blue	Weapons 3rd
John Toburen	15-17	Brown	Weapons 3rd
Elijah Turner	-7	Orange	Kata 1st
Ethan Turner	10-11	Purple	Sparring 1st
Annie Walker	50 +	Brown	Weapons 1st
Annie Walker	50 +	Brown	Kata 1st

Your News Center  
for  
*Midwest Martial Arts*

### *Theme for June*

#### **Positive Self-Image**



*Winner's Self-Talk*

**"I am growing."**

**"I'm getting better and better."**

### *Theme for July*

#### **Positive Self-Direction**

*These are my Goals*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Begin a list of goals here.  
Use a separate sheet of paper if  
necessary.

Check out our website at <http://SouthwindShorinryu.org>