



# Midwest Martial Arts Newsletter



Newsletter of the Southwind Shorin-ryu Organization

## Welcome to the SUMMER 2015 Newsletter

### Your Club Represents Well at Sunflower State Games 2015

Midwest Martial Arts members took home pounds and pounds of medals from the Sunflower State Games held on Saturday, July 11, 2015 at Christ the King Gymnasium in Topeka. The results table below shows that our members dominated in the sparring matches and showed well in the kata competition.

Tournaments are the most stressful type of training short of actual combat. The members listed below faced high-level pressure and came through stronger because of it. **REMEMBER: Learning martial arts without stress conditioning is like learning to swim without water.**

#### 2015 Sunflower State Games Karate Tournament Southwind Shorin-ryu Results

NAME	AGE	RANK	EVENT
Kendall Broadus	10-11	Purple	Traditional Weapons 4 <sup>th</sup> , Tr Kata 4th
Kendall Broadus	10-11	Purple	Sparring 2 <sup>nd</sup>
Evander Davis	8-9	Blue	Traditional Kata 3 <sup>rd</sup>
Matthew Fritz	18+	Brown	Freestyle Weapons 1 <sup>st</sup> , FS Kata 2nd
Matthew Fritz	18+	Brown	Sparring 1 <sup>st</sup>
Justin Fulton	18+	Black	Traditional Weapons 3 <sup>rd</sup> , Tr Kata 4th
Emma Granberry	8-9	Green	Kata 3 <sup>rd</sup>
Jade Hall	12	Brown	Traditional Kata 4 <sup>th</sup>
Lily Harper	14-17	Brown	Weapons 4 <sup>th</sup>
Lily Harper	14-17	Brown	Sparring 1 <sup>st</sup>
Cora Iarossi	10-11	Brown	Traditional Weapons 2 <sup>nd</sup> , Tr Kata 1st
Cora Iarossi	10-11	Brown	Sparring 1st
Laron Kinmon	18+	Purple	Freestyle Weapons 1 <sup>st</sup> , FS Kata 1st
Laron Kinmon	18+	Purple	Traditional Weapons 1 <sup>st</sup> , Tr Kata 1 <sup>st</sup>
Laron Kinmon	18+	Purple	Sparring 1 <sup>st</sup>
Tyler Lu	8-9	Green	Traditional Weapons 4 <sup>th</sup> , Tr Kata 4 <sup>th</sup>
Curtis Morrissey	10-11	Brown	Traditional Weapons 4 <sup>th</sup> , Tr Kata 4th
Curtis Morrissey	10-11	Brown	Sparring 1 <sup>st</sup>
Derek Rohnke	18-35	Green	Traditional Weapons 2 <sup>nd</sup> , Tr Kata 2nd
Derek Rohnke	18-35	Green	Sparring 3 <sup>rd</sup>
Abraham Sabarini	15-17	Black	Sparring 1 <sup>st</sup>
Dale Tyson	35+	Green	Traditional Weapons 1 <sup>st</sup> , Tr Kata 1 <sup>st</sup>
Dale Tyson	35+	Green	Sparring 2 <sup>nd</sup>
Eric Webb	18-35	Black	Sparring 3rd
Eric Webb	35+	Black	Sparring 3rd

Your News Center  
for  
*Midwest Martial Arts*



July: Positive Self-Direction  
August: Positive Self-Discipline  
Sept.: Positive Self Dimension

## Website Help!

USE THE TRAINING VIDEOS!

Mr. Moore and the instructors have made several videos of our formal exercises (kata) available on the website: **SouthwindShorinryu.org** Your tablet or smartphone can read the QR code below and take you directly to the website.



The link to our training videos is the black button in the footer of the site with the Japanese characters.

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