

**Mr. Bill Soto**

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**Subject: News from Soto's Martial Arts America Vol 2**



## Soto's Martial Arts America

Karate School News

January 2010 Vol 2



### Student Family Spotlight

Each month Soto's Martial Arts will feature a black belt leadership family willing to share their experiences of martial arts training at the academy. This article features blue belt Mrs. Karen Schimian and her black belt grandson Garrick Hanson.

*Karen (Mrs. Schimian) writes:*

After Garrick's parents enrolled him in SMAA in the spring of 2005, it became more convenient for me to take him to his classes. I was recently widowed, retired, and happy to have quality time with my only grandchild. Two and one-half years later, Garrick was ready to



**Congratulations New  
Shodan Belt  
Mrs. Lemke**



**Congratulations New  
Shodan Belt  
Miss. Wieseler**

**Next Graduation  
February 25 2010 6:00  
PM at Soto's**

**KICK - IN**

test for his black belt, which he received in December 2007.

During those years I watched his training progress. Sometimes Mr. Soto would invite me onto the floor to participate when appropriate. I found it to be fun, and began to think about training myself, but only after Garrick received his black belt. So I began my training in early 2008. When I was in my forties, I remember saying to myself that I would do something new and different when I turned 70. If someone had told me then that it would be martial arts, I would have told them they were crazy. I started my training when I was 71.

Since I have a knee replacement and other joints are arthritic, I conferred with my orthopedic surgeon about martial arts training. He said simply, "Keep moving!" In addition to keeping mobile, I believe the memorization of and performance of the set movements of the Kata enhances what is between the ears. Black belt by 75?

*Garrick (Mr. Hanson) writes:*

I originally joined martial arts because I wanted to learn self-defense. I was bullied throughout all of middle school, and I wanted to be able to defend myself efficiently if necessary. Not only did I learn self-defense, I learned many skills that will be invaluable to me in the future. These benefits include extensive leadership training, improved communication and people skills, and improved self-confidence. I am now very respectful of others and to my surroundings.

Although not as important as the above benefits, there are physical benefits as well. Martial arts helped me get in great shape and does provide a thorough cardiovascular workout.

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