

*continued from front page*

have completely given up their gym memberships and are devoted to this workout exclusively."

As they progress through their belts, the physical requirements will become more and more demanding, which is why the program is so successful long term. "When you go to the gym and do the same workout day after day, for months and even years, your body adapts," explains Artie. "You cease to get any benefit out of your workouts. With Thai kickboxing, that doesn't happen because we're constantly upping the ante."

The basic kicks and punches are grouped in sequences that become longer and more complicated over time. It takes about three years to reach black belt level, which in part requires 75 full



Jumping rope is part of the interval training Thai kickboxers go through to increase their cardiovascular fitness — and burn calories.

body pushups without stopping, and the ability to break a board with a roundhouse kick. Why break boards? "It gives you confidence to know your technique actually works," says Artie. "You learn that you have the power."

As Shihan Dai puts it, "The core program at Fournier's is and always will be karate. But we know that everyone has unique goals and their own individual paths to follow. We want to be able to offer our students options so that, in whatever way that's appropriate for them, martial arts can be part of their life."

## Fournier's Adult Programs At a Glance

- Karate:** self-defense, confidence, mind-body connection, lifetime journey
- Kickboxing:** excellent cardio workout; learn some basic kicks and punches
- Krav Maga:** intense self-defense, progressing to grappling; great cardio workout
- Thai Kickboxing:** excellent cardio workout; learn basic self-defense skills and confidence to use them

If you have story ideas or photos of Fournier's students or events to share, please email us at:

[jenny@hauptman.com](mailto:jenny@hauptman.com)

And don't forget to visit our website for class schedules, announcements, etc. at:

[flkc.cmasdirect.com](http://flkc.cmasdirect.com)



# FOCUS

NEWS FROM FOURNIER'S LEADERSHIP KARATE CENTERS

## The Latest Kick at Fournier's

November 2005



Thai kickboxing students learn practical drills that can be applied in real self-defense situations.

IT'S TRUE THAT WHEN IT COMES to getting in shape, consistency is critical. No matter what kind of workout you like to do, you will get some kind of results if you do it consistently. But if you've been doing the same workout routine for months or even years, and you're no longer seeing any physical change, it could be that you need to break out of the box entirely. That's what we had in mind when we introduced the new Thai kickboxing program last June.

This program is designed to get you in the best shape of your life while working out with a purpose. It will teach you how to be in control of your mind, body and emotions with the intent and ability to defend yourself if necessary.

The Thai kickboxing program is based on Muay Thai Kickboxing, but doesn't involve contact. As with karate, students earn belts and learn forms, however "the forms take a lot less time to perfect," Sempai Artie explains. "Thai kickboxing provides the cardiovascular conditioning similar to kickboxing, but with very applicable and easy to master self-defense skills built in."

The program is extremely physical, with different requirements for each belt level. In June, a brave first generation of Thai kickboxers signed up, not knowing exactly what they were embarking on. Gale Coleman, who is a brown belt in the regular karate program, wanted to try the Thai kickboxing program, "for the cardio and muscle building aspects. It's very hard, you have to really

want the workout and commit yourself to it." When she started, she was able to do only five pushups on her knees. To earn her yellow belt in Thai kickboxing, she was required to do 25 pushups on her toes, as well as break a board with her knee. With hard work and the mutual support the class fosters, Gale and all the Thai kickboxers were able to do it!

Sempai Artie says so many of his students were in the same boat in the beginning. "They have made astounding physical fitness gains in only a few months. They've lost weight while gaining muscle. Some of my students

*continued on back page*

## INSIDE:

- .....
- Tournament Results ..... 2
- Student Profile: Alex Ciampi . . 3
- Adult Programs at a Glance . 4

**FOURNIER'S LEADERSHIP KARATE CENTERS:**

1053 Forest Ave., Portland [ 797-0900 ] • 798 Main Street, So. Portland [ 774-3478 ]

# Fournier's Students Make a Strong Showing on the Tournament Circuit

KARATE IS THE CHOSEN SPORT FOR SOME because it's inherently non-competitive. Unlike soccer, baseball, basketball — almost any other sport — it's not about making the team, scoring goals and winning games. With karate, the sense of winning comes from the individual, and from the personal progress he or she makes over time. But the competitive spirit can be an excellent motivating factor to achieve one's best, and there are ways to channel that in karate, too. Judging by the display of trophies we've seen around the dojo lately, that spirit is alive and well at Fournier's.

While we don't currently have a competition team, many of our students have been competing individually in local tournaments and have been taking home a lot of hardware.

"Competing can be a good indication of how you're doing in karate, or it can be no indication at all," warns Shihan Dai. "It depends on the judges, who else shows up. You have to understand that tournaments are inherently unfair."

But the value, he believes, is in preparing yourself to give your best, strongest perfor-

mance, and learning and growing from that experience — no matter how it turns out.

"First of all, you're a champion just for showing up, for putting yourself out there to be judged and possibly rejected," he adds, clearly proud of his students who have the self-confidence and determination to do that.

Competing in tournaments isn't for everyone. It's sitting and waiting long hours for your division to be called. It can be expensive. And at the end of the day you could go away with nothing, maybe because the judging was inconsistent. But the experience of walking into the ring, having a venue to perform your absolute best, and knowing you have done that makes it worth it for those with that competitive spirit.

Any student, no matter what age or belt level, is eligible to compete, so if you're interested, speak to Shihan Dai. You may need to prepare yourself with some extra coaching, or by observing a few tournaments first. But if you have the desire to get out there and show what you've got, Fournier's stands behind you.

Watch for the annual Fournier's in-house tournament and Toys for Tots fundraiser coming up in December.

*"You are  
a champion  
just for  
showing up."*

## East Coast Karate Championships

### Shihan Dai:

2nd place in forms

### Maria Fournier:

1st place in forms  
1st place in weapons  
3rd place in fighting

### Deanna Welch:

2nd place in forms  
3rd place in weapons  
4th place in fighting

## Pine Tree States Karate Championships

### Shihan Dai:

1st place in forms, Grand Champion  
1st place in fighting

### Maria Fournier:

1st place in weapons, Grand Champion  
2nd place in forms  
2nd place in fighting

### Deanna Welch:

1st place in forms  
2nd place in weapons  
2nd place in fighting

### Alex Ciampi:

1st place in forms

### Emily Colbert:

2nd place in fighting

### Devon Herald:

3rd place in fighting

### Dexter Herald:

honorable mention

## Maine Karate Classic

### Shihan Dai:

1st place in forms, Grand Champion  
1st place in fighting, Grand Champion

### Maria Fournier:

1st place in weapons  
1st place in forms  
1st place in fighting

### Anthony Ciampi:

4th place in forms  
2nd place in fighting

### Zach Sheckley:

2nd place in forms  
2nd place in weapons

### Tim Hem:

2nd place in forms

### Emily Colbert:

2nd place in forms

### Jacob Foegel:

2nd place in forms

### Alex Leblanc:

1st place in forms

### Andrea King:

2nd place in forms

### Deanna Welch:

3rd place in forms  
3rd place in weapons  
1st place in fighting

# Student Profile: Alex Ciampi



really paid off. In the last year or two, he has been on the competition circuit around New England, and has performed exceptionally well. At the Pine Tree State Karate Championship in Freeport in September, he won first place in forms for twelve and under, and also ranked highly in weapons fighting.

"Competing is the best part about karate," says Alex. "It's just really thrilling being out there. I get really pumped up."

His parents say that karate has done wonders for Alex's self-confidence. "It's taught him perseverance," adds his father. "He knows that if he's dedicated to a goal and gives one hundred percent, there's nothing he can't achieve."

TWELVE YEAR OLD Alex Ciampi, a Fournier's student since he was nine, walks though his house practicing reverse punches and side kicks. "Everything he holds in his hands he spins like a bo," says his father, Michael Ciampi. "He does karate all the time."

For Alex, all the constant practice has

Shihan Dai says of Alex's natural ability, "he's incredibly athletic, and that athleticism really comes through in his forms. If he continues to work at this level, he'll be able to go as far as he wants in this sport."

Alex seems very aware of his ability, and exudes the confidence his parents say came through his karate training. When asked what he likes about competing, he says confidently, and without conceit, "I'm pretty good at it."

But it wasn't always easy for Alex. When he first started karate, he didn't like it. "It was hard," he remembers. But after a few classes he started to have fun with his kicks, punches and forms. He started to catch on. Then, as so many martial artists experience, he became bored about half way through and wanted to quit. But

with the support of his parents and Sensei Tarah, who told him that she herself had felt the exact same way, Alex persevered. He started sparring, joined Masters Club and was soon excited about karate all over again.

Now his main goal is getting his black belt. "There's no point in going back," says Alex, bringing forth the 'champ' in Ciampi.

*"Everything  
he holds in his  
hands he spins  
like a bo.  
He does karate  
all the time."*

# Did You Know?

There are estimated to be more than six million martial arts practitioners in North America, and about 70% of those are children.

The study of martial arts is one of the few activities that brings together the energy of both the mind and body. More than any other sport, karate offers students the chance to explore their innate

powers. They learn what they are capable of as they improve strength, flexibility and endurance, while establishing balance and harmony. And this is just the beginning.

Physical skills act as a foundation for something much more important: the development of core values that can last a lifetime.