

Summer
2016 Issue



S.M.A.R.T.
STATE MARTIAL ARTS RATINGS AND TOTALS

MAGAZINE

THIS ISSUE:

**FRIENDSHIP TOURNAMENT
HIGHLIGHTS**

**SMART'S NEW ENGLAND
SPORT KARATE CAMP
HIGHLIGHTS**

GOAL SETTING

**GET TO KNOW
RENSHI CRAIG SARGENT**

**COMPETITOR
SPOTLIGHTS**

SMART STANDINGS



20th Annual Pine Tree State Karate Championship



**Saturday,
September 10, 2016
Freeport, Maine**

IPPONE & SMART RATED

****Pre-registration
All events: \$50.00**

****Day of tournament
All events: \$60.00**

Spectators:

Adults \$5.00

Children 6-12 \$3.00

**Senior Citizens and
children 5 & under Free**

**A portion of the proceeds to benefit
the Maine Animal Refuge League.**

For more information contact:

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WHAT IS SMART



S.M.A.R.T. (State Martial Arts Ratings & Totals) is a non-profit organization supporting martial arts and martial arts tournaments around the state of Maine. Throughout each year and tournament season, S.M.A.R.T. members compete around the state in rated and ranked tournaments where they build up points in a tier ranking system, accumulating as many points as possible. At the end of each tournament season the total points are added up and final rankings are distributed by age and rank. The contestant with the most points added up at the end of all tournaments in the

season is crowned the State Martial Arts Ratings and Totals Champion for their class, age and division. The highest ranked competitors at the end of the season are invited to compete at the S.M.A.R.T. State Championships with all the finalists and season winners to crown the grand champion of the year per class, age and division.



PROMOTER PROFILE



Title: Renshi

Name: Craig Sargent

Age: 37

Martial Arts School: Club "NAHA" Karate-Do

Style: Shudokan

Rank: 5th Degree Black Belt

How long in Martial Arts: 24 years

Hobbies: Running, Karate, Martial Arts History

Favorite Martial Arts Movie: Kura Obi

Favorite Song: Shadows by David Crowder Band

Favorite Food: Tacos

Favorite Out of State Tournament: IPPONE Kick-Off Tournament

Favorite Martial Artist: Tatsuya Naka

Favorite Forms Competitor: Rika Usami

Favorite Fighter: Lyoto Machida

Toughest Forms Competitor: Andy D'Amto

Toughest Fighting Competitor: Chad Joseph

Greatest Tournament Win: Two Grand Championship titles at the 1998 Battle of Maine

Martial Arts Goal: To become a better martial arts instructor

Biggest Accomplishment: My Family

Favorite Martial Arts Saying: "The ultimate aim of the art of Karate lies not in victory nor defeat, but in the perfection of the character of its participants"

– Funakoshi Gichin

COMPETITOR PROFILE



Name: Sydnie Adams

Age: 10

Martial Arts School: Dragon fire

Rank: blue belt

How long in Martial Arts: since September 2015

Hobbies: tournaments, softball, swimming, hide and seek tag and card games

Favorite Movie: that's a hard one I love movies. Idk if I could pick just one

Favorite Food: pizza or ice cream it's hard to choose

Favorite Maine Tournament: it's a toss up between the friendship tournament and the summer spectacular

Favorite Forms Competitor: Isabel Palmee

Favorite Fighting Competitor: Sophie Tetreault

Toughest Fighting Competitor: Sophie Tetreault

Toughest Forms Competitor: Isabel Palmee

Greatest Tournament Win: well I've got two Maine Martial arts challenge placed 1st in kata and 2nd in sparing and the friendship tournament I placed 2nd in both kata and sparing and 5th in flag sparing

Martial Arts Goal: to get my black belt before I'm a teenager

Name: Tyler Bard

Age: 15 turning 16 Aug 25

Martial Arts School: Huards Mixed Martial Arts

Rank: 1st Degree Brown Belt

How long in Martial Arts: 7 years

Hobbies: Fishing, Cliff jumping

Favorite Movie: Deadpool

Favorite Food: Lobster

Favorite Maine Tournament: Battle of Maine

Favorite Forms Competitor: Ezra Hoxie

Favorite Fighting Competitor: Tyler Martin

Toughest Fighting Competitor: Tyler Martin

Toughest Forms Competitor: Ezra Hoxie

Greatest Tournament Win: 3rd place Kata in a national tournament

Martial Arts Goal: Become a Black Belt and help teach others



GOAL SETTING

By: Briant Peterson



You've heard that martial arts can have many positive personal benefits. So you decided to give martial arts a try. You researched the local schools and found a school you feel is right for you. Setting a goal for yourself is the key to the doors of either success or failure in your karate career. I didn't understand, or have the key to the door of success until the first goal I set was completed. I've been in the martial arts for 36 years, and intensely studying karate-do for 26 years. The below is written from the perspective of a martial artist, not a psychiatrist, nor sociologist.

Goals Setting

Many beginner and intermediate martial arts students set a goal of achieving a black belt, physical conditioning, or self-defense prowess. These goals tend to be too vague and abstract to be useful. The goal that may be more helpful for perseverance might be to give one's best for two years to one's karate. This might be an adequate amount of time to determine whether it is something one wants to stay with or not, to see if it has sufficient personal value.

You may encounter many obstacles that can tend to stop your karate study if you haven't committed to a proper goal. Quitting is tragic to both Sensei and the student. Certainly After devoting so much effort to developing and training you. The rewards received for perseverance are valuable and inexplicable to non-practitioners. Below, is a discussion of the obstacles one may encounter and ways to succeed. Wear knowledge like armor and succeed.

The first obstacle to your training can be yourself. Your sub-consciousness can try to "help" you avoid the stress of kicks, punches and other objects being hurled at your person. So, it can go about inventing excuses for you to not go to class. It can also "view" martial arts lessons and training as an avoidable, fatiguing stress in your life. I understand that it can enter and influence one's cognitive thoughts.

One can go through a litany of excuses, such as, it's too hot, it's too cold; it's raining; it's snowing; I've had a bad day; I'm tired; there's a good movie on TV tonight; my friends called and want me to join them for some fun; I have a headache; all my friends have dropped-out, so I might as well; I've missed for a month due to an injury and I need to get back into shape before I go back to class; I can't afford tuition. These excuses can be inventions of one's sub-consciousness.

The second obstacle to training might be other students. There might be a fellow student that wants you to fail due to his/her jealousies, resentments, inferiority/superiority complexes, cliques, fear of the unknown, or other immature reasons. So, one needs to be prepared for the inappropriate egos, and abuses of some partners, opponents, seniors and juniors that one may encounter.

The third obstacle can be your family and friends. Some friends may become jealous of the time spent and devotion that you have and subconsciously be in competition with your karate. You might hear things said like, "You can miss tonight- You go three or four times a week; Let's just have fun today; It would mean a lot to me if you came to my performance/





presentation (instead of going to the studio).

Remember, your karate is fun, rewarding, relaxing. Don't let anything stop you from achieving your worthy goal.

The black belt goal

Achieving a black belt level can be considered the very beginning of one's karate training. Moving up through the colored belt levels is just preparation. It is a preparation of body, mind and spirit. Muscles are being prepared for quickness, speed, strength, efficiency. Mind is being prepared to instinctively use correct technique for a variety of situations. Spirit is being prepared to sense and avoid danger so you can defeat any opponent.

A lot of people drop out at 1st degree black belt. This is really the beginning of your journey in the martial arts. You may think you know what it's all about at black belt, and; all that's left is some polishing of your karate. So you quit, unaware you're just getting started on a life-time adventure.

What use is a black belt except to hold together one's clothing. There is no final graduation in karate. There is just a continual perfection of your art and expansion of your universe. Even a grand master is still learning and creating. You are living a lifestyle of fitness.

A proper goal

After 2 years adequate training, you should have a pretty good idea of the value of what you have learned and that there is so much more to learn. You should also have a good grasp of your sensei's teaching ability, your compatibility and the quality of your school.

After 2 additional years you might figure-out that the amount you thought there was to learn is much bigger than you thought before. After 20 years of study, you might start to understand how little you really know.

If you've recently entered the study of a martial art, consider giving it your best for a time period of perhaps two years. You deserve the best. Say to yourself "I am training today." Repeat that phrase to yourself on class days.



HIGHLIGHTS

Friendship Tournament



Treasured Memories



Treasured Memories Photography



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(207) 485-3072



2016 SMART RATINGS

WEAPONS

Colored Belt (co-ed)

9 and under Intermediate/Advanced

Layce Boucher	75
Michael Achorn	30
Samantha Moore	21
Glen Hayes	15
Nathanael Wayashe	15

10 - 12 Intermediate/Advanced

Geneva Howard	60
Zachary Wentworth	45
Norah Caoette	36
Savana Parent	24

13-15 Intermediate/Advanced

Mathieu Sherburne	21
Emily Cormier	21
Campbell Houston	18
Alyssa Chandler	18

16-17 Intermediate/Advanced

Adam Grant	21
Kyle Anderson	21
Nikolas Briggs	15
Sydney Campbell	15

18-34 Intermediate/Advanced

Benjamin Innes	24
Traci Lamanteer	6

35-44 Intermediate/Advanced

Christopher Parents	48
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45 and up Intermediate/Advanced

Hera Knight	30
Lynn Richards	15

Black Belt

13-15 Female

Brooke Martin	9
Maggie Ryan	3

13-15 Male

Caleb Mills	36
Derek Beaulieu	24
Chris Mills	21
Mateo Diaz	18

16-17 Female

Kayleigh Oberg	30
Brianna Norsworthy	24
Kiara Simonds	21

16-17 Male

Colin Gotschlich	6
Ezra Hoxie	6
Demetre Fontaine	3

18-34 Female

Kira Buker	54
Emilia Viernes	9

18-34 Male

Adam Chartier	9
Fred Kerrigan	6
Taylor Landry	3

35-44 Male

Seth Mithcell	45
Nate Beal	15

45 and Up Male

Jerry Costa	42
Ralph Leblanc	18



Physically Challenged

18 and Up

Kelsie O'Sullivan 15

KATA

Colored Belt

6 and Under Female Novice

Mikayla Achorn 27

6 and Under Male Novice

Dylan Fernandes 6

7-9 Female Novice

Sydney Adams 30

Isabel Palmer 18

Sophie Tetreault 11

7-9 Female Intermediate

Layce Boucher 54

Osheona Haines 33

Isabel Derosby 3

7-9 Female Advanced

Samantha Moore 45

Josie Hay 24

Ava Eccles 21

Everlyn Hay 15

7-9 Male Novice

Bryce Whitman 51

Silas Hassele 45

Adam Fitzgerald 42

Charles Byers 33

7-9 Male Intermediate

Austin Lizzotte 54

Sean Achorn 39

Michael Achorn 36

Glen Hayes 21

10-12 Female Novice

Mikala Ferland 60

Kaydence Hoyt 30

Aura Morin 27

Hope Richards 12

10-12 Female Intermediate

Brianna Michaud 33

Kyra Pham 30

Abigail Dudley 27

Phyllis Clark 9

10-12 Female Advanced

Geneva Howard 69

Savannah Parent 36

Norah Caoette 33

Abby Malone 21

10-12 Male Novice

Walter Fegel 60

Skyler Glidden 30

10-12 Male Intermediate

Zachary Wentworth 69

Chase Cloutier 24

Caleb Sadler 21

Sean McLean 18

10-12 Male Advanced

Evan Rone 18

Tate Jewell 18

Liam Knight 15

Owen Hargrove 15

13-15 Female Novice

Grace Jewell 45

13-15 Female Intermediate

Allison Weiner 57

Alyssa Chandler 36

13-15 Female Advanced

Campbell Houston 27

Emily Cormier 27

Nicole Printy 9



13-15 Male Intermediate

Mathieu Sherburne 6

13-15 Male Advanced

Tyler Bard 39
Sang Huyng 15
Jacob DeRaps 15
Josh Flaherty 12

16-17 Female Advanced

Sydney Campbell 21

16-17 Male Advanced

Adam Grant 39
Kyle Anderson 39
Nikolas Briggs 9

18-34 Female Advanced

Traci Lamanteer 24
Theresa Lamanteer 24

18-34 Male Advanced

Benamin Innes 30

35-44 Male Novice

Gregory Joseph 11

35-44 Male Intermediate

Christopher Parent 451

45 and up Female Advanced

Hera Knight 24
Lynn Richards 15

Black Belt

12 and Under Female

Jane Bonnevie-Rothrock 3

13-15 Female

Brooke Martin 15
Allison Drew 6

13-15 Male

Caleb Mills 66
Parker Lowell 39
Christopher Mills 18
Tyler Mangin 15

16-17 Female

Kiara Simonds 36
Kayleigh Oberg 30
Brianna Norsworthy 15

16-17 Male

Demetre Fontaine 30
Ezra Hoxie 30
Colin Gotschlich 12
Tavish McDaniel 9

18-34 Female

Kira Buker 48
Emilia Viernes 9

18-34 Male

Jake Daniele 45
Taylor Landry 6
Fred Kerrigan 3

35-44 Male

Tristan Creeley 48
Seth Mitchell 24
Nate Beal 6

45 and Up Male

Jerry Costa 39
Ralph Leblanc 9

Physically Challenged

18 and Up

Kelsie O'Sullivan 30



KUMITE

Colored Belt

6 and Under Female Novice

Mikayla Achorn 36

6 and Under Male Novice

Dylan Fernandes 33

7-9 Female Novice

Sophie Tetreault 45

Sydney Adams 36

Isabel Palmer 3

7-9 Female Intermediate

Layne Boucher 48

Isabel Derosby 9

7-9 Female Advanced

Samantha Moore 42

Josie Hay 21

Ava Eccles 18

Evelyn Hay 9

7-9 Male Novice

Adam Fitzgerald 36

Silas Hassele 27

Bryce Whitman 12

Jason Feyler 9

7-9 Male Intermediate

Michael Achorn 30

Sean Achorn 21

Austin Lizzotte 12

Lucas Vigue 12

10-12 Female Novice

Kaydence Hoyt 66

Aura Morin 39

Mikala Ferland 18

10-12 Female Intermediate

Liberty Wells 42

Brianna Michaud 18

Phyllis Clark 15

Abigail Dudley 12

10-12 Female Advanced

Geneva Howard 66

Norah Caoette 51

Abby Malone 45

Jolie Canwell 9

10-12 Male Novice

Walter Fegel 48

10-12 Male Intermediate

Zachary Wentworth 66

Jack Darling 15

Landon Nunn 15

Richard Clifford 15

10-12 Male Advanced

Tate Jewell 45

Charles Spinny 24

Liam Knight 15

Owen Hargrove 15

13-15 Female Novice

Grace Jewell 45

13-15 Female Intermediate

Alyssa Chandler 39

Allison Weiner 27

13-15 Female Advanced

Campbell Houston 33

Emily Cormier 18

Nicole Printy 9

13-15 Male Intermediate

Mathieu Sherburne 36

13-15 Male Advanced

Tyler Bard	33
Tyler Martin	30
Alessandro Lombardo	21
Josh Flaherty	18

16-17 Female Advanced

Sydney Campbell	39
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16-17 Male Advanced

Adam Grant	39
Kyle Anderson	39
Nikolas Briggs	9

18-34 Female Advanced

Theresa Lamanteer	30
Traci Lamanteer	24

18-34 Male Advanced

Benjamin Innes	30
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35-44 Male Novice

Gregory Joseph	18
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35-44 Male Intermediate

Christopher Parent	66
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35-44 Male Advanced

Dom Petrillo	15
Michael Tolley	9

45 and up Female Advanced

Hera Knight	18
Lynn Richards	15

Black Belt

12 and Under Femal

Jane Bonnevie-Rothrock	9
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13-15 Female

Allison Drew	6
Brooke Martin	6

13-15 Male

Nicalas Fernandes	39
Matteo Diaz	30
Derek Beaulieu	27
Tyler Mangin	21

16-17 Female

Kiara Simonds	48
Kayleigh Oberg	30
Brianna Norsworthy	21

16-17 Male

Demetre Fontaine	30
Colin Gotschlich	15
Ezra Hoxie	15
Mason Mangarelli	12

18-34 Female

Kira Buker	45
Emilia Viernes	15

18-34 Male

Jake Daniele	75
Jonathan Monteiro	9
Taylor Landry	9
Fred Kerrigan	9

35-44 Male

Tristan Creeley	51
Seth Mitchell	30
Brandon Schwink	6
Nate Beal	3

Physically Challenged

Physically Challenged 18 and Up

Kelsie O'Sullivan	24
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CLUB "NAHA" KARATE-DO PRESENTS



ELM CITY KARATE **THE CHALLENGE**

Saturday
November 12, 2016

Alfond Youth Center - Waterville Maine

- ~ Double SMART Points Event
- ~ Kata
- ~ Point Sparring
- ~ Weapons
- ~ Grand Championship Divisions



S.M.A.R.T.
RATED



NEW ENGLAND

Sport Karate

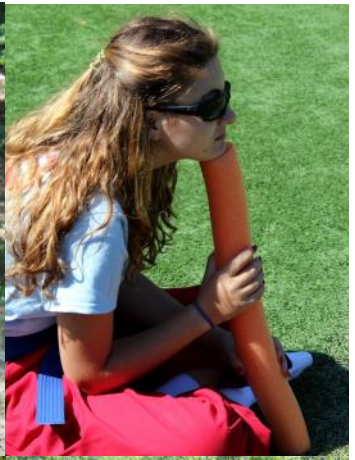
Camps

**AT CAMP TRACY
IN OAKLAND, MAINE**



HAVE FUN IMPROVING SKILLS
Sport Karate Lessons, Camp Activities, and More!

WWW.NEWENGLANDSPORTSCAMPS.ORG







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ENHANCE SPORT KARATE SKILLS

Our goal at SMART's New England Sport Karate Camp is to provide campers with the opportunity to develop their skills for competition karate in a safe, friendly environment. Campers will learn new skills and improve their already existing talents.



HAVING A LOT OF FUN!

While at SMART's New England Sport Karate Camp, campers will enjoy many fun and exciting activities. These activities include: swimming, high and low ropes course, archery, canoeing, paddle boarding, camp and karate games on Maine's Fenway Park, and a whole lot more!



SMART'S NEW ENGLAND SPORT KARATE CAMP (Ages 8-17)

DROP OFF: SUNDAY, AUGUST 13, 2017 AT 4:00PM
PICK UP: SATURDAY, AUGUST 19, 2017 AT 10:00AM

Fees: SMART/IPPONE members: \$445
Non SMART/IPPONE members: \$495
(Save \$25 for each additional child from the same household that is attending camp)
(Campers from a dojo with five or more students attending, receive an additional \$25 off)

WWW.NEWENGLANDSPORTSCAMPS.ORG

2016 S.M.A.R.T. MEMBERS



Abby Malone	David Brackett	Jerry Costa	Norah Caouette
Abby Spinney	Demetre Fontaine	John Finch	Owen Pillsbury
Abigail Dudley	Derek Beaulieu	John Flagler	Owen Hargrove
Adam Chartier	Dom Petrillo	Jolie Canwell	Parker Lowell
Adam Grant	Dominic Brunner	Jonah Van Deventer	Pete Butera
Adam Fitzgerald	Dylan Fernandes	Jonathan Monteiro	Phyllis Clark
Addy Tolley	Dylan Burton	Joseph Johnson	Ralph Leblanc
Alessandro Lombardo	Dylan Cooley	Josh Flaherty	Rebecca Dailey
Alex Caisse	Dylan Martin	Josie Hay	Reece Robbins
Alex Caisse IV	Edwin Nickerson	Kaydence Hoyt	Richard Clifford
Alex Malone	Eli Tetreault	Kayleigh Oberg	Richard Smith Jr.
Alexander McLean	Elizabeth Printy	Kelsie O'Sullivan	Roger Files
Alice Bonnevie-Rothrock	Ella Fontaine	Kemal Pohan	Samantha Moore
Allan Viernes	Emilia Viernes	Kiara Simonds	Sang Huyng
Allison Drew	Emily Cormier	Kira Buker	Savannah Parent
Allison Weiner	Even Rone	Kyle Anderson	Sean McLean
Alyssa Chandler	Evelyn Hay	Kyra Pham	Sean Achorn
Andrew Norsworthy	Ezra Hoxie	Kyren Bettencourt	Serena Norsworthy
Andrew Pendexter	Fred Kerrigan	Landon Nunn	Shannon Garrity
Aria Brunner	Fred Martell	Layce Boucher	Silas Hassele
Aura Morin	Gavin Curry	Lee Nason	Seth Mitchell
Aurora Estey	Geneva Howard	Liam Knight	Skyler Glidden
Austin Lizzotte	Glen Hayes	Liberty Wells	Sophie Tetreault
Ava Eccles	Grace Jewell	Lilla Pickett	Sydney Campbell
Benjamin Farris	Gregory Joseph	Lincoln Petrillo	Sydney Adams
Benjamin Innes	Griffon Anderson	Lucas Vigue	Tanner Morrison
Benjamin Morang	Haines Osheona	Luke Hopkins	Tate Jewell
Blake Therrien	Hannah Marshall	Lynn Richards	Tavisn McDaniel
Brandon Schwinck	Harry Rubin	Maggie Ryan	Taylor Landry
Brianna Norsworthy	Helen Bonnevie-Rothrock	Mason Mangarelli	Taylor Perkins
Brianna Michaud	Hera Knight	Mathieu Sherburne	Theresa Lamanteer
Brooke Martin	Hope Keohan	Matteo Diaz	Traci Lamanteer
Bryce Whitman	Hope Richards	Mattingly Babb	Tyler Mangin
Caleb Mills	Isabel Derosby	Michael McDonough	Tyler Bard
Campbell Houston	Isabel Palmer	Michael Tolley	Tyler Martin
Charles Byers	Jack Darling	Michael Achorn	Victoria Barre
Charles Spinney	Jacob Coons	Michael Stewart	Walter Fegel
Chase Cloutier	Jacob DeRaps	Mikala Ferland	Will Plante
Chris Boucher	Jacob Huesers	Mikayla Achorn	Xander Giguere
Christopher Mills	Jake Daniele	Nate Beal	Zachary Wentworth
Christopher Parent	James Gagnon	Nathanael Wayashe	
Clara Tolley	James Wickam	Nathaniel Hamblin	
Colin Gotschlich	Jane Bonnevie-Rothrock	Nicalas Fernandes	
Craig Printy	Jason Feyler	Nicole Printy	
Daniel Evarts	Jeff Norsworthy	Nikolas Briggs	
Darryl Farris	Jennifer Viernes	Noah Toman	

Some Upcoming 2016 SMART Tournaments

Date	Tournament	Location
Sept. 10, 2016	Pine Tree State Karate Championships	Freeport High School Freeport, Maine
Nov. 12, 2016	Elm City Karate Challenge	Alfond Youth Center Waterville, Maine



S.M.A.R.T.
STATE MARTIAL ARTS RATINGS AND TOTALS



www.smarttournaments.com

207-873-0684



Never Settle



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www.whistlekick.com

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info (@) razorbilldesigns.com igns.com