

Winter
2016 Issue



S.M.A.R.T.

STATE MARTIAL ARTS RATINGS AND TOTALS

MAGAZINE

THIS ISSUE:

HIGHLIGHTS:

- PINE TREE STATE KARATE CHAMPIONSHIP
- ELM CITY KARATE CHALLENGE
- SMART STATE MARTIAL ARTS CHAMPIONSHIP

GET TO KNOW SHIHAN ANDY CAMPBELL

COMPETITOR SPOTLIGHTS

- ABIGAIL DUDLEY
- TRISTAN CREELEY

SMART CHAMPIONSHIP RESULTS

RICHARD SMITH JR. PRESENTS THE 37TH ANNUAL

MAINE KARATE CLASSIC

M
A
I
N
E

K
A
R
A
T
E

C
L
A
S
S
I
C

Saturday - February 18, 2017

Wells Junior High School

1470 Post Road, Wells, ME 04090



Registration Starts at 7:30 AM

Tournament Starts at 9:00 AM SHARP!

Beautiful Awards for 1st - 4th Place
All Styles Welcome

For More Information, Call Tournament Director
Richard Smith Jr. (207) 449-7407

"A Maine Tradition Since 1981"

S.M.A.R.T.

Download at IPPONE.com or SmartTournaments.com

I.P.P.O.N.E

M
A
I
N
E

K
A
R
A
T
E

C
L
A
S
S
I
C

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: Shihan

Name: Andy Campbell

Age: 45

Martial Arts School: Dragon Fire Martial Arts

Style: Shotokan Karate

Rank: 5th degree

How long in Martial Arts: 35 years

Hobbies: Comic book and toy collecting, soccer

Favorite Movie: The Goonies

Favorite Song: Roll with the Changes REO Speedwagon

Favorite Food: lobster

Favorite Out of State Tournament: WOMAA World Games

Favorite Martial Artist: Gichen Funakoshi

Favorite Forms Competitor: Dave Pearson and Jason Baird

Favorite Fighter: Scott Allaire

Toughest Forms Competitor: Dave Pearson

Toughest Fighting Competitor: Andrew Johnson

Greatest Tournament Win: winning the WOMAA World Grand-championship in weapons in Wales in 2015

Martial Arts Goal: WOMAA forms title belt

Biggest Accomplishment: Winning the gold medal in Spain for synchronized kata with my daughter Drew in 2014

Favorite Martial Arts Saying: A black belt is just a white belt who never quit

COMPETITOR PROFILE



Name: Abigail Dudley
Age: 10
Martial Arts School: Huard's Martial Arts
Rank: Green Belt/Intermediate
How long in Martial Arts: 6 years
Hobbies: Technology
Favorite Movie: Zootopia
Favorite Song: Scars to Your Beautiful
Favorite Food: Lasagna
Favorite Maine Tournament: Battle of Maine
Favorite Forms Competitor: Myself
Favorite Fighter: Rhonda Rousey
Toughest Forms Competitor: Brianna Michaud
Toughest Fighting Competitor: Liberty Wells
Greatest Tournament Win: States
Martial Arts Goal: Youngest Black Belt at Huard's

Name: Tristan Creeley
Age: 39
Martial Arts School: Old Town-Orono YMCA Tae Kwon Do
Rank: Black Belt
How long in Martial Arts: 15 years
Hobbies: Film-making and playing in '60s garage rock bands
Favorite Movie: Nights of Cabiria
Favorite Song: Satisfaction by the greatest rock n roll band in the world.
Favorite Food: Fish Tacos
Favorite Maine Tournament: State of Maine Martial Arts Championship
Favorite Forms Competitor: Carmichael Simon
Favorite Fighter: Frank and Garth Berenyi
Toughest Forms Competitor: Jake Daniele
Toughest Fighting Competitor: Jose Pacheco
Greatest Tournament Win: 1996 Tokyo Joe Nationals 1st Place in Forms
Martial Arts Goal: Get on a sponsored team and be number one in NASKA for men's 40-49 year old fighting.



KATA TIPS



These notes provide some general advice on ways to improve your kata (forms). However many of the methods and tips described below will help improve all areas of your karate, including kihon and kumite.

There are more specific tips on each individual kata on the 'Common Kata Faults' page and tips regarding kumite and kihon are on the 'Kumite Tips' and 'Kihon Tips' pages. All three of these pages combined will help improve your karate in general.

TIMING

Kata should not be carried out at a monotonous pace (eg 1-2-3-4-5-6-7-8-9- etc.). At the very least, moves should be grouped together to represent defences and attacks against individual opponents so that the timing of a kata is more like 123---45---678---9- for example. Here the first 3 moves are carried out in quick succession, followed by a pause before performing the 4th and 5th moves in quick succession. Then another pause before reacting quickly to do moves 6, 7 and 8. In this way the kata will look (and feel) much more like karate and less like a pre programmed sequence of exercises or a choreographed dance!

TURNING

Kata involves many more turns and changes in direction than other karate training methods, and this involves performing techniques whilst stepping and turning. Sometimes this can make the technique easier and more powerful, but often the turning makes it much harder to carry out techniques correctly. In particular, when turning in a kata, it is important to ensure that your foot positioning is correct (to keep good balance) and that you use your hips correctly for each technique. Without good balance or good technique (especially hips) a technique will be much weaker and therefore not effective in a real situation.

OPPONENTS

Whilst doing each kata, try to imagine that every technique is against a real opponent, whether it is a block or an attack - this is the correct way to do a kata. Once you can imagine that the opponent is real, you must then first defend yourself against





their attack and then follow up with a counter attack (or counter attacks). This is the bunkai (or application) of a kata (see BUNKAI below).

BUNKAI

It is very difficult to carryout a karate technique properly if you do not understand the reason for doing it. For many techniques (simple kicks and punches for example) the reason for doing them is quite obvious and it is relatively simple to understand and imagine the consequences of these techniques. However many karate techniques are more complex and without understanding what these techniques are for, there is little hope of performing them correctly. Therefore when performing a kata it is important to understand what each move is for

and the effect it will have on your opponent (see OPPONENTS above). Bunkai is this application of a technique against an opponent and each move of each kata should have its own bunkai. This means (from brown belt and above) you should be able to describe what each kata move is for and how you would apply it in to a real situation, with a real opponent. Without this application a kata is reduced to little more than a physical training exercise.



March 25, 2017
Winslow, Maine



HIGHLIGHTS

Pine Tree State Nationals



Treasured Memries
Photography

(207) 485-3072



HIGHLIGHTS

Elm City Karate Challenge



Treasured Memries
Photography

(207) 485-3072



HIGHLIGHTS

SMART State Martial Arts Championships



Treasured Memries
Photography

(207) 485-3072



HIGHLIGHTS

SMART State Martial Arts Championships



Treasured Memries
Photography

(207) 485-3072



Some Of Our 2016 SMART Champions



**Treasured Memories
Photography**

(207) 485-3072



Some Of Our 2016 SMART Champions



Treasured Memries
Photography
(207) 485-3072



2016 SMART State Champions

WEAPONS Colored Belt (co-ed)

9 and under Intermediate/Advanced

Samantha Moore

10 - 12 Intermediate/Advanced

Geneva Howard

13-15 Intermediate/Advanced

Emily Cormier

16-17 Intermediate/Advanced

Adam Grant

35-44 Intermediate/Advanced

Christopher Parents



WEAPONS Black Belt

13-15 Female

Maggie Ryan

13-15 Male

Christopher Mills

16-17 Female

Kayleigh Oberg

16-17 Male

Ezra Hoxie

18-34 Female

Kira Buker

18-34 Male

Fred Kerrigan

35-44 Male

Seth Mithcell

45 and Up Male

Jerry Costa



KATA Colored Belt

6 and Under Female Novice

Mikayla Achorn

7-9 Female Novice

Sydney Adams

7-9 Female Intermediate

Layce Boucher

7-9 Female Advanced

Samantha Moore

7-9 Male Novice

Silas Hassele

7-9 Male Intermediate

Austin Lizzotte

10-12 Female Novice

Mikala Ferland

10-12 Female Intermediate

Abigal Dudley

10-12 Female Advanced

Geneva Howard

10-12 Male Novice

Walter Fegel

10-12 Male Intermediate

Zachary Wentworth

10-12 Male Advanced

Charles Spinney

13-15 Female Intermediate

Allison Weiner

13-15 Female Advanced

Emily Cormier

13-15 Male Intermediate

Mathieu Sherburne

13-15 Male Advanced

Tyler Bard

16-17 Female Advanced

Sydney Campbell

16-17 Male Advanced

Adam Grant

18-34 Female Advanced

Traci Lamanteer

35-44 Male Novice

Gregory Joseph

35-44 Male Intermediate

Christopher Parent

KATA Black Belt

13-15 Female

Maggie Ryan

13-15 Male

Caleb Mills

16-17 Female

Kayleigh Oberg

16-17 Male

Ezra Hoxie

18-34 Female

Kira Buker

18-34 Male

Jake Daniele

35-44 Male

Seth Mitchell

45 and Up Male

Jerry Costa



KUMITE Colored Belt

6 and Under Female Novice

Mikayla Achorn

7-9 Female Novice

Sophie Tetreault

7-9 Female Intermediate

Layce Boucher

7-9 Female Advanced

Samantha Moore

7-9 Male Novice

Silas Hassele

7-9 Male Intermediate

Michael Achorn

10-12 Female Novice

Kaydence Hoyt

10-12 Female Intermediate

Liberty Wells

10-12 Female Advanced

Norah Caoette

10-12 Male Novice

Walter Fegel

10-12 Male Intermediate

Zachary Wentworth

10-12 Male Advanced

Charles Spinny

13-15 Female Intermediate

Alyssa Chandler

13-15 Female Advanced

Emily Cormier

13-15 Male Intermediate

Mathieu Sherburne

13-15 Male Advanced

Tyler Bard

16-17 Female Advanced

Sydney Campbell

16-17 Male Advanced

Adam Grant

18-34 Female Advanced

Theresa Lamanteer

35-44 Male Novice

Gregory Joseph

35-44 Male Intermediate

Christopher Parent

KUMITE Black Belt

13-15 Male

Matteo Diaz

16-17 Female

Kiara Simonds

16-17 Male

Kyle Anderson

18-34 Female

Kira Buker

18-34 Male

Jake Daniele

35-44 Male

Tristan Creeley



Treasured Memries Photography

COLORING PAGE



**WHO IS MAINE'S BEST MARTIAL ARTS COMPETITOR?
IT COULD BE YOU!**

S.M.A.R.T.

STATE MARTIAL ARTS RATINGS AND TOTALS

S.M.A.R.T. Membership: \$30.00

Includes: S.M.A.R.T. Membership, SMART Patch and I.P.P.O.N.E. Membership

Extra S.M.A.R.T. Membership: \$45.00

Includes: S.M.A.R.T. Membership, SMART Patch, T-Shirt, Drawstring Bag, and I.P.P.O.N.E. Membership

Make checks payable to:

SMART / Alfond Youth Center, 126 North Street, Waterville, ME. 04901

2017 S.M.A.R.T. Registration Form

☐ S.M.A.R.T. Membership

☐ Extra S.M.A.R.T. Membership

Name: _____ Sex: _____ D.O.B.: _____ Age: _____

Address: _____ City: _____ State: _____ Zip Code: _____

Phone: _____ Your E-mail Address: _____

T-Shirt Size: _____ Rank Division: _____ Instructor: _____
(Novice, Intermediate, Advanced, or Black Belt)

Name of Martial Arts School: _____ School Address: _____

City: _____ State: _____ Zip Code: _____ School Phone: _____

Make checks payable to: SMART / Alfond Youth Center, 126 North Street, Waterville, ME. 04901



S.M.A.R.T.
126 North Street
Waterville, ME 04901
(207)873-0684
csargent@alfondyouthcenter.org



MAINE MARTIAL ARTS CHALLENGE



April 8, 2017
Winthrop, Maine



2017 SMART TOURNAMENTS

February 18, 2017	Maine Karate Classic	Wells, ME
March 25, 2017	Battle of Maine	Winslow, ME
April 8, 2017	Maine Martial Arts Challenge	Winthrop, ME
May 20, 2017	KICKSUSA National Championships	Gardiner, ME
June 17, 2017	21st Annual Friendship Tournament	Gorham, ME
June 24, 2017	Summer Spectacular	Saco, ME
September 9, 2017	Pine Tree State Karate Championships	Freeport, ME
November 11, 2017	Elm City Karate Challenge	Waterville, ME
December 2, 2017	S.M.A.R.T. Championships	Waterville, ME

WWW.SMARTTOURNAMENTS.COM



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



www.smarttournaments.com

207-873-0684



Never Settle



whistlekick

www.whistlekick.com

802-225-6676



www.razorbilldesigns.com

(207) 318-6921

info (@) razorbilldesigns.com igns.com