

May/June
2016 Issue



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

MAGAZINE

THIS ISSUE:

**MAINE MARTIAL ARTS
CHALLENGE HIGHLIGHTS**

**KICKSUSA NATIONAL
KARATE CHAMPIONSHIPS
HIGHLIGHTS**

**16 KARATE
TOURNAMENT TIPS**

**GET TO KNOW
SABANIM JAKE DANIELLE**

**COMPETITOR
SPOTLIGHTS**

SMART STANDINGS



**Cash
Grands**

The Greater Portland School of Jukado

20th Annual Friendship Tournament

**Special
award teams of
20 or more**

2016

友

**DEMO TEAM
COMPETITION**

**2 colored
belt grands**

(Chinese Character for Friendship)

Come test your Martial Arts skills at the 20th Annual Friendship Tournament

Grand Championship Awards for Colored Belts and Jr. Black Belts based on a Point system.

Cash Awards for Adult Black Belt Grand Championship!

CHECK OUT OUR SPECIAL "FLAG SPARRING" FOR AGES 4 - 12

I.P.P.O.N.E. RATED - S.M.A.R.T. RATED

When:

Saturday, June 18, 2016

Where:

University of Southern Maine

Costello Sports Complex

Gorham, Maine 04038

Time:

Registration: 7:00 - 9:00am

Flag Sparring starts at 8:00am SHARP!

Demo Team starts at 9:00am Sharp!

Some Adult Blackbelt Divisions may start after Demo Team Competition

Followed by regular competition!

Fee:

Pre-Registration: \$50 (Up to 3 events)

Deadline ~ June 10, 2016

Registration after June 10th and at the door \$60

(Up to 3 events)

Spectators ~ \$10.00

Children 6 - 12 ~ \$5.00

Children 5 & under ~ Free!

**Credit cards
accepted**

**Jukado
cafe**

Special Award for Best Supporting School and their Team Members

Team Trophy presented to Teams with 20 or more Competitors!

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: Sa Bum Nim

Name: Jake Daniele

Age: 25 (Sept 11)

Martial Arts School: Freeport Tae Kwon Do

Style: Rank: Tae Kwon Do,

Rank: Sa Dan (4th Degree) Black Belt

How long in Martial Arts: 20 Years!

Name of Tournament: Pine Tree State Karate Championships

Hobbies: Hiking, Running, making things like Ukuleles!

Favorite Movie: Remember the Titans

Favorite Food: Massaman Curry

Favorite Out of State Tournament: Worcester Classic

Favorite Martial Artist: Famous – Jackie Chan

Local - Doshu Viernes

Favorite Forms Competitor: Shihan Mello

Favorite Fighter: Mr. Andrew Johnson

Toughest Forms Competitor: DJ Oleski

Toughest Fighting Competitor: Andy D'Amato

Greatest Tournament Win: Any Team Sparring win. The energy is high and when you deliver for your team it's the greatest feeling!

Martial Arts Goal: Continue learning! The next throw, self-defense move, a new weapon, there is so much to learn!

Biggest Accomplishment: Having my students succeed. In the dojo, in competition, and watching them in the real world!

COMPETITOR PROFILE



Name: Ezra Hoxie

Age: 16

Martial Arts School: Club "NAHA" Karate-Do

Rank: Brown Belt

How long in Martial Arts: 5 years

Hobbies: Running

Favorite Movie: Last Airbender

Favorite Food: Cheese

Favorite Maine Tournament: Elm City Karate Championship

Favorite Forms Competitor: Tyler Bard

Favorite Fighting Competitor: Kira Buker

Toughest Fighting Competitor: Tyler Bard

Toughest Forms Competitor: Tyler Bard

Greatest Tournament Win: Grand Champion at 2016
Maine Martial Arts Challenge

Martial Arts Goal: Compete Internationally

Name: Geneva Howard

Age: 11

Martial Arts School: Dragon Fire Martial Arts &
First Class MMA

Rank: Brown Belt in Shotokan &
White Belt I Stripe in BJJ

How long in Martial Arts: 3.5 years

Hobbies: Track, MMA, Bikes, BJJ, and Boxing

Favorite Movie: Karate Kid II

Favorite Food: All

Favorite Maine Tournament: Summer Spectacular &
Friendship Tournament

Favorite Forms Competitor: Kira Buker

Favorite Fighting Competitor: Matteo Diaz

Toughest Fighting Competitor: Emily Cormier

Toughest Forms Competitor: Norah Caoette

Greatest Tournament Win: 1st place at the
IPPONE Kick Off Finale

Martial Arts Goal: To earn black belt in three different styles



16 KARATE TOURNAMENT TIPS

By Patrick Donkor



1. **Be match fit** You need to be fit, so that you do not run out of energy during a competition. Adrenalin can only get you so far.
2. **Practice and demonstrate** When performing kata, you need to demonstrate good technique. Good technique is also required in kumite, when trying to score against an opponent. Constant practice will enable you to hone and sharpen your techniques.
3. **Be mentally prepared for the competition** You should have a game plan, i.e. a strategy on how you will approach the competition. You need to be cold, calm, and calculating so that you can implement your strategy during competition.
4. **Take control and attack** Initiating the attack allows you to take control of the match. For this to happen you should pick a few techniques and practice them repeatedly until they can be executed automatically, under any circumstance.
5. **Don't give up** Never give up. Always dig deep and push yourself a little further. If you keep going you always have a chance.
6. **Don't go backwards** Sometimes moving backwards can give your opponent the impression that they are succeeding with their attack. Rather than moving directly backwards, think about moving just out of range of your opponents attack, but still close enough to be able to counter-attack.
7. **Have a good guard** Think of your guard as your shield. It is there to protect you, and makes it difficult for your opponent to score against you. Don't leave yourself open.
8. **Distancing** Correct distancing enables you to attack your opponent, but also allows you to be just out of range of your opponent's attacks.
9. **Closing the gap** This goes hand in hand with distancing. You can do this by subtly masking your intentions by throwing an initial technique that helps close the gap between you and your opponent. You can also do this by directly closing the gap by taking a step in that direction. It is important to develop good footwork for this to work effectively.
10. **Only do what is necessary** Always have a purpose in mind. There is no need to throw multiple techniques if only one will suffice.
11. **Hide your technique** Keep your opponent guessing. Do not telegraph your techniques. When moving keep your height level the same.
12. **Examine your last fight** Always seek to improve. Go through your last fight and see how you won or lost, and learn from it.
13. **Set your posture for speed** It is imperative that you learn how to move correctly for speed. The feet should be pointing in the direction you wish to go. The supporting leg should be used to thrust you in the direction in which you want to go.
14. **Know the elements of kata** To successfully perform a kata in competition the following elements are required: – **Eye control** – look in the direction you are going. – **Speed control** – your movements should follow the rhythm of kata, using slow and fast movements where necessary. – **Breath control** –



breath out when executing your techniques.

– **Power control** – follow the rhythm of the kata, and use as dictated in the kata. – **Sanchin** – your overall attitude when performing the kata. Always imagine you are facing actual opponents.

15. **Be aware of the three types of counter attacking**
- Create a gap between you and your opponent to avoid their attack. Then lunge forward and counter attack.
 - Stand your ground and counter attack.
 - Initiate your attack before your opponent can attack. This can force your opponent to be defensive.



The head is not the only target Many competitors make the mistake of thinking that the head is the only target in match. A well timed reverse punch to your opponents mid-section can score equally as well.

Pine Tree State Karate Championship



September 10, 2016
Freeport High School
Freeport, Maine

PRINT & COLOR



MAINE MARTIAL ARTS CHALLENGE HIGHLIGHTS



Treasured Memries
Photography

(207) 485-3072



KICKSUSA NATIONAL KARATE CHAMPIONSHIPS HIGHLIGHTS



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2016 SMART RATINGS

WEAPONS

Colored Belt (co-ed)

9 and under Intermediate/Advanced

Layce Boucher	60
Michael Achorn	30
Glen Hayes	15
Nathanael Wayashe	15
Samantha Moore	15

10 - 12 Intermediate/Advanced

Geneva Howard	51
Zachary Wentworth	45
Norah Caoette	30
Richard Clifford	18

13-15 Intermediate/Advanced

Adam Grant	36
Mathieu Sherburne	21
Campbell Houston	18
Alyssa Chandler	9
Alessandro Lombardo	9
Josh Flaherty	9

16-17 Intermediate/Advanced

Ezra Hoxie	36
Kyle Anderson	12
Sydney Campbell	6

18-34 Intermediate/Advanced

Benjamin Innes	15
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35-44 Intermediate/Advanced

Christopher Parents	39
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45 and up Intermediate/Advanced

Hera Knight	15
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Black Belt

13-15 Male

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

16-17 Female

Kayleigh Oberg	30
Brianna Norsworthy	18
Kiara Simonds	15

16-17 Maile

Colin Gotschlich	6
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18-34 Female

Kira Buker	48
Emilia Viernes	9

18-34 Male

Fred Kerrigan	6
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35-44 Male

Seth Mithcell	36
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45 and Up Male

Jerry Costa	33
Ralph Leblanc	18



KATA

Colored Belt

6 and Under Female Novice

Mikayla Achorn 21

6 and Under Male Novice

Dylan Fernandes 6

7-9 Female Novice

Sydney Adams 21

Isabel Palmer 18

Sophie Tetreault 11

7-9 Female Intermediate

Layce Boucher 39

Osheona Haines 24

Abigail Dudley 24

Isabel Derosby 3

7-9 Female Advanced

Samantha Moore 30

Josie Hay 24

Ava Eccles 15

Everlyn Hay 15

7-9 Male Novice

Bryce Whitman 36

Silas Hassele 36

Adam Fitzgerald 27

Charles Byers 27

7-9 Male Intermediate

Austin Lizzotte 39

Sean Achorn 39

Michael Achorn 36

Glen Hayes 21

10-12 Female Novice

Mikala Ferland 45

Kaydence Hoyt 30

Aura Morin 9

Hope Richards 6

10-12 Female Intermediate

Brianna Michaud 33

Kyra Pham 24

Phyllis Clark 9

Liberty Wells 6

10-12 Female Advanced

Geneva Howard 60

Norah Caoette 33

Savannah Parent 33

Abby Malone 21

10-12 Male Novice

Walter Fegel 45

Skyler Glidden 27

10-12 Male Intermediate

Zachary Wentworth 54

Caleb Sadler 21

Chase Cloutier 21

Landon Nunn 12

10-12 Male Advanced

Owen Hargrove 15

Tate Jewell 15

Andrew Norsworthy 9

Evan Rone 9

Liam Knight 9

13-15 Female Novice

Grace Jewell 30

13-15 Female Intermediate

Allison Weiner 42

Alyssa Chandler 30

13-15 Female Advanced

Campbell Houston 27

Emily Cormier 27

Nicole Printy 9

13-15 Male Intermediate

Adam Grant 48

Mathieu Sherburne 6

13-15 Male Advanced

Tyler Bard	33
Sang Huyng	15
Dylon Burton	15
Alessandro Lombardo	9
Jacob DeRaps	9
Josh Flaherty	9

16-17 Female Advanced

Sydney Campbell	15
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16-17 Male Advanced

Ezra Hoxie	36
Kyle Anderson	24

18-34 Female Advanced

Traci Lamanteer	15
Theresa Lamanteer	9

18-34 Male Advanced

Benamin Innes	15
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35-44 Male Novice

Gregory Joseph	11
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35-44 Male Intermediate

Christopher Parent	45
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45 and up Female Advanced

Hera Knight	9
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Black Belt

13-15 Male

Caleb Mills	51
Parker Lowell	24
Tyler Mangin	15
Matteo Diaz	12
Christopher Mills	12

16-17 Female

Kiara Simonds	33
Kayleigh Oberg	30
Brianna Norsworthy	15

16-17 Male

Demetre Fontaine	15
Colin Gotschlich	12
Mason Mangarelli	6

18-34 Female

Kira Buker	45
Emilia Viernes	9

18-34 Male

Jake Daniele	39
Taylor Landry	6
Fred Kerrigan	3

35-44 Male

Tristan Creeley	48
Seth Mitchell	21
Nate Beal	6

45 and Up Male

Jerry Costa	36
Ralph Leblanc	9

Physically Challenged

Physically Challenged 18 and Up

Kelsie O'Sullivan	15
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KUMITE

Colored Belt

6 and Under Female Novice

Mikayla Achorn 33

6 and Under Male Novice

Dylan Fernandes 33

7-9 Female Novice

Sophie Tetreault 30

Sydney Adams 27

Isabel Palmer 3

7-9 Female Intermediate

Layce Boucher 48

Abigail Dudley 9

Isabel Derosby 9

7-9 Female Advanced

Samantha Moore 39

Josie Hay 21

Ava Eccles 9

Evelyn Hay 9

7-9 Male Novice

Silas Hassele 27

Adam Fitzgerald 21

Bryce Whitman 12

Charles Byers 6

7-9 Male Intermediate

Michael Achorn 30

Sean Achorn 21

Austin Lizzotte 12

Lucas Vigue 12

10-12 Female Novice

Kaydence Hoyt 51

Aura Morin 24

Mikala Ferland 9

10-12 Female Intermediate

Liberty Wells 36

Brianna Michaud 18

Phyllis Clark 15

Kyra Pham 9

10-12 Female Advanced

Geneva Howard 51

Abby Malone 36

Norah Caoette 36

Jolie Canwell 9

10-12 Male Novice

Walter Fegel 33

10-12 Male Intermediate

Zachary Wentworth 60

Jack Darling 15

Landon Nunn 15

Richard Clifford 15

10-12 Male Advanced

Tate Jewell 36

Liam Knight 15

Owen Hargrove 15

Blake Therrien 9

Charles Spinny 9

Pete Butera 9

13-15 Female Novice

Grace Jewell 30

13-15 Female Intermediate

Alyssa Chandler 30

Allison Weiner 24

13-15 Female Advanced

Campbell Houston 33

Emily Cormier 9

Nicole Printy 9

13-15 Male Intermediate

Adam Grant 33

Mathieu Sherburne 30

13-15 Male Advanced

Tyler Bard	33
Tyler Martin	30
Alessandro Lombardo	12
Jacob DeRaps	9
Josh Flaherty	9

16-17 Female Advanced

Sydney Campbell	24
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16-17 Male Advanced

Kyle Anderson	24
Ezra Hoxie	15

18-34 Female Advanced

Theresa Lamanteer	15
Traci Lamanteer	9

18-34 Male Advanced

Benjamin Innes	15
----------------	----

35-44 Male Novice

Gregory Joseph	18
----------------	----

35-44 Male Intermediate

Christopher Parent	60
--------------------	----

45 and up Female Advanced

Hera Knight	9
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Black Belt

13-15 Male

Nicalas Fernandes	39
Tyler Mangin	21
Derek Beaulieu	18
Caleb Mills	15
Matteo Diaz	15

16-17 Female

Kiara Simonds	39
Kayleigh Oberg	30
Brianna Norsworthy	18

16-17 Male

Colin Gotschlich	15
Demetre Fontaine	15
Mason Mangarelli	9

18-34 Female

Kira Buker	45
Emilia Viernes	15

18-34 Male

Jake Daniele	60
Jonathan Monteiro	9
Taylor Landry	9
Fred Kerrigan	9

35-44 Male

Tristan Creeley	51
Seth Mitchell	24
Brandon Schwink	6
Nate Beal	3

Physically Challenged

Physically Challenged 18 and Up

Kelsie O'Sullivan	9
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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
June 18, 2016	Friendship Tournament	University of Southern Maine Costello Sports Complex Gorham, Maine
Sept. 10, 2016	Pine Tree State Karate Championships	Freeport High School Freeport, Maine

**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, Certificate, 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, Certificate, 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

2016 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: _____ Belt Rank: _____ Instructor: _____

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.
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Waterville, ME 04901
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csargent@alfondyouthcenter.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 7, 2016 AT 4:00PM

PICK UP: SATURDAY, AUGUST 13, 2016 AT 8:00AM

Fees: SMART/IPPONE members: \$400

Non SMART/IPPONE members: \$450

(Save \$25 for each additional child from the same household that is attending camp)

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