

March/April  
2017 Issue



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

**MAGAZINE**

**THIS ISSUE:**

**MAINE KARATE CLASSIC  
HIGHLIGHTS**

**BATTLE OF MAINE  
HIGHLIGHTS**

**MAINE MARTIAL ARTS  
CHALLENGE HIGHLIGHTS**

**11 KATA TIPS**

**GET TO KNOW  
DOSHU ALLAN VIERNES**

**COMPETITOR  
SPOTLIGHTS**

**SMART STANDINGS**



**A - RATED NATIONAL ★★★★★ 5 STAR TOURNAMENT**

**RATED & SANCTIONED BY:**

**I.P.P.O.N.E. - S.M.A.R.T. - U.S.B.B.S. - S.K.S.K.I.**

**25th ANNUAL**



**SATURDAY  
MAY 20th, 2017**

**\* LARGER LOCAL @**

**GARDINER AREA HIGH  
40 WEST HILL ROAD  
GARDINER, MAINE 04345**

**REGISTRATION:**

**8:30 to 9:30 A.M.**

**TOURNAMENT STARTS:**

**9:30 A.M. SHARP!**

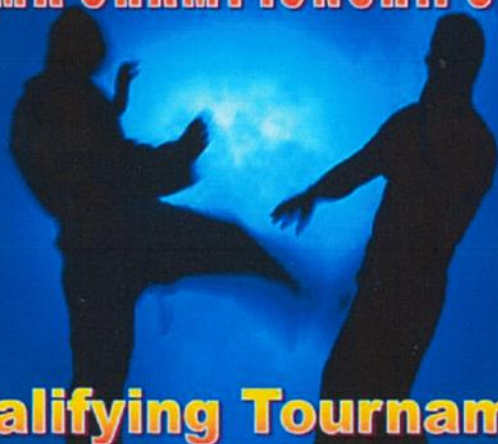
**OVER 120  
DIVISIONS  
OFFERED!**

**SPECIAL AWARDS TO ALL  
OF THE RUNNER UP  
YOUTH COMPETITORS**

**BLACKBELT & UNDER  
BELT GRAND  
CHAMPIONSHIPS FOR  
KIDS & ADULTS**

**A FUN, FAIR, + SAFETY  
ORIENTATED COMPETITION!**

**WCMA CHAMPIONSHIPS 2019**



**Qualifying Tournament  
CANCUN, MEXICO  
January 24th - 30th, 2019**

**WWW.WCOAA.ORG**

**CELEBRATING...**



**Please Contact For More Info:**

**Kyoshi Brent J. Crisci United Martial Arts Academies  
108 MT. VERNON AVE., Augusta, Maine 04330**

**Phone: (207) 621-0770 or KICKSUSA@aol.com**

**Like us on facebook @ United Martial Arts Academies**

**<http://kicksusa.wix.com/kicksusanationals>**

**SPONSORED BY...**





# 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.**



**Cash Grands**  
For Adult Blackbelts

The Greater Portland School of Jukado

**2 Jr. Blackbelt  
Grands**

**Special  
award teams of  
20 or more**

21st Annual Friendship Tournament

**2017**

**友**

**DEMO TEAM  
COMPETITION**

**2 colored  
belt grands**

(Chinese Character for Friendship)

**Come test your Martial Arts skills at the 21st 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 - SMART RATED**

**When:** Saturday, June 17th, 2017  
**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 9, 2017  
Registration after June 9th and at the door \$60  
(Up to 3 events)  
Spectators ~ \$10.00  
Children 6 - 12 ~ \$5.00  
Children 5 & under ~ Free!  
(Please call for family discount)

**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!



## PROMOTER PROFILE



Title: Doshu

Name: Allan Viernes

Martial Arts School: Greater Portland School of Jukado

Style: Jukado

Rank: 10th degree

How long in Martial Arts: 50+ years

Tournament: Friendship Tournament

Hobbies: Football, camping, and board games

Favorite Movie: Gettysburg

Favorite Song: "Forever in Love" by Kenny G

Favorite Food: Fried Rice

Favorite Out of State Tournament: Worcester Classic

Favorite Martial Artist: Bruce Lee

Favorite Forms Competitor: T.J. Mitchell

Favorite Fighter: Jake Daniele

Toughest Forms Competitor: Kyoshi Tony Fournier

Toughest Fighting Competitor: Grand Master Mike Clark

Greatest Tournament Win: 1999 Gold Medal in Kumite (Tatabanya, Hungary)

Martial Arts Goal: To open 5 dojos in 5 different States

Biggest Accomplishment: Purchasing our very own building in 2012

Favorite Martial Arts Saying: The road to success is always under construction

# COMPETITOR PROFILE



**Name:** Brianna Michaud

**Age:** 11

**Martial Arts School:** @Club "NAHA" Karate-Do

**Rank:** Blue Belt

**How long in Martial Arts:** 6 years

**Hobbies:** Soccer

**Favorite Movie:** Rogue One: A Star Wars Story

**Favorite Song:** Through Your Eyes by Brit Nicole

**Favorite Food:** Pizza

**Favorite Maine Tournament:** Elm City Karate Challenge

**Favorite Forms Competitor:** Geneva Howard

**Toughest Forms Competitor:** Samantha Moore

**Toughest Fighting Competitor:** Abigail Dudley

**Greatest Tournament Win:** Two First Places at the 2016 Maine Martial Arts Challenge

**Martial Arts Goal:** To become a 5th Degree Black Belt



**Name:** Mathieu Sherburne

**Age:** 15.5

**Martial Arts School:** United Martial Arts Academies

**Rank:** Blue Belt -- Green Stripe

**Hobbies:** Making YouTube Videos and helping others with their martial arts.

**How Long in Martial Arts:** 2 and a half years

**Favorite Movie:** Central Intelligence

**Favorite Song:** Panda - By Designer

**Favorite Food:** Any pasta

**Favorite Maine Tournament:** Battle of Maine

**Favorite Forms Competitor:** Grand Master Robert Hoe

**Favorite Fighter:** Kyoshi Brent J. Crisci

**Toughest Forms Competitor:** Tyler Klumb

**Toughest Fighting Competitor:** Aiden Pimpkin

**Greatest Tournament Win:** Friendship Tournament 2015 1st's all around

**Martial Arts Goal:** To become the best that I can be and teach what I know on to younger students.



# Dragon Fire Martial Arts

Saturday, June 24, 2017



## 11th Annual Summer Spectacular

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

### XL Sports World

400 North Street Saco, ME 04072

**forms - fighting - weapons - demo competition**  
**continuous fighting - synchronized kata & weapons**

Presented by Shihan Andy Campbell  
and

Dragon Fire Martial Arts of South Portland, Maine 207-883-9308  
email: [senseiandy@maine.rr.com](mailto:senseiandy@maine.rr.com) web: [www.dragonfireme.com](http://www.dragonfireme.com)

# 11 Kata Tips To Take Your Kata To The Next Level



Here are some kata tips to help with your training. They are in no particular order and if you have any other tips.

**1. Relax.** Once you have the techniques and order of a kata, try not to move in a robotic fashion. Your kata should be strong, but it should also flow.

**2. Ikken Hissatsu.** Always try to apply the concept of Ikken Hissatsu (to finish with one blow). Each technique should be performed with the amount of power to finish a fight

**3. Spirit.** The feeling of never quitting, the feeling that your life is on the line with every karate move. Spirit can also be grouped with number 2 Ikken Hissatsu.

**4. Speed.** I always practice three speeds when practicing kata. 1.

Slow, working on technique 2. lightly, working on rhythm and timing. 3. maximum speed, working on nothing, just doing!

**5. Power.** Strong powerful techniques within the kata, requires the sun, moon and stars to align :P Balance, relaxation before the strike, mental readiness, speed, breathing, timing and technique, all must come together on the impact of any strike! Get these right and you will have your power.

**6. Breathing.** Your breathing should be silent throughout the kata.

**7. Facial Expression.** Your face should be calm and still throughout the kata, no expression.

**8. Slow Moves.** The slow karate moves in a kata are as important as the fast moves

**9. Kime.** (focus/stop). After each karate move in the kata, try and stop completely still for a split second.

**10. Timing.** Every karate kata has its own rhythm and timing. Pay attention to the rhythm and timing of a kata and combine it with your own unique timing and your karate kata will excel.

**11. Technique.** Many karateka put the most emphasize on their technique, but without all the other elements we have been talking about, the kata would just be hollow and empty!





# MAINE KARATE CLASSIC HIGHLIGHTS



**Treasured Memries**  
**Photography**

**(207) 485-3072**





# BATTLE OF MAINE HIGHLIGHTS



**Treasured Memries**  
**Photography**

**(207) 485-3072**





# MAINE MARTIAL ARTS CHALLENGE HIGHLIGHTS



**Treasured Memries  
Photography**

**(207) 485-3072**





# 2017 SMART RATINGS

## COLOR BELT WEAPONS

### 9 and under Intermediate/Advanced

Nathanael Wayashe	24
Gavin Curry	15
Layne Johnston	9
Logan Levesque	6

### 10 - 12 Intermediate/Advanced

Abigail Dudley	24
Geneva Howard	24
Savannah Parent	24
Zachariah Wentworth	24

### 13-17 Intermediate/Advanced

Adam Grant	39
Norah Caouette	24
Joshua Flaherty	15
Black Therrien	9
Sydney Campbell	9
Tyler Bard	9

### 18-34 Intermediate/Advanced

Kristen Crockett	15
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### 45 and up Intermediate/Advanced

Christopher Parent	6
Matt Pattine	3

## BLACK BELT WEAPONS

### 12 & Under Female

Samantha Moore	27
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### 12 & Under Male

Dominic Brunner	12
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### 13-15 Female

Allison Drew	3
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### 13-15 Male

Caleb Mills	18
Derek Beaulieu	6
Chris Mills	3
Dylan Burton	3

### 16-17 Female

Brooke Martin	6
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### 16-17 Male

Zach Whitestone	24
Kyle Anderson	6
Demetre Fontaine	3
Tavish McDaniel	3

### 18-34 Female

Kira Buker	3
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### 18-34 Male

Fred Kerrigan	9
Taylor Landry	9

### 45 and Up Male

John Finch	12
Jerry Costa	6

## PHYSICALLY CHALLENGED WEAPONS

### 18 and Up

Kris Constantine	15
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## COLOR BELT KATA (FORMS)

### 6 and Under Female Novice

Lilliana Byers 3

### 6 and Under Male Novice

Cameron Berzinis 18

### 6 and Under Male Intermediate

Layne Johnston 36

### 7-9 Female Novice

Grace Masterson 39

Mikayla Achorn 33

Isabelle Citro 27

Emily Daigneault 3

### 7-9 Female Intermediate

Eliana White 9

Isabel Palmer 6

### 7-9 Male Novice

Logan Levesque 33

Bryce Whitman 21

Lyall Glasspool 21

Charles Byers 18

### 7-9 Male Intermediate

Gavin Curry 30

Ayden Diamond 24

Nathanael Wayashe 18

Jonnah Van Deventer 6

### 10-12 Female Novice

Hope Richards 24

Alana Pettine 3

### 10-12 Female Intermediate

Mikala Ferland 45

Abigail Dudley 33

Brianna Michaud 21

Liberty Wells 12

### 10-12 Female Advanced

Geneva Howard 30

Savannah Parent 30

Ava Eccles 9

Layce Boucher 9

### 10-12 Male Novice

Samuel Gerrie 24

Isaac Andrews 15

### 10-12 Male Intermediate

Silas Hassele 39

Austin Lizzotte 15

Kaleb Brown 15

Walter Fegel 15

### 10-12 Male Advanced

Evan Rone 33

Zachariah Wentworth 21

Tate Jewell 12

Peter McNally 9

### 13-15 Female Intermediate

Allison Weiner 30

Kaydence Hoyt 12

Alyssa Chandler 6

### 13-15 Female Advanced

Norah Caouette 33

Emily Cormier 6

### 13-15 Male Intermediate

Mathieu Sherburne 30

### 13-15 Male Advanced

Josh Flaherty 30

Tucker Pieh 24

Caleb Sadler 9

Alassandro Lombardo 6

### 16-17 Female Advanced

Sydney Campbell 15

### 16-17 Male Advanced

Tyler Bard 33

Adam Grant 15

### 18-34 Female Intermediate

Kristen Crockett 15

### 18-34 Female Advanced

Traci Lamanteer 30

Theresa Lamanteer 18



**18-34 Male Novice**

Justin Shorey 15

**35-44 Female Novice**

Cathy Lord 21

**35-44 Male Intermediate**

Gregory Joseph 9

**35-44 Male Advanced**

Dom Petrillo 15

**45 and up Male Advanced**

Christopher Parent 9

**BLACK BELT KATA (FORMS)****12 and Under Female**

Samantha Moore 30

**12 and Under Male**

Dominic Brunner 21

**13-15 Female**

Allison Drew 24

Aria Brunner 3

**13-15 Male**

Caleb Mills 24

Christopher Mills 12

Derek Beaulieu 6

Dylan Burton 6

**16-17 Female**

Brooke Martin 15

**16-17 Male**

Kyle Anderson 24

Zach Whitestone 12

Demetre Fontaine 9

Tavish McDaniel 3

**18-34 Female**

Kira Buker 24

**18-34 Male**

Fred Kerrigan 9

Benjamin Innes 6

**45 and Up Male**

John Finch 15

Jerry Costa 15

**PHYSICALLY CHALLENGED KATA (FORMS)****18 and Up**

Kris Constantine 9



## COLOR BELT KUMITE (POINT SPARRING)

### 6 and Under Female Novice

Lilliana Byers 3

### 6 and Under Male Novice

Cameron Berzinis 21

### 6 and Under Male Intermediate

Layne Johnston 15

### 7-9 Female Novice

Emily Daigneault 30

Isabelle Citro 24

Mikayla Achorn 12

Emilie Robinson 9

### 7-9 Female Intermediate

Isabel Palmer 9

### 7-9 Male Novice

Bryce Whitman 15

Jason Feyler 15

Mikhail Prostatin 15

Charles Byers 12

Logan Levesque 12

### 7-9 Male Intermediate

Gavin Curry 21

Ayden Diamond 30

Dylan Cooley 9

### 10-12 Female Novice

Hope Richards 30

Alana Pettine 15

### 10-12 Female Intermediate

Liberty Wells 30

Abigail Dudley 24

Aurora Estey 9

Brianna Michaud 9

Mikala Ferland 9

### 10-12 Female Advanced

Abby Malone 21

Ava Eccles 9

Layce Boucher 9

### 10-12 Male Novice

Samuel Gerrie 3

### 10-12 Male Intermediate

Silas Hassele 30

Landon Nunn 24

Luke Hopkins 21

Walter Fegel 15

### 10-12 Male Advanced

Zachariah Wentworth 39

Noah Toman 21

Peter McNally 15

Tate Jewell 15

### 13-15 Female Intermediate

Allison Weiner 18

Kaydence Hoyt 18

Alyssa Chandler 6

### 13-15 Female Advanced

Norah Caouette 24

Emily Cormier 15

Jaden Baker 9

### 13-15 Male Intermediate

Mathieu Sherburne 30

### 13-15 Male Advanced

Caleb Sadler 9

Josh Flaherty 9

Alassandro Lombardo 6

Bryce McDaniel 3

### 16-17 Female Advanced

Sydney Campbell 15

### 16-17 Male Advanced

Tyler Bard 33

Adam Grant 15

Duncan Campbell 3

### 18-34 Female Intermediate

Kristen Crockett 15

### 18-34 Female Advanced

Traci Lamanteer 30

Theresa Lamanteer 18



**18-34 Male Novice**

Justin Shorey	15
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**35-44 Female Novice**

Cathy Lord	21
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**35-44 Male Novice**

John Scola	6
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**35-44 Male Intermediate**

Gregory Joseph	6
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**45 and up Male Intermediate**

Matt Pettine	3
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**BLACK BELT KUMITE (POINT SPARRING)****12 and Under Female**

Samantha Moore	33
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**12 and Under Male**

Dominic Brunner	30
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**13-15 Female**

Allison Drew	18
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Aria Brunner	9
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**13-15 Male**

Caleb Mills	24
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Dylan Burton	15
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Matty Babb	15
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Derek Beaulieu	6
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**16-17 Male**

Kyle Anderson	21
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Tavish McDaniel	15
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Zach Whitestone	12
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Demetre Fontaine	9
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**18-34 Female**

Kira Buker	18
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**18-34 Male**

Fred Kerrigan	24
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Benjamin Innes	9
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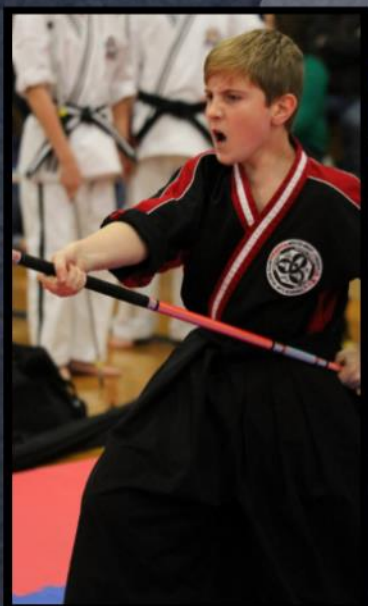
Taylor Landry	9
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**WHO IS MAINE'S BEST MARTIAL ARTS COMPETITOR?  
IT COULD BE YOU!**

# **S.M.A.R.T.**

**STATE MARTIAL ARTS RATINGS AND TOTALS**



## **2017 SMART TOURNAMENTS**

February 18, 2017  
March 25, 2017  
April 8, 2017  
May 20, 2017  
June 17, 2017  
June 24, 2017  
September 9, 2017  
November 11, 2017  
December 2, 2017

Maine Karate Classic  
Battle of Maine  
Maine Martial Arts Challenge  
KICKSUSA National Championships  
21st Annual Friendship Tournament  
Summer Spectacular  
Pine Tree State Karate Championships  
Elm City Karate Challenge  
S.M.A.R.T. Championships

Wells, ME  
Waterville, ME  
Winthrop, ME  
Gardiner, ME  
Gorham, ME  
Saco, ME  
Freeport, ME  
Waterville, ME  
Waterville, ME

**ARE YOU READY FOR THE CHALLENGE?**  
**WWW.SMARTTOURNAMENTS.COM**



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](mailto:csargent@alfondyouthcenter.org)







**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](http://WWW.NEWENGLANDSPORTSCAMPS.ORG)**

# 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](http://WWW.NEWENGLANDSPORTSCAMPS.ORG)**



**S.M.A.R.T. &**  
STATE MARTIAL ARTS RATINGS & TOTALS

**whistlekick**

# PHOTO CONTEST

**THE BEST PHOTO WINS  
A SCHOLARSHIP TOWARDS  
THE 2017 SMART'S NEW ENGLAND  
SPORT KARATE CAMP!**

Yes, we are totally serious! We're giving away a scholarship towards half the cost of the 2017 New England Sport Karate Camp to the person that submits the most creative and exciting martial arts picture of themselves showing why they deserve the scholarship from April 10, 2017 to May 10, 2017 to [csargent@alfondyouthcenter.org](mailto:csargent@alfondyouthcenter.org).



Picture will then be displayed on our SMART Facebook page on May 15, 2017. People will have 48 hours to like their favorite photos. The top three photos will move on to a final round. The winning photo will be selected by the staff at SMART & Whistlekick. The winning photo will be announced on May 20, 2017

## Contest Rules:

1. Please use appropriate photos and language in any comments or quotes – any quotes featuring curse words or offensive photos will not be admitted to the contest
2. Only “likes” made within the SMART & Whistlekick Photo Contest albums on Facebook will be counted for the contest
3. Photos can be submitted until May 10<sup>th</sup>.

Submit your photos to [csargent@alfondyouthcenter.org](mailto:csargent@alfondyouthcenter.org)







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



[www.smarttournaments.com](http://www.smarttournaments.com)

207-873-0684



**Never Settle**



whistlekick

[www.whistlekick.com](http://www.whistlekick.com)

802-225-6676



**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](http://WWW.NEWENGLANDSPORTSCAMPS.ORG)