



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

MAGAZINE

Summer/Fall

2017 Issue

THIS ISSUE:

**FRIENDSHIP TOURNAMENT
& SUMMER SPECTACULAR
HIGHLIGHTS**

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

**GET TO KNOW
RENSHI CRAIG SARGENT**

**COMPETITOR
SPOTLIGHTS**

SMART STANDINGS

CLUB "NAHA" KARATE-DO PRESENTS



ELM CITY KARATE **THE CHALLENGE**

Saturday
November 11, 2017
Alfond Youth Center – Waterville Maine

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



S.M.A.R.T.
RATED

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: 38

Martial Arts School: Club "NAHA" Karate-Do

Style: Kai Naha Karate-Do/Shudokan

Rank: 5th Degree Black Belt

How long in Martial Arts: 25 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: Winning 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: Mikhail Prostatin

Age: 8 years old

Martial Arts School: Old Town/Orono YMCA

Rank: Orange Belt

How long in Martial Arts: 1 year

Hobbies: Chess, swimming

Favorite movie: Ninjago

Favorite song: J' espere by Marc Lavoine

Favorite food: Lobster

Favorite Maine Tournament: KICKSUSA National Championship

Favorite Forms Competitor: Sammy Smith

Favorite Fighter: Bruce Lee

Greatest Tournament Win: Vermont State Nationals

Martial Arts Goal: World or Olympics Champion



Name: Mikala A. Ferland

Age: 13 years old

Martial Arts School: Club "NAHA" Karate-Do

Rank: Blue Belt

Hobbies: Hanging out with friends and running, etc.

How Long in Martial Arts: 3 years

Favorite Season: Summer

Favorite Color: Blue

Favorite Restaurant: Olive Garden

Favorite Maine Tournament: Elm City Karate Challenge

Favorite Sport(s): Karate, Cross Country, Track

Favorite Music Genre: Hip Hop

Toughest Forms Competitor: Nina Turovskiy

Toughest Fighting Competitor: Liberty Wells

Greatest Tournament Win: Summer Spectacular

Martial Arts Goal: "To always improve and to do the best I can."

Training tips to Winning Sport Karate



1 Know the point fighting philosophy - It's important to do techniques your opponent can't. You should broaden your repertoire. Don't just rely on a side kick. Try a fake kick there.

2 Keep an open Mind - Discuss training methods from your dojo mates and others. Other Competitors ways of thinking can benefit your skills and tactics. The Mental approach is very important.

3 Stretching - Some say you need good flexibility and some say you don't. Stretching is arguably the most neglected part of a martial artist routine. By stretching you warm your muscles up for action. The Legs & hips are very important for martial arts activity. There are plenty of different methods of stretching.

There are plenty of martial art stretching books that can help you choose the right ways for you to stretch. For the easy and convenient way of stretching you can purchase a stretch machine. There are about plenty of good ones on the market. We recommend the Proforce stretchmaster. It's been around for quite some time and is made of all steel. It offers a great stretch for a beginner to an advanced gymnast.

4 Smarts, Strength, & Technique - When fighting, you've got to move your opponent back. If you don't have the leg and arm strength, you will have trouble fighting a bigger opponent. Weight training also builds explosiveness. I don't think I would have won as many tournaments without strength training. Some might argue that technique is more important. I believe that you need both. You won't go far, however, unless you have the smarts. Twice a week I work on my legs. I don't go too heavy instead I lift a moderate amount and do more reps. This will help build strength and not get sized. After my leg workout, I always Stretch. This is very important because you don't want to tighten up your muscles. Sometimes I would do a light jog. No more than 20 minutes. It's just to keep the leg muscles loose. For my arms I like to use free weights and do standing bicep curls. I usually bump up the weight after each set. I don't raise the weight too much (5-10lbs.) I also like to do chin ups and pull ups for my arms and back. This keeps your muscles active and is a great way to stay in shape. You do not need to belong to a fitness gym to do this type of exercise. You can Purchase a Chin up/pull up bar and hook it up in your house.



FRIENDSHIP TOURNAMENT HIGHLIGHTS



SUMMER SPECTACULAR HIGHLIGHTS





NEW ENGLAND

Sport Karate Camps

**AT CAMP TRACY
IN OAKLAND, MAINE**



HAVE FUN IMPROVING SKILLS
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NEW ENGLAND SPORT KARATE CAMP DAY ONE HIGHLIGHTS



NEW ENGLAND SPORT KARATE CAMP DAY TWO HIGHLIGHTS



NEW ENGLAND SPORT KARATE CAMP DAY THREE HIGHLIGHTS



NEW ENGLAND SPORT KARATE CAMP DAY FOUR HIGHLIGHTS



NEW ENGLAND SPORT KARATE CAMP DAY FIVE HIGHLIGHTS



2017 SMART RATINGS

COLOR BELT WEAPONS

9 and under Intermediate/Advanced

Layne Johnston	33
Nathanael Wayashe	27
Logan Levesque	24
Gavin Curry	15

10 - 12 Intermediate/Advanced

Abigail Dudley	72
Evan Rone	60
Silas Hassele	48
Zachariah Wentworth	39

13-17 Intermediate/Advanced

Norah Caouette	51
Emily Cormier	24
Emily Lowther	24
Mathieu Sherburne	15
Nikolas Briggs	15
Sang Huynh	15

18-34 Intermediate/Advanced

Kristen Crockett	15
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35-44 Intermediate/Advanced

Jason McDowell	6
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45 and up Intermediate/Advanced

Christopher Parent	6
Matt Pattine	3

BLACK BELT WEAPONS

12 & Under Female

Samantha Moore	63
Geneva Howard	54

12 & Under Male

Dominic Brunner	18
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13-15 Female

Allison Drew	3
Maggie Ryan	3

13-15 Male

Caleb Mills	39
Derek Beaulieu	9
James Wickham	9
Dylan Burton	6

16-17 Female

Brooke Martin	12
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16-17 Male

Joshua Flaherty	39
Adam Grant	33
Zach Whitestone	24
Kyle Anderson	6
Tavish McDaniel	6

18-34 Female

Kira Buker	6
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18-34 Male

Ben Innes	21
Taylor Landry	18
Fred Kerrigan	15
Kyle Anderson	6

35-44 Male

Nate Beal	15
Jeff Norsworthy	6

45 and Up Female

Lynn Richards	18
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45 and Up Male

John Finch	18
Jerry Costa	12
Chris Boucher	3
Ralph Leblanc	3

PHYSICALLY CHALLENGED WEAPONS

18 and Up	
Kris Constantine	60

COLOR BELT KATA (FORMS)

6 and Under Female Novice

Lilliana Byers	18
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6 and Under Male Novice

Cameron Berzinis	27
Kemmeth Anderson-Benedickson	6

6 and Under Male Intermediate

Layne Johnston	69
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7-9 Female Novice

Mikayla Achorn	63
Isabelle Citro	51
Emily Daigneault	24
Eimilie Robinson	3

7-9 Female Intermediate

Grace Masterson	51
Eliana White	12
Isabel Palmer	6

7-9 Male Novice

Lyall Glasspool	81
Logan Levesque	60
Bryce Whitman	51
Charles Byers	45

7-9 Male Intermediate

Ayden Diamond	84
Gavin Curry	39
Michael McDonough	30

7-9 Male Advanced

Nathanael Wayashe	54
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10-12 Female Novice

Hope Richards	54
Alana Pettine	3

10-12 Female Intermediate

Mikala Ferland	99
Abigail Dudley	93
Brianna Michaud	54
Hannah Marshal	36

10-12 Female Advanced

Savannah Parent	69
Ava Eccles	39
Abby Malone	21
Layce Boucher	18

10-12 Male Novice

Anthony Hyland	18
Isaac Andrews	15

10-12 Male Intermediate

Silas Hassele	72
Walter Fegel	60
Samuel Gerrie	30
Richard Clifford	24

10-12 Male Advanced

Zachariah Wentworth	36
Evan Rone	66
Tate Jewell	30
Pete Butera	9
Peter McNally	9

13-15 Female Intermediate

Alyssa Chandler	36
Allison Weiner	30
Emily Lowther	18
Kaydence Hoyt	12

13-15 Female Advanced

Norah Caouette	69
Emily Cormier	24
Bryce McDaniel	6

13-15 Male Intermediate

Mathieu Sherburne	78
Sean McLean	15
Mason Borbon	6
John McColl	3

13-15 Male Advanced

Tucker Pieh	24
Caleb Sadler	18
Sang Huynh	15
Alassandro Lombardo	6

16-17 Female Advanced

Sydney Campbell	15
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16-17 Male Advanced

Tyler Bard	57
Duncan Campbell	6

18-34 Female Intermediate

Kristen Crockett	15
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18-34 Female Advanced

Traci Lamanteer	75
Theresa Lamanteer	45

18-34 Male Novice

Justin Shorey	15
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18-34 Male Intermediate

Mikel Leighton	9
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35-44 Female Novice

Cathy Lord	51
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35-44 Male Intermediate

Gregory Joseph	9
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35-44 Male Advanced

Jason McDowell	6
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45 and up Male Intermediate

Matt Pettine	6
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45 and up Male Advanced

Christopher Parent	9
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BLACK BELT KATA (FORMS)**12 and Under Female**

Geneva Howard	57
Samantha Moore	57

12 and Under Male

Dominic Brunner	24
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13-15 Female

Allison Drew	24
Aria Brunner	3
Ella Fontaine	3

13-15 Male

Caleb Mills	51
Christopher Mills	15
Derek Beaulieu	9
Dylan Burton	6

16-17 Female

Brooke Martin	36
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16-17 Male

Joshua Flaherty	27
Demetre Fontaine	18
Adam Grant	15
Zach Whitestone	12
Tavish McDaniel	3

18-34 Female

Kira Buker	30
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18-34 Male

Fred Kerrigan	12
Kyle Anderson	9
Benjamin Innes	9

35-44 Male

Dom Patrillo	15
Nate Bael	6

45 and Up Male

Lynn Richards	24
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45 and Up Male

Jerry Costa	24
John Finch	21
Chris Boucher	3

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

Kris Constantine	21
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COLOR BELT KUMITE (POINT SPARRING)

6 and Under Female Novice

Lilliana Byers 12

6 and Under Male Novice

Cameron Berzinis 36

6 and Under Male Intermediate

Layne Johnston 48

7-9 Female Novice

Emily Daigneault 69

Isabelle Citro 63

Mikayla Achorn 46

Emilie Robinson 6

7-9 Female Intermediate

Isabel Palmer 15

Grace Masterson 9

7-9 Male Novice

Mikhail Prostatin 75

Charles Byers 42

Jason Feyler 36

Logan Levesque 27

7-9 Male Intermediate

Ayden Diamond 63

Michael McDonough 30

Gavin Curry 21

Dylan Cooley 12

10-12 Female Novice

Hope Richards 54

Alana Pettine 15

10-12 Female Intermediate

Liberty Wells 66

Hannah Marshal 51

Mikala Ferland 42

Sydney Adams 39

10-12 Female Advanced

Abby Malone 51

Ava Eccles 18

Layce Boucher 18

10-12 Male Novice

Anthony Hyland 9

10-12 Male Intermediate

Silas Hassele 69

Walter Fegel 45

Landon Nunn 39

Luke Hopkins 30

10-12 Male Advanced

Zachariah Wentworth 54

Tate Jewell 36

Noah Toman 21

Andrew Pendexter 18

13-15 Female Intermediate

Alyssa Chandler 51

Emily Lowther 72

Allison Weiner 18

Kaydence Hoyt 18

13-15 Female Advanced

Norah Caouette 72

Emily Cormier 21

Jaden Baker 9

Bryce McDaniel 3

13-15 Male Intermediate

Mathieu Sherburne 81

John McColl 9

Spencer Arsenault 9

13-15 Male Advanced

Caleb Sadler 9

Jacob Meunier 9

Josh Flaherty 9

Sang Huynh 9

16-17 Female Advanced

Sydney Campbell 15

16-17 Male Advanced

Tyler Bard 36

Nikolas Briggs 9

Duncan Campbell 3

18-34 Female Intermediate

Kristen Crockett 15

18-34 Female Advanced

Traci Lamanteer	63
Theresa Lamanteer	57

18-34 Male Novice

Justin Shorey	15
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18-34 Male Intermediate

Mikel Leighton	9
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35-44 Female Novice

Cathy Lord	51
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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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35-44 Male Advanced

Jason McDowell	15
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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	60
Geneva Howard	45
Alice Bonnevie-Rothrock	6

12 and Under Male

Dominic Brunner	36
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13-15 Female

Allison Drew	27
Aria Brunner	12
Ella Fontaine	6

13-15 Male

Caleb Mills	69
Derek Beaulieu	51
Dylan Burton	15
Matty Babb	15

16-17 Male

Adam Grant	30
Demetre Fontaine	15
Tavish McDaniel	15
Joshua Flaherty	12
Zach Whitestone	12

18-34 Female

Kira Buker	24
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18-34 Male

Kyle Anderson	30
Fred Kerrigan	24
Benjamin Innes	9
Taylor Landry	9

35-44 Male

Jeff Norshworthy	15
Dom Patrillo	6
Nate Bael	6

45 and up Female

Lynn Richards	18
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45 and up Male

Fred Martell	12
John Finch	6
Jerry Costa	3

**PHYSICALLY CHALLENGED KUMITE
(FIGHTING)****18 and Up**

Kris Constantine	30
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