



The Trio Tribune

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SHANNON EARNS BLACK BELT

First Black Belt Promotion

On February 23, Trio Martial Arts Academy hosted its first Black Belt testing. **Shannon Gordon** (11) was promoted to Sho Dan (First Degree Black Belt) after a very extensive testing procedure. One-on-one with Sensei Bret Gordon, Shannon endured 6 rounds of full-contact sparring and numerous board-breaking variations, breaking 3 and 4 boards with different techniques (i.e. Skip Front Kick, Side Kick, Head) As a result, she has been promoted to an Assistant Instructor and will now be known as Sempei Shannon.



MARCH TESTING A SUCCESS

For the first time, Trio Martial Arts Academy attempted a group testing which allowed students of all ranks to test together. The feedback from the parents and students were all positive and Trio Martial Arts will be holding all tests like this in the future. All of the students ranged from ages 8 to 13 and belt ranks from Yellow to Green Stripe. Katas, Sets, Board-Breaking, Grappling, Self-Defense and Sparring were all part of their testing and the students did phenomenal.

EMILY WINS FIRST PLACE

First Champion of Trio Martial Arts

Emily Rees, age 8, competed last weekend (March 8th) in the KICK USA East Region Qualifier and was a Gold Medalist for the 8 and 9 Year-Old Beginner Sparring division. Winning her match 3-1, Emily was ecstatic when she received her award. Her father Justin stated "Those new techniques really helped." The night before the tournament, Emily worked with Sensei Bret on a variety of new techniques and combinations to enhance her sparring. "It's a big improvement from 6 weeks ago," said Sensei Bret. "I am proud of how well she's come along."

Emily is the first student of Trio Martial Arts Academy to win First Place in any division. "I hope this inspires some of the other students to begin to compete and get their name out there as well" stated Randy Gordon, owner of Trio Martial Arts. "Competition is good for all students, win or lose. It let's them see what's out there."



Emily (left) uses a cross punch to score her final point.

UPCOMING EVENTS

KICK USA

Regional Qualifier:

Daytona Beach, FL
April 19, 2008

KICK USA

Regional Championship:

Titusville, FL
May 3, 2008

Gator Nationals:

Daytona Beach, FL
May 16-17, 2008

Croix Shaffer – Promoted to Brown Belt w/ White Stripe

Marvin Wootson – Promoted to Blue Belt

Kiara Wootson – Promoted to Blue Belt

Emily Rees – Promoted to Purple Belt

Casey Gates – Promoted to Purple Belt

Phillip Kuzara – Promoted to Orange Belt

Marvin and Kiara Wootson, as a result of their promotion to Blue Belt, have been inducted into Trio Martial Arts' Black Belt Club and are now eligible to learn Weapons, Advanced Self-Defense and Brazilian Jiu-Jitsu.



SPIRIT, MIND, BODY