



# The Trio Tribune

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## FROM SLEEPING BEAUTY TO STUDENT OF THE MONTH

During **Omar Jeter's** first class at Trio Martial Arts, he had asked Sensei Bret if he could have a moment to sit and recoup. When checked upon just minutes later, Omar was fast asleep just 20 minutes into class. This was the start of a success story in the making (kind of). For the next month as a white belt, Omar entertained the adult class with jump rope performances and over-reaching kicks that landed him on the ground, another victory for Grandmaster BOB. This was back in April, and Trio Martial Arts wasn't sure if Omar was going to make it. Skip ahead to the present. June 2009, Omar can be seen on a regular basis at the dojo and elsewhere sporting his Trio Martial Arts t-shirt to proudly represent his school. During class, he pushes himself to the limit by doing knuckle-push ups daily and always striving to improve his skills on the mat. Although his jumping rope may need some work, Omar adds liveliness to the adult class and his ever-increasing martial arts ability has led us to the decision that Omar Jeter has earned the title of **Student of Month** for May 2009. He has come so far that Omar feels he is ready to compete and will make his Fighting debut at the Warrior Invitational Kumite Challenge on August 2<sup>nd</sup>. Good Luck Omar!



## TRIO MARTIAL ARTS UNSTOPPABLE ON TOURNAMENT CIRCUITS

On May 9, 2009, KICK USA held their Regional Championship in Viera, FL. On that day, three Regional Champions were crowned from Trio Martial Arts students and another from Sensei Bret. **Ben Harrison**, **Christian Burgos**, and **Robin Adams** all had their moment of fame as they were awarded the Gold. The results of the tournament are as follows:

<b>Sensei Bret</b>	First Place Point Fighting
<b>Ben Harrison</b>	First Place Point Fighting Second Place Traditional Katas
<b>Christian Burgos</b>	First Place Point Fighting
<b>Robin Adams</b>	First Place Grappling

Recently at the 32<sup>nd</sup> Battle of Florida National Martial Arts Championships, Trio Martial Arts left with 5 awards from four competitors. Crowned as *National Champions* were **Mike Droske** and **Sensei Bret**, both in Point Fighting. **Lexy Smith** made her tournament debut coming in Second Place in Point Fighting, having only had a month of training at Trio Martial Arts. **Ben Harrison** also competed well, placing Second in Point Fighting and Second in Traditional Katas, missing the gold by a hundredth (0.01) of a point.

Once again, Trio Martial Arts proves itself as a force to be reckoned with in competition. Trio Martial Arts congratulates all competitors and looks forward to seeing everyone compete in the August 2<sup>nd</sup> **Warrior Invitational Kumite Challenge** that we're hosting at Minneola City Hall. Please register now to help Sensei Bret get really nice trophies.

## GOOD LUCK TO SEMPEI ROBIN AND SEMPEI SHANNON

On June 20, Sempei Robin and Sempei Shannon will be testing for their 2<sup>nd</sup> Degree Black Belt. Upon promotion, Sempei Robin will further be addressed as **Sensei Robin**. This will not apply to Sempei Shannon because she is not over the age of 16. Good Luck to both of you! (You're going to need it)



**SPIRIT, MIND, BODY**