



Albany Council of
Traditional Karate-Do
Organization, Inc
www.actko.com

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AC-TKO NEWSLETTER

NATIONALS 2007, NC

It was another highly charged, exciting year at Nationals for the National travel team. The event was held in Winston-Salem, NC and the humidity did not stop our team members from achieving excellence. The event was kicked off with a thrilling jump rope demonstration and a video that highlighted the world team and showcased Brandon Abdullah as he returned from a triumphant competition in Italy to compete at this annual event. This year was unique in that we had more beginners than ever before. The majority of our competitors were in the 5-8 year old division. In spite of their inexperience, our young competitors performed well, earning many gold, silver and bronze medals on the first day. Competition continued to be fierce for the rest of the week. We had more adult competitors than ever at 3 who competed in three different categories and medaled in all. Our Black Belt competitors continued their trend of excellence as all three made it to finals for both Kata and Sparring.

Remembering that one of the guiding principles of our team is togetherness, we managed on several occasions to reinforce this with meals together, laughing with each and enjoying being with each other and even competing with each other. Late night team swimming also allowed us to relax after a long week of competition.

Along with our new competitors, we had several new coaches who volunteered their time to assist our team members in performing to their highest level. They were joined by parents in the stands who cheered the team members on and made sure that no athlete was left standing alone. Combined, their work helped to assure us of a successful 2007 Nationals with 62 medals in all. We look forward to the 2008 Nationals and know that our competition family will continue to strive and achieve excellence in the coming years.



ASH CHICKEN BBQ

This past June the annual ASH Chicken BBQ took place at the Albany School of Humanities. The weather was beautiful and hot and there was plenty of food. For those of you who joined us it was a wonderful day. Everyone had fun, the food was delicious. Although the air conditioning was not working that day at the school, everyone found a way to deal with the heat and enjoy the talent show that the kids participated, together with the BBQ. Shihan and his family attended as always and enjoyed themselves along with all the kids, family and friends that attended this year.

2ND Annual Karate Family Picnic

For those of you who attended our 2nd Annual Karate Family Picnic this July at Elm Park in Bethlehem and who were not scared of the rain forecast we thank you. Despite the 2 or 3 rain showers that occurred, the weather was hot and sunny. The family and friends that attended this year's picnic had a great time. We grilled, we ate, we played, we swam, we sang and we danced. It was a great turnout despite the weather predictions and we had a great time. Young and old, both sang and danced at the annual Karaoke contest. We had old school and new school music. The kids played water gun fights, pillow case races, relay racing, volleyball, frisbee, football, and much more.

Shihan arrived and needless to say he was the main attraction as all the kids flocked to him as always.

We look forward to another karate family picnic next year for a little fun and some great food.

(See some of the photos of the kids on the back.)

2ND ANNUAL KARATE PICNIC PHOTOS



Classifieds:

We are currently looking for parent(s) to be part of certain committees (i.e. fundraising, communication and travel) to work in conjunction with certain Board Members. If you are interested in joining one of the committees, please email us at the following: JCP9@hotmail.com or micheleog@aol.com.

ACT-KO Board Members:

President: Jerome Culler
Vice President: Shawn Sorce
Secretary(s): Isabel Laboy and Michele Fields
Treasurer: Elizabeth Alexander
Members: Mary Ann Butler, Kriste White, Sharan Jones

Upcoming Events:

Visit us at www.actko.com

AUGUST 29, 2007 – Mayor’s 2007 National Competitor’s Ceremony

SEPTEMBER 2007 – Golf Tournament

SEPTEMBER 2007 – School Registrations

OCTOBER 2007- Juvenile Diabetes and Breast Awareness Walk-a Thons

DECEMBER 2007 – 3rd Annual Mayor’s Cup Karate Tournament

Thank You!

Special thanks are due the following:

To All Volunteers who help make the ASH BBQ and Karate Picnic successful and fun.

All Competitors who attended Nationals 2007.

Brandon Abdullah for competing in the International World Cup in Italy.

All 2007 Graduates!!

REMINDERS:

- Be prepared for all your classes
- Practice at home
- Always be respectful