



**Albany Council of  
Traditional Karate-Do  
Organization, Inc**  
[www.actko.com](http://www.actko.com)

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# AC-TKO NEWSLETTER

## MARCH OF DIMES

### Walk-A-Thon

On Sunday, April 29, 2007, some members of our team participated in the March of Dimes Walk-a-thon, which was held at The Crossings in Colonie. A group of students and parents gathered on that Sunday morning and walked for this very important cause. We walked to help raise money for this important event and to support the Feats of Wonder, who are affiliated with Albany Medical Hospital and who raised over \$1,000.00 for this event. As some of you might know, Sempai Carl stated that if \$1,000.00 or more was raised he would shave off all his hair and Sempai Carl did not waste any time shaving it all off for this cause.

This was our biggest turnout yet for the Walk-a-Thon events and we are happy that more and more of you are participating in these events. This is just one of many ways that we can give back to our community and help those in need a little at a time.

The Walk-a-thon had a great turnout. There were people from everywhere and it was good to see everyone participating and helping others, a value we want instilled in our children.

This Walk-a-Thon was a big success. Everyone had a great time and we even saw some familiar faces.

Thank you and we hope to have an even bigger turnout next time.

Remember "help give back".

## ASSOCIATION TOURNAMENT

This past March we hosted our annual Association Tournament which qualifies athletes to move on to the Regionals and eventually National competitions. We had a great turnout. There were different schools competing against our kids and our kids did a wonderful job. The excitement and sincerity of each child doing their best was all that anyone could have asked for. The Association Tournament is the first step for each athlete to move up in competition. You have to place in the top 16 to move on to Regionals, which this year is being hosted in the Crown Plaza in April. We are proud to say that all our kids moved up to the next level and we hope to see them compete in Regionals and move on to Nationals.

## "BLACKBELT DINNER"

This year ACTKO and American Institute of Japanese Karate hosted a Black belt dinner honoring a new batch of Black belts at the Elks Lodge Club in Latham, New York. We had over 25 Black belts being honored, together with family, friends and future Black belts. Shihan, along with his mother, wife, daughters, brother and other family members shared in this wonderful occasion. In the past AIJK has honored their Black belts, and this year with the help of ACTKO brought back this tradition and will continue to do so. Each Honoree read their report on "What a Black belt meant to them" and shared with everyone their thoughts and achievements in how they obtained their Black belt.

Shihan also honored his "Special Honorees" Sempai Carl, Anne and Mark for all their dedication and help over the years.

Everyone mingled, ate dinner and enjoyed themselves. It was a wonderful event and we were glad that everyone joined us in celebrating our Black belts.

## National's 2007

AC-TKO has designed a website, where everyone can visit and obtain upcoming events, information and eventually view photos. We are still in the process of adding new features to this website, but it can still be visited.

Please continue to visit our website for information as we are adding more information each day.

**www.actko.com**

### Reminders to Students:

- Be prepared for all your classes
- Practice at home
- Always be respectful
- Volunteer and give back



### 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](mailto:JCP9@hotmail.com) or [micheleog@aol.com](mailto:micheleog@aol.com).

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#### **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

The hotel we will be using for Nationals this year is the **Sundance Plaza Hotel in Winston-Salem, NC** [www.choicehotel.com](http://www.choicehotel.com). Check in date is the week of Sunday June 24<sup>th</sup> and the check out date is Sunday, July 1, 2007. All rooms have refrigerators, microwaves and Internet access and continental breakfast. The rate per night is \$101.68 including taxes.

### Upcoming Events:

**June 8<sup>th</sup>**

ASH Annual BBQ

**June 9th**

Deadline to hand in National applications

**June 25-30**

Nationals, Winston-Salem, North Carolina

**Summer of 2007**

Family Fun Day Cookout

## Thank You!

Special thanks are due the following:

To All Students who have achieved and have become Black belts.

All volunteers who helped make the Association Tournament a success.

Everyone who participated in the March of Dimes Walk-a-Thon.