



Schedule of Events

- Feb 1-12 Pick up Valentines
- Feb 6 Closed Except Yoga
- Feb 6 Blackman MMA Fights
Harrisburg, PA
MMA Fights @ 7 pm
- Feb 13 Leadership @ 10 - 11 am
- Feb 14 Valentine's Day and
Chinese New Year
- Feb 15 Leadership @ 5 - 6 pm
- Feb 16 Friend's Day
- Feb 19 Warrior Challenge
MMA Fights
Lancaster, PA
- Feb 20 Warrior Challenge
Grappling/Karate Tourn.
Lancaster, PA
- Feb 20 Grant's Kickboxing
Plymouth, PA
Fights @ 6:00 pm
- Feb 24 Parent's Day
- Feb 25 Relson Gracie Seminar
Philadelphia, PA
Gi @ 6:00 - 7:30 pm
No-Gi @ 7:30 - 9:00 pm
- Feb 27 Leadership @ 10 - 11 am
- Feb 27 BBC @ 11 am - 12 pm
- Feb 27 Matrix Fights
Philadelphia, PA
MMA Fights @ 6:30 pm
- Mar 20 First State Fights
Dover, DE
MMA Fights @ 7:30 pm
- Mar 27 O.I.K.K.A. Tournament
Dover, DE
Tournament @ 10:00 am

Happy Birthday

Joshua D.

Monthly Brainteaser

What has no flesh nor feathers, nor scales nor bone; but does have fingers and thumbs of its own?

Locked in the Cage 2

On Saturday, January 23, 2010, Extreme Force Productions & Bentley Promotions presented Locked in the Cage 2, a Mixed Martial Arts event in Philadelphia, PA. In the second last bout of the evening, Team Hammer's John Doyle defeated Mike Johnson in the second round via technical knock out (TKO) - referee stoppage from unanswered strikes.

At the start of the first round, Doyle taunted Johnson to strike him and when Johnson failed to oblige, Doyle moved in for the takedown. On the ground, Doyle used his ground and pound to try to better his position. However, Johnson was able to escape and caught Doyle in a very tight guillotine choke toward the end of the first round. Doyle showed tremendous strength and determination by surviving the choke, reversing the situation, and surviving the first round.

In the second round, Doyle and Johnson exchanged a few strikes before Doyle moved in for the takedown. Doyle picked Johnson off the ground and slammed him into the cage floor. As Doyle tried to get a better position on the ground, Johnson found an opportunity to escape. Every time Johnson escaped and tried to stand up, Doyle countered with a powerful takedown. Toward the end of the second round, Doyle had a dominant position on the ground and landed several major punches to Johnson's head. Doyle won the match when the referee stepped in to stop the fight at 4:08 of the second round.

First State Fights

Coach Rodney Guignet is scheduled to fight at the First State Fights Mixed Martial Arts event on Saturday, March 20, 2010 at Del-State University Memorial Hall in Dover, DE. Tickets for the event will be available at LVIRK Training Center for \$20-\$50. Tickets will also be available at the door for \$10 more. Doors open at 6:00 pm and fights are scheduled to start at 7:30 pm. Everyone is encouraged to come and support Coach Rodney.

O.I.K.K.A. Tournament

The 6th Isshinryu O.I.K.K.A. Friendship Tournament is being held on Saturday, March 27, 2010 at Dover High School in Dover, Delaware. This tournament is a great opportunity for students of **all ranks** to compete against students from other Isshin Ryu schools. Sensei Becky will be handing out registration forms during the next few weeks.

All students are strongly encouraged to attend.

Lehigh Valley Iron Pigs

LVIRK Training Center has been invited to perform a Karate demonstration in the 2010 Martial Arts Night at the Lehigh Valley Iron Pigs game on Monday, May 3, 2010. In order to participate in this event, we need to have a group of 20 or more attend the game. Sensei Becky will be handing out flyers with more information during the next few days. Please let Sensei Becky know how many members of your family will be able to attend.

LVIRK Web Site—New Features

LVIRK Training Center has introduced some new features on our website www.lvirk.com. Under News, we have added Twitter and Facebook pages that display LVIRK Training Center's activity on Twitter and Facebook. To make it easy to find our Twitter and Facebook pages, we have also added Twitter and Facebook links at the bottom left of each page. And to make it easy to share something on our site with your friends, we have added social networking links to the lower right of each page.

LVIRK Training Center has also added a few new profiles to the MMA and Boxing Coaches pages. Many more new features are to come. Keep checking back.

January Belt Testing

Yellow Belt Jarrett H.	Brown Belt 3 Mackenzie B.	Jr Black - Purple Stripe Lauren H. Alexander T.
Blue Belt Kyla H.	Brown Belt 1 Victoria B. Nicholas S.	Jr Black - Brown Stripe Joseph W.

Inclement Weather

In the case of bad weather, we will post any closings or class cancellations on the event calendar on www.lvirk.com and we will attempt to notify everyone via email and/or text message.

Please see Leanne to update your contact information.

Happy Chinese New Year!

February 14, 2010 is the Chinese New Year and marks the start of the Year of the Tiger. The Tiger years so far have been 1902, 1914, 1926, 1938, 1950, 1962, 1974, 1986, 1998, and 2010. The Year of the Tiger is a year of being courageous, bold, and taking initiative. It's all about implementation and taking risks.

According to the Chinese Zodiac, people born in the Year of the Tiger are sensitive, given to deep thinking, and capable of great sympathy. However, they can be extremely short-tempered. Other people have great respect for them, but sometimes Tiger people come into conflict with older people or those in authority. Sometimes Tiger people cannot make up their minds, which can result in a poor, hasty decision or a sound decision arrived at too late. They are suspicious of others, but they are courageous and powerful.

The animal Tiger is said to be lucky, vivid, lively, and engaging. Another attribute of the Tiger is his incredible bravery, evidenced in his willingness to engage in battle or his undying courage. The Chinese say having a Tiger in the house is the very best protection against the evils of fire and burglary.

Happy Year of the Tiger!

Schedule Changes

LVIRK Training Center will be adding some new classes and changing the times of some classes as listed below.

Boxing Class Schedule (effective immediately)

Monday & Friday	7:00 pm – 8:00 pm
Tuesday & Thursday	6:00 pm – 7:00 pm
Tuesday & Thursday	8:00 pm – 9:00 pm

MMA Class Schedule (effective March 1, 2010)

Monday & Wednesday – Striking	5:30 pm – 7:00 pm
Monday & Wednesday – Grappling	7:00 pm – 8:30 pm
Tuesday & Thursday	10:00 am – 11:30 am
Tuesday & Thursday – Grappling	5:30 pm – 7:00 pm
Tuesday & Thursday – Striking	7:00 pm – 8:30 pm
Friday – Sparring	5:30 pm – 7:00 pm

Yoga Class Schedule (effective March 1, 2010)

Monday	4:30 pm – 6:00 pm
Wednesday	5:30 pm – 7:00 pm
Saturday	9:00 am – 10:30 am

Student of the Month

Emily B. is always eager to learn more and is always actively practicing during class. She sets a great example for other students by continuously practicing until directed otherwise. Congratulations Emily!

Social Networking with LVIRK

Thanks to all of LVIRK Training Center's fans on Facebook, we now have an easy to remember URL:

<http://www.facebook.com/LVIRKTrainingCenter>

Valentine's Day Cards are Here!

Pick up your Valentine's Day Cards at the front desk. Valentine's Day Cards are free to current students. Each Valentine's Day Card offers a FREE Month of martial arts for the recipient. Give them to your friends and classmates and then bring them to class on Friend's Day—February 16!

World Extreme Fighting

On January 8, 2010, Team Hammer's John Doyle competed in the World Extreme Fighting Event in Pittsburgh, PA. John dominated the first round with strikes and takedowns. As the fight progressed, John started to feel tired from his aggressive start in the first round. In the third round, John was caught in a bad position due to his fatigue. He lost by arm triangle choke at 3:33 of the third round.

MMA Expo

On January 9 and 10, 2010, the Philadelphia Sports Expo and MMA Expo were held at the Valley Forge Convention Center in King of Prussia, PA. The One You had a booth at the event to showcase the massage therapy, personal training, and nutrition consultation services offered at LVIRK Training Center.

Coach Rodney and Sensei Becky attended the event on Sunday, January 10 and watched the grappling and karate tournaments. Sensei John Devine from Lebanon Isshinryu Karate had 3 students compete in the event including Black Belt William McGee, who teaches at his school. All of Sensei Devine's students did an excellent job and placed in their divisions.

While at the MMA Expo, Coach Rodney and Sensei Becky also saw Shonie Carter, Cung Le, Marcelo Garcia, Matt Hamill, Dan Severn, Sean Sherk, and Sibling Rivalry co-owners Howard Steele and Linda Webb-Jenkins.

Ultimate Grapplers Challenge

On Saturday, January 30, 2010, Matt M. and Dominick T. competed in the beginner's division at Ultimate Grapplers Challenge in Hamburg, PA. Dominick won his first match on points, lost his second match on points, and won his third match by a guillotine choke to take second place in his division. Matt lost his first match by guillotine choke and won his second match by guillotine to take third place in his division.

Althouse Kickboxing Fights

On Saturday, January 30, 2010, James Knight competed for the United States Kickboxing Alliance (U.S.K.A.) Light Heavyweight Kickboxing title in an amateur kickboxing event presented by Althouse Karate and Kickboxing Academy in Hamburg, PA. James defeated Josh Elkins of Elkin's Karate by TKO in the 4th and final round to win the title.