



OUR NEWS

SUMMER FUNSHOP 2026

Wednesday, July 29, 2026 (9 am to 5 pm) – doors open at 8:45 am

The Summer FunShop was coordinated by Headmaster Stalloch who was assisted by School Staff. The FunShop is a **FUN** and **educational experience** that can our students, ages 6-12, succeed in the martial arts, as well as in the educational system. Students received one-on-one, lengthy attention to improve their techniques, kata, and knowledge in the martial arts, which can **accelerate their skill level**.

They learned about a variety of topics that are not covered in regular classes such as chess, extension tools, and specialized self-defense. All of this is done through fun activities which involve **teamwork, listening skills, and leadership skills**. One of the greatest assets for personal safety is self-confidence. **The FunShop is about developing self-confidence.**



Morning Warm-up: students were led through a short stretching by red top class assistant Josey. While red tops cannot teach because they are under 18, they assist the school in many ways. They also learn many skills that will assist them in teaching if they one day do become an instructor. Many former red tops are today's instructors.

Kama Class: the students used wooden kama to learn some of the traditional kama kata Kanegawa

no nichigama from Sensei Lilley. Extension tools like the kama, bo, sai, and others are rarely done in regular classes.



Throw and Go! First, students learned how to fall properly on a mat for safe partner practice. Then, they learned our style's **NINE TAKEDOWNS!** These are required techniques for brown belt testings. The students then threw (plastic) axes at a target before returning to the mat to do a takedown technique based on what part of the target they hit (or miss!)



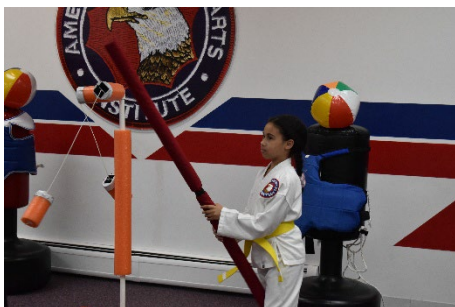
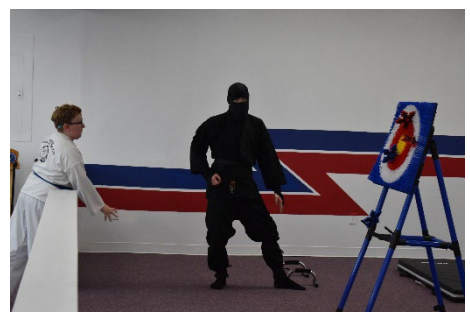
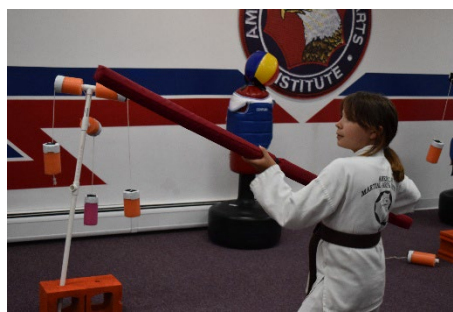
Sparring and Whack-a-doo Karate: A class on sparring basics taught by Headmaster Stalloch including the rules, why sparring is a part of training, and why we sparring gear. This was followed by practice matches. At the end of sparring was a game of "Whack-a-doo Karate"! The winners got ICECREAM!! Which was given out during lunch.

During Lunch students played chess.





Follow the Ninja Course: Students followed a “ninja” through stations in a mega-obstacle course that spanned multiple rooms. This involved jogging from station to station to complete different tasks. It included axe-throwing, pushups, hitting the wavemaster with padded canes, and striking rebreakable targets with a padded bo. While waiting their turn all other students practiced our styles 10 fundamental self-defense techniques which are required at color belt testings.





Did You Know? Headmaster Stalloch discussed testing requirements, brown belt written exams, and more in conference room A.

Kick the Pig!, “Snow balls”, and Highest kata: “Kick the Pig” is a game that works the cardiovascular system and teamwork. Team members wear headgear and inflatable sumo bubbles and then try to kick an inflated rubber pig into the other team’s goal. It was a lot of fun and a student favorite! This was followed by throwing foam “snowballs” at a movable ninja target with point zones and then kata practice.

Karate Man Says! Do you know Simon Says? Well, this was Karate-Man Says!



Kick It! Skip, Jump, and Flying Kicks to hit targets.

Student pick up.



Thank you to Master Chuff and Instructors Lilley, Franz, Quintal, Salsberg, and Red Top Josey for assisting at this year's summer funshop.

The WINTER FUNSHOP 2027 will be held on February 15 and 16!

ABOUT OUR ARCHIVES

The American Martial Arts Institute maintains a library at its main office with records of rank promotions, events, publications, media coverage, photographs, and videos. These are in the form of photo albums, copies of our publications, preserved news articles, and digital files such as videos and photographs from events in our history. In 1998, the American Martial Arts Institute launched its first website. Since then, the website has undergone many updates to keep up with changing technology. Many of our school's events and history are recorded on this website; however, not all testing results are maintained online (although testing records are maintained at our school). Events prior to 1998, are kept at our school library. This webpage documents some of our school's history.

For more information visit AMAI-EagleStyle.com.

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