

Contact: **Shihan Larry Giordano**
Methuen Karate Association
School of the Rooster

70A Bonanno Court
Methuen, MA 01844
Phone (978) 683-4287
Fax (978) 685-3177

Giordano Family
Methuen Karate Association (MKA)
School of the Rooster
Kyokushin Karate

Press Release

Giordano Family MKA Promotes Two Black Belts in December

Methuen, MA December 30, 2009: Giordano Family Methuen Karate Association (MKA) promoted two students, Mark Hicks to Shodan (first degree black belt) and Sara Hines to her Junior Grade black belt in December 2009. Mark Hicks, from Haverhill, started his Karate studies as a youth in Indiana. He began studying Kyokushin Karate at Methuen Karate in 2001 and volunteers teaching Karate at the Boys and Girls Club of Lawrence. In January he will also be teaching at the Haverhill YMCA. Sara Hines (13) is in the 7th grade at the Tenney Grammar School. She has been training at MKA for 5 years. MKA has graduated more than 66 black belts since its inception.

"I am very proud of these students," stated Shihan Larry F. Giordano. "Achieving the level of black belt is quite extraordinary, and requires a level of commitment and love for the sport. There are no secrets to success. It is the result of hard work, preparation and learning from failure. They deserve the recognition for their hard work. "

About Black Belt

The step from brown to black belt is the most significant in karate. Only one in ten thousand students make it to Sensei (teacher). The Black Belt represents the spirit of Karate, and the color black represents strength. First degree blackbelt is a Shodan. There are ten levels to achieve as a black belt, each level with its own significance. A new Shodan embarks on a journey where he/she will continue to grow in the areas of securing more knowledge in terms of techniques, improving his proficiency, self-improvement and serving others.

About Giordano Family MKA

Giordano Family MKA, formerly known as MKA, was founded in 1968 by Hanshi Larry F. Giordano. The "school of the rooster's" mission is to promote the traditional, spiritual, and educational goals of karate do through the discipline of Kyokushin Karate. Hanshi Giordano holds the rank of Haichidan 9th Dan. His efforts have been recognized internationally, including being inducted into the Martial Arts Hall of Fame and the Hawaiian International Martial Arts Hall of Fame, and named Master Instructor of the Year by the International Hall of Fame for World Head Sokeship Council. To date, the school has graduated more than 66 black belts. For more information, visit www.methuenkarate.com.

###

Pictures:

1. 2009_MKA_BlackBeltPromo.jpg

L-R: Sensei Stephen Giordano, Kohai Sara Hines, Shodan Mark Hicks, Hanshi Larry Giordano