

UP CLOSE AND PERSONAL in TUCKER

Includes
Smoke Rise • Embry Hills • Northlake
Volume 15 Issue 2

KARATE MASTER ROY DAY TELLS HIS STORY



RESIDENTIAL DELIVERY ONLY

PSRT STD
US POSTAGE
PAID
Monte GA
Permit #15
ECRWSS

DISCIPLINE, DEFENSE, AND FORGING CHAMPIONS AT JW AMERICAN KARATE

By Master Roy Day

“The town of Tucker has always had an individual personality and its share of champion athletes. These days Tucker is producing a new kind of champion, children ages 8 to 14 fighting in Karate tournaments and training at Tucker’s hometown dojo. A dojo is a room or school where Karate is taught and practiced. We are located on Idlewood Road, near the corner of Lawrenceville Highway. Our dojo is uniquely run by a Master in a wheelchair – that would be me. As someone who grew up in the Tucker/Northlake area and who trained for over a decade under our dojo’s founder, Master Robert Quinn, it gives me great joy to see our children develop into champions in such a short time. At our most recent tournament, we brought five competitors and did not lose a single fight to a student from another school. Before the unfamiliar reader is shocked that children as young as eight years old are fighting and developing into champions, all contact is above the waist and athletes are protected by a full set of protective gear.

Parents’ primary concerns and motivations when enrolling their children in Karate is the quality of the environment, the safety of the sport and what is being taught. Karate is statistically much safer than football, soccer, and all the other major contact sports. We provide a disciplined environment, which can be fun as well. We teach children how to stand up to bullies and defend themselves successfully if necessary.

People often ask how I came to run the dojo, or became a Master, or how I ended up in a wheelchair. I was a healthy kid who played a myriad of sports, first in the Grey-Y program at Rehoboth and then at Oak



Dojo owner, Dr. Stephanie Sargent Weaver, Master Instructor Roy Day, Instructor Rick English, Assistant Instructors Jim Kinney, Doug Bernhard. Not pictured: Phillip Kinney, Jason Nguyen, Nathan Phillips, Bob Trouteaud.

Summer Camp

Now Enrolling! Ages 5-10
Half & Full Days
Starts at \$79/week

Registration Fee
Waived With
This Ad!



Camp Weeks: S.T.E.A.M., Art, Fashion,
Super Heroes, Nature Adventurer, Princess & Fairies,
Performing Arts Camp (Beauty & The Beast)
& much more!

popadoodle

KIDS
IMAGINATION
CENTER

678-779-7052 www.popadoodle.com

1218 Rockbridge Rd. SW Stone Mountain, GA 30087
(Five Forks Trickum & Rockbridge Rd, across from Kroger)

continued on page 10

CookieCutters

haircuts for kids

Saturday April 15th

**Meet and Greet with
Easter Bunny all Day!**



**All Haircuts are
\$5 OFF**

Every child that gets a haircut that day will
get an egg with a surprise inside.
One egg will have a golden coin for a special prize!

POWER 96.1

96.1 will be doing a
live radio remote!



Discover How Much Fun A Haircut Can Be!

Stress Free for Parents, Fun for Kids

678-395-7428

Appointments Available / Walk-ins Welcome

4316 Lawrenceville Highway • Tucker (Between Starbucks & Walgreens)

Book Online: www.HaircutsAreFun.com



"Like" us at www.facebook.com/CookieCuttersTucker





Roy Day with President Clinton

Discipline, Defense & Forging Champions At JW American Karate (from pg 8)

Grove Elementary. I played soccer at Lakeside, where we won state in 1970. On October 28th, 1972, I fell the equivalent of seven stories in a demolition mishap that took two lives and left me a paraplegic. The wheelchair didn't stop me from leading an interesting and unusual life. For three years I studied with Medicine Men and Women training to be a shaman. I wrote my thesis in Anthropology at Georgia State about the effect of Christianity on traditional Paiute ceremonial practices. I spent three years running a nightclub in Athens and then went on to write three books of poetry and a novel. In 1995 I became aware of the sport of wheelchair fencing and for almost a decade I represented the United States as a member of the US Wheelchair Fencing Team. I competed in the Paralympics, three World Championships, and after the Sydney Games I completed four life-altering scuba dives at The Great Barrier Reefs.

In 1998, the year after I won the US National Championship in Épée fencing, I met Master Robert Quinn. He was a Master of American Karate, Kenpo, and Modern Arnis (Philippine Stick Fighting.) My nephew Patrick was dealing with many mild symptoms of Asperger's Syndrome and his parents thought Karate might help. It did.

When I met Master Quinn, I told him I'd been working on a system of self-defense for wheelchair users. He was a third-generation police officer and eager to help; the rate of serious violent crime is two to three times higher for the disabled than the able-bodied. He guided me over the years to write two books, 'Crime and the Disabled' and 'The We Defend System of Self-Defense' and to found www.thewedefendsystem.org to address this problem.

Master Quinn tragically passed away in 2010 and was honored in dojos around the world. I continued at the dojo for a couple of years, but then was gone for five years while I took care of my elderly father. I returned later as a volunteer instructor. The Quinn family decided to sell the business and Dr. Stephanie Sargent Weaver stepped up determined to keep Master Quinn's legacy vibrant and alive.

With the support of the Quinn family I have attempted to run things the way Master Quinn had and the results have been spectacular. In the six months since



Lakeside vs. Henderson 1972



Roy Day in Fencing Meet

I have taken over every student we have has become a better self-defender. Instructor Jim Kinney also teaches women's self-defense at Emory and is preparing to test for his black belt shortly. Jim's son, Phillip, is also an instructor and earned his black belt as a teenager. Instructor Nathan Phillips is a sophomore at Tucker High School and is the youngest student to earn his black belt while attending this dojo. All of these men came up under Master Quinn, and have been invaluable since I have returned. Our new instructors, Mr. Rick English and Mr. Bob Trouteaud, bring vital resources to the dojo as well. Mr. Rick studied Kenpo for 25 years during his long career in the US Navy, specializing in close quarters combat. Our new sparring instructor Mr. Bob's experience and excellent form is helping to raise our sparring skills to even higher levels.

If you walk by JW American Karate, it is hard not to notice all the shiny new trophies on the window ledge. They have been won by our 'tournament tigers'. Eight-year-old Emma Jean Brennan, 10 and 11-year-old cousin's Krishiv and Ayush Patel, 12-year-old Julie Horton, and 14-year-old Gracia-Maria Najim – our potential Olympic hopeful.

continued on page 12

Art classes for kids & adults



Now enrolling for
Summer Camps
& Gardening Club.

**Register Soon -
Space is limited!**

79 Main St
Suite A
Lilburn, Ga
(706) 254 7700



www.gooddayart.com

Atlanta School of Gymnastics

Boys & Girls Summer Camp 2017

May 31st— Until School Begins

Choose your days or weeks you would like to attend!

**Daily Rates Available for Full Day & Half Day Camps!!
Sibling Discounts Available for Weekly and Daily Rates!!
Give us a call & register today!**

****Early Drop Off at 7:30a.m and late pick up until 6:00pm
are available for NO ADDITIONAL FEE****

**Weekly
or
Daily Rate**

**Ages
4-12**

**REGISTRATION
YEAR
ROUND**



-11-

3345 Montreal Station Tucker, Ga 770-938-1212 www.atlantagymnastics.net

The very first class Emma Jean took, I taught her how to hit something safely. I held a bag and told her she could hit it as hard as she wanted. She pulled back and wailed on the pad and smiled from ear to ear. Within minutes I asked Dr. Weaver's permission to put Emma Jean on the fast track to spar and fight in tournaments. She dominated her class in the last tournament and the first-place trophy she was awarded is 2/3 her size.

Krishiv is an aggressive and all-out attacker whereas Ayush is a more reserved counter-attacker. Ayush was so laid back in sparring one night his father called me over and expressed doubt that Ayush was ever going to show the warrior within. I assured Mr. Patel not to worry. Now every time Ayush comes in first place at tournaments I remind him of the incident.

Julie and Gracia-Maria can fight each other fiercely and then seconds later be laughing and smiling. Because



they are close in age and belt, they've been in the same category and had to fight each other, usually with Gracia-Maria coming in first and Julie second. This situation is about to change and I expect Gracia-Maria to continue to be a champion in her category, and Julie to begin to dominate her new category.

continued on page 14



Academy of the Arts



Ages
2 1/2 - Adult


Ballet • Tap
Jazz • Hip Hop
Modern
Pointe
Tumbling
Acting
Modeling
Etiquette
Zumba

Sue Sue's SuSu Boutique
on Premises



4445 Hugh Howell Road
(next to Wendy's)
www.thebestdanceschool.com

470-282-6710



MOUNTAIN PARK ACADEMY

A LEARNING CENTER

Lessons for Life

Now Enrolling!
Infants- 12 yrs

Open Mon-Fri
6am-6:30pm

**Arcado, Camp Creek, Mountain Park & Smoke Rise
Before & After School Service.**

Call for Enrollment Specials

Harry & Sunita Patel
770-279-7700

1250 Old Tucker Road
Stone Mountain, Ga 30087
Located next to Kroger on Rockbridge @ Five Forks Tricum
www.mountainparkacademy.com



**JOIN US!
FIRST CLASS
FREE!**

**Sign up now &
receive 50% Off
first month's
tuition!**

American Karate Productions

Lil' Dragons

ages 4--6 years; classes Monday,
Wednesday, Friday 6:00-6:30 &
Saturday 10:00-10:30



Jr. Dragons

ages 6--12 years;
classes Monday-Friday 6:30-7:30
& Saturday 10:30-11:30



Teen/Adults

ages 13 years and older;
classes Tuesday, Wednesday,
Thursday 7:30-8:30
& Saturday 10:00-12:00



Women's Self Defense – classes Saturdays 12:30-1:30

**Tuition: Lil Dragons \$80; Jr Dragons/Teens \$100 per month;
No Contract Required; Tuition discount for family members**



2241 IDLEWOOD RD. TUCKER, GA 30084

470-336-7451; Cell 770-375-6961

Sgtweaver70@gmail.com

<http://www.americkarateproductions.com>

*Discipline, Defense & Forging Champions At JW American Karate
(from pg 12)*



Gracia-Maria (see cover photo) is naturally quick and coordinated and took to Karate like a duck to water. The only question is how far can she go. She has only been in our new system for six months and is yet to compete in a national venue which will occur at the Battle of Atlanta in June.

It is a requirement that all our students do well in school and behave at home in order to attend class. Whether the child is in our little dragon class, junior

continued on page 16

Put Some South In Your Mouth!

Breakfast-
Mon-Fri.
7am-Noon
Sat. 7am-2pm
Sun. 8am-2pm
Lunch & Dinner-
Sun-Thurs. 11am-9pm
Fri. & Sat.
11am-9pm

OLD HICKORY HOUSE

**NOW HIRING!
Cooks & Servers**

Food Famous For Flavor!
Hickory Smoked BBQ cooked on an open pit!
Enjoy ribs, chicken, pork & beef BBQ, Brunswick stew and much more!

VOTED BEST BREAKFAST IN TUCKER!
2202 Northlake Pkwy. 770-939-8621

\$2 OFF
Your next purchase of \$20 or more.
In House Dining or To Go
One coupon per ticket.
Expires 5/31/17
Old Hickory House
2202 Northlake Pkwy.
770-939-8621

\$1 OFF BREAKFAST*
Monday-Friday
*With purchase of \$10 or more, one discount per table.
Valid from opening to 12pm.
Cannot be combined with other offers. Expires 5/31/17
Old Hickory House
2202 Northlake Pkwy. 770-939-8621

We Make Loans.

**Personal Loans • Starter Loans
Consolidation Loans and more**

Apply and manage your account online
www.1ffc.com

4418 Hugh Howell Rd., Suite B1
TUCKER
770-908-9744

1st Franklin Financial
Serving Our Neighbors Since 1941

* All loans subject to our liberal credit policy and limitations, if any. 1st Franklin Financial Corporation, NMLSR#141654, Georgia Residential Mortgage Licensee #5656.



Rosenfeld Jewelry

A FREE GIFT OF FLOWERS

WITH ANY \$150

PURCHASE FOR MOTHER'S DAY

MAY 1ST – MAY 13TH

770-414-1390

4957 Lavista Rd. Tucker, Ga. 30084

www.rosenfeldsjewelryltd.com

Tues-Fri. 10-6 Sat. 10-4

MASTER  JEWELER

BRILLIANCE YOU DESERVE™

Endless • Lafonn • Galatea • Guille • Valina • Caro • Federic Duclos • Chisel • Pandora

APRIL 27 – 29

FREE MOTHER'S DAY JEWELRY BOX*

With your \$125
PANDORA purchase.


PANDORA®

\$50
retail value



**ROSENFELD
JEWELRY LTD**

4957 LaVista Rd • Tucker GA
770.414.1390 • RosenfeldJewelryLTD.com
Facebook.com/RosenfeldJewelryLTD
Pinterest.com/RosenfeldJewelr

*Limit 3 per person, while supplies last at participating retailers. Not valid with gift card or prior purchases. Purchase of \$125 or more before tax to qualify. No substitutions. Restrictions apply for returns and exchanges. See store for details.

© 2017 Pandora Jewelry, LLC • All rights reserved



Jay and TMNT at Battle of Atlanta 2015



dragon class or even if they are dealing with ADD or ADHD, they will be in a disciplined environment, learn self-respect and respect for others, and they will learn how to defend themselves.

Besides Karate for all ages 4 and up, and self-defense for the disabled by appointment we also teach a class in women's self-defense every Saturday. It is the desire of our owner, Dr. Stephanie Sargent Weaver,

that we be of service to the community and we hope that the teachers and students of our local schools take part in our programs in even greater numbers. We not only offer classes for children, but we hold separate classes for adults, from the beginner to the advanced student. Anyone is welcome to come by the studio and participate in a class, first one is free!"

FREE ALIGNMENT

with purchase 4 tires

TUCKER GOODYEAR

Open Hours Mon-Sat. 8am-6pm .com

Buy 3 select tires get 1 free. Please call store for more info

BUY 3 GET 1 FREE

Super Savings

20% OFF ANY REPAIR & MAINTENANCE

With coupon. Not valid with any other offer or discount. Up close exp. 1-31-17 See store for details.

- ALIGNMENT & BALANCE
- AIR CONDITIONING
- BELTS & HOSES
- COOLING SYSTEMS
- ELECTRICAL SYSTEMS

- ENGINE TUNE-UP
- EMISSION REPAIR
- FUEL SYSTEM
- SUSPENSION SYSTEMS
- BRAKE SYSTEMS

- COMP. DIAGNOSTICS
- TIMING BELTS
- WATER PUMP
- ENGINE OVERHAUL
- TRANSMISSION REPAIR

FREE DIAGNOSTIC or TOWING WITH APPROVED REPAIRS

PROBLEM CARS...WE FIX EVERYTHING!

404 602 0083

4499 Hugh Howell Rd. Tucker GA.30084

CUSTOM UPHOLSTERY

Best Designer in Town

Since 1978

We Design: Sofas, Love Seats, Sectional sets (corner & wedges), Headboards, Ottomans, Antiques, and any type of furniture your heart desires!

We can reupholster any old furniture you may have and make it look like NEW!

All Upholstery:
Leather, Fabrics,
Bonded, Vinyl, Suede,
Velvet in many variety
colors and designs!

Find us on Facebook at
5 Star Custom Upholstery

5starcustomupholstery.com

4296 Railroad Ave. Tucker 30084 **404-488-0477**