



Sandy Stambaugh: Sensei Sandy Stambaugh initially started her karate practice in 1975 with Sensei James Hawkes. She was a very spirited karate-ka. After taking a break to start a family, she started up again in 1997 and received her Shodan from Sensei Hawkes in 2003. Later, she was inducted into the Sensei's elite society, the "Seki Ryu Kai." In 2013, Ms. Stambaugh was awarded her 3rd Dan. She has competed and placed in numerous tournaments since 1997 until the present, and is an inspirational role model for dojo juniors and well-represents the executive group of the Hawkes Shorin Kai.