



DYNAMIC MARTIAL ARTS NEWSLETTER DECEMBER 2022

UPCOMING EVENTS! SAVE THE DATES!

December 10th - Holiday Party Potluck & Talent Show! 2:30pm-4:30pm

December 17th - Last day to bring a new/unwrapped toy to the DMA Toy Drive

December 22nd - Last day of classes in 2022 - See you in 2023!

Starting January 2nd - Full uniforms required for every class (You will have until February to make sure you have everything you need! But wear them now if you have them!!) See below for details



DECEMBER BIRTHDAYS!! HAPPY BIRTHDAY!!!

Avery, Lilah, Grace, Braxton, Adric, Molly, Phoenix, Sofia-Christina,
A.J., Eduardo

THANK YOU TO EVERYONE WHO PARTICIPATED IN OUR EVENTS LAST MONTH!

The Mighty River Classic Martial Arts Tournament at the Portland Expo Center and the Turkey Buster post Thanksgiving kickboxing workout were great events!

HOLIDAY PARTY

December 10th, 2:30pm-4:30pm at Dynamic Martial Arts

Lots of activities and fun for all!

*Crazy Hat Contest: Create, buy and wear a crazy hat !

*Finger Foods/Dessert Potluck: Bring a bite size appetizer, hors d'oeuvres or dessert to share. (Bite size nibbles that don't require utensils, please!) If not obvious, please label with ingredients for food allergies

*Gift exchange: Bring a gift, get a gift! Please bring a wrapped gift and label it "13 and older" or "12 and under" for the two age groups

*Talent Show - Show off your NON Martial Arts talent at our party! 3 Minute time limit. Solo, duos or group acts are all welcome!

TOY DRIVE

Bring in your donations of new, unwrapped gifts and put it under the tree at the dojo now through December 17th. We will be bringing your generous donations to GRESHAM DHS to benefit kids in foster care.

Items can be for all ages - from infants to teens.

This is a great way to ensure no child goes without gifts during the holidays and to and give back to our community!

TEXTEDLY

Please stop by the front desk to see SBN Amy in the next week or two to confirm that we have your current mobile number as we will be using **TEXTEDLY** for TEXT MESSAGE communication for important info that needs to get to you quickly

PRO SHOP

Uniform notice! Full Uniforms (tops and bottoms) will be required for all classes in 2023

- Ninjas: WHITE pullover tops, WHITE pants, belt
- Beginners : WHITE pullover (up to size 2) or traditional cross over top, WHITE pants, belt
- Intermediate: WHITE traditional crossover top, BLACK pants (can wear white pants to class, but black pants for formal events like belt testing, etc.), belt
- Advanced: BLACK & WHITE crossover top, BLACK pants (can wear white pants to class, but black pants for formal events like belt testing, etc.), belt
- Black Belts: BLACK crossover top, BLACK pants, belt

We would like to have everyone in their full uniform by February. Please wear them before that if you have them.

And don't worry! You will still have opportunities to wear your Dynamic t-shirts to Saturday classes, during the summer, various special events as well as under your uniform tops if needed.

You can order any parts of the uniform you need at the front desk with SBN Amy or KJN Jeremy.

Pullover tops (Size 0000-2) \$20

Crossover Tops (Size 2-8) \$25

Advanced Tops (all sizes) \$35

Pants (all sizes/colors)\$22

SPARRING BUNDLES

Sparring gear is needed for **GREEN BELT and higher** in order for them to safely spar to earn their sparring stripes and advance to their next belt.

We are offering a discounted sparring bundle package with everything you need to safely spar in class and tournaments!

Come see SBN Amy or KJN Jeremy at the front desk and we will get measurements for the right fit and take care of everything for you!

BOXING GLOVES

We stocked up on youth gloves for kickboxing classes in our Pro Shop so you can try them on and take yours home today! Prices range from \$29-\$33.(You are not required to get them from us, it's just offered as a convenience!)

EVERY student from Ninjas to Blackbelts needs boxing gloves for Kickboxing class!

INTERMEDIATE STUDENTS and higher (green belts and up) are eligible to wear black pants for their uniform, which are in stock now for \$22 . Ask for them at the front desk.

They also will be starting ESCRIMA (Sticks) in weapons class. Sticks are available at the Pro Shop for \$20/ pair

VOLUNTEER COMMITTEE

Do you have some great ideas you've been wanting to share?

Have you been wanting to get involved in your DMA community?

Do you love helping out at events and meeting other people?

If you answered YES to any of these, you might be interested in joining the Dynamic Martial Arts Volunteer Committee!

Our goal is to have a group of people who are willing to help out with our events and activities as well as working together to come up with future events.

We understand that everyone has busy lives so this is not meant to be a full time commitment, you only have to volunteer for things you are able to do - whether that's an hour here and there or you want to have your hand in every event - whatever you can do is great!

If you are interested in joining the event committee or want more info, see SBN Amy or email

Amy.Frugoli@DMAPDX.com



DMA COMMUNITY BOARD

We are happy to provide a space where you are welcome to put your business card, flier or note on our **DMA COMMUNITY BOARD** (the bulletin board next to the ProShop).

You can get a thumbtack or index card from the front desk to post your items

Take a look at some of the businesses that have their info up now and support DMA families. Some businesses posted include:



From Your DMA Teaching Team And Staff

From KJN Jeremy: “Thank you for being a part of our martial arts family! We’ve all probably heard the ‘it takes a village’ quote at one point or another, but it really is amazing to see our ‘village’ grow with all the incredible families that make it possible! I am truly grateful for you all and am excited to see what 2023 brings! From our family to yours, happy holidays!!”

From SBN Amy: “I appreciate the wonderful and supportive “family” we have assembled here at Dynamic Martial Arts! I love coming in every day and talking to you about your kiddos - whether it is how they are doing at DMA or funny stories of things they did at home or school!. I consider it a privilege to be a part of your student’s martial arts journey and look forward to even more growth at our school and more experiences with you all! Happy Holidays, however you choose to spend them and as always, KICK.PUNCH. LOVE!”

From SBN Lia: “I feel lucky every day to know each of you as part of our DMA family. May your season be filled with cheer and good memories”

From BSBN Michele: “I want to wish each of you a magical holiday and a very Happy New Year! Our students and families are some of the most amazing people I have had the honor of knowing. To be a part of your lives is an amazing gift. Thank you all so much for choosing all of us at DMA to lead you in your martial arts journey

COMMUNICATION

We don't want you to miss anything! So we have several ways to communicate all necessary announcements and events:

- 1) Email - Please be sure that we have your current email address and you don't accidentally "unsubscribe" from our email list or you will miss out on valuable info!
- 2) Our Private Facebook page - see how to find it below
- 3) The ACTIVITIES & EVENTS Board - The white board near the front door stays current with all events and notices
- 4) This Newsletter! A hard copy is posted on the bulletin board near the curriculum sheets, and electronic versions are on the Dynamic MA website, Facebook private page and via email.
- 5) Coming soon...Text Blasts for important or time critical messages through TEXTEDLY! Please make sure we have your current number on file to receive these texts.

FRIENDLY REMINDERS

- AH-CHOO! If you or your child are feeling sick, please stay home from class so that your body can heal and you don't spread it to others
- Please arrive at class 5-10 minutes before your class time in your uniform with your belt tied correctly. Bow on the mat and sit quietly along the side of the mat (near the cubbies) while waiting for the class before yours to finish.
- Please be punctual to minimize class distractions and maximize your training time. If you are late to class (class has officially started once the student oath is recited) please wait at the edge of the mat and ask the teacher leading class for permission to join class BEFORE bowing in and joining class. Please do not just walk on the mat if you arrive late as it may disrupt the current lesson.

SOCIAL MEDIA

Be sure to "Follow, Like, or Share" our Social Media Accounts!

- Facebook Public Page: **Dynamic Martial Arts-Gresham**, OR (www.facebook.com/dmapdx)
- Facebook Private Page: Search for "**DMA Parents and Families**" and request to join
- Instagram: **@DMA_PDX**



If you LOVE Dynamic Martial Arts, we'd LOVE a review on Google and Facebook so we can continue to grow our DMA Family!

Dynamic Martial Arts Contact Info

Phone: (503) 967-5425 (967-KICK)

School Owner/Lead Instructor: KJN Jeremy Smith Jeremy@DMAPDX.com

Community and Events Director: SBN Amy Frugoli Amy.Frugoli@DMAPDX.com

Teaching Team: SBN Lia, SBN Amy, BSN Michele, BSN Cash

What is our standard? **EXCELLENCE!** How do we achieve it? **ENERGY, EFFORT and FOCUS!**

The purpose of Dynamic Martial Arts is: **To develop ourselves physically, mentally spiritually with good character!**