



## **DYNAMIC MARTIAL ARTS NEWSLETTER NOVEMBER 2022**

### **UPCOMING EVENTS! SAVE THE DATES!**

November 5th - Mighty River Tournament @ Portland Expo Center (**DMA IS CLOSED** - COME WATCH & SUPPORT YOUR SCHOOL !)

November 24th & November 26th - Thanksgiving Weekend - **No regular classes**

November 25th - Turkey Buster Kickboxing Class - Ages 13+

November 28th - Pre-orders for LIMITED EDITION Hoodies and Backpacks Due!

December 10th - Holiday Party Potluck & Talent Show!

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



**NOVEMBER BIRTHDAYS!! HAPPY BIRTHDAY!!!**  
Hazel, Jayden, George, Salem, Trayton

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

- Our Anti Bully Month paper chain was amazing and showed that all of our unique differences create a united community!
- Thank you for participating in photo day(s) It was awesome to capture them in some great poses!
- Halloween Trunk-Or-Treat was a spooky good time. Congratulations to Esther Carter's Dad, Nathan, Grace Lindsay (Butterfly) the winners of our Costume Contest and Zander Johnson's Family for winning the Trunk-Or-Treat Vehicle Contest (Jurassic Park)

### **MIGHTY RIVER CLASSIC TOURNAMENT**

We are competing in the Mighty River Classic Tournament on November 5th and would love to have a big turnout from our school since it is local.

This is for all ages and ranks and includes traditional forms, creative forms (with and without weapons), self defense, point sparring and flag sparring (for 11 and under)

**Spectators welcome, so please come support our school if you can!**

The website doesn't have a ton of information, but it does have the different divisions listed and some basic details as well as the registration form.

<https://www.mightyriverclassic.com/>

There is also a binder here at DMA with the division info and rules and guidelines for the event that you are free to look through (It is labeled "Kaizen Official Rule Book")

Please let us know if you have any questions and we will do our best to find the answers for you!



**We will NOT have regular classes on Thanksgiving Day & Weekend!  
(Thursday & Saturday)  
BUT we will be having a special TURKEY BUSTER POST-THANKSGIVING DAY  
Kickboxing Class on Friday, November 25th 11:30am-12:30pm, ages 13+  
Bring your boxing gloves!**

### **PRO SHOP**

#### **\*LIMITED EDITION HOODIES and BACKPACKS!!**

Pre-orders are being taken for our LIMITED EDITION Pullover and zip front hoodies as well as Dynamic backpacks! (See samples at the dojo)

*Pre-orders will be taken until November 28th and will arrive around the 2nd week of December*

### **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. **EVERY student 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](mailto: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:

**MT. HOOD PIE COMPANY**

**US BANK MORTGAGE BANKING**

**DEREK FOOTE, CPA**

**OREGON CHILDREN'S THEATRE**

## **DYNAMIC MARTIAL ARTS CORE TENETS**

by **SBN Lia**

Here at DMA, we have 6 Core Tenets that are at the heart of the lessons we teach and the people we strive to be. The six tenets are: **Focus, Respect, Kindness, Responsibility, Leadership, Black Belt Attitude.**

I will go through the core tenets over the next six newsletters and talk about what they might look like at home, both for the student and for the rest of the family. This month is about **KINDNESS**

### **“Kindness Matters”**

October was Anti-Bullying Month, and our students chimed in with many wise observations and suggestions about dealing with bullies. In the end, so much of combatting bullies came down to adopting the opposite culture—that of kindness. Since that is one of the core tenets we teach at DMA, we thought it might be enlightening to see what the kids themselves had to say about how to combat bullying with kindness. Here's what some of them wrote on their bright paper links that hung on the walls last month:

- I can say, “Hello. Welcome to \_\_\_\_\_. Do you want me to show you around?” That's helping people feel they belong.
- Get to know each other by asking their name and what's your favorite movie.
- I am a good friend.
- I give good snuggles.
- I try to be respectful in how I talk to others.
- I like to make people laugh and be happy.
- I am always myself and I let others be themselves too.
- I encourage my partners in class.
- I help students who are confused with their schoolwork.
- I play with them.
- I stand up for someone being bullied.
- I try to be there for people.
- I try to give specific compliments.

No special magic—and yet something magical happens when we adopt these kinds of actions and attitudes. People around us feel safer emotionally or mentally. This can soften a bully's heart and/or it can heal someone who is feeling like the target of bullies.

Thank you, students and families of DMA, for the kind examples you set for each other all the time. Thank you for making our dojo a safe place to be for anyone who might feel lonely, rejected, picked on, or ignored. Your kindness matters!

***SBN Lia Gubelin***

## **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](http://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](mailto:Jeremy@DMAPDX.com)

Community and Events Director: SBN Amy Frugoli [Amy.Frugoli@DMAPDX.com](mailto: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!**