



## **DYNAMIC MARTIAL ARTS NEWSLETTER**

### **SEPTEMBER 2022**

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

September 3rd-5th - Closed for Labor Day  
September 26th-October 1st - Buddy Week!  
October 8th - Dynamic Picture Day  
October 29th - Trunk Or Treat/ Halloween Fun  
November 5th - Mighty River Tournament @ Portland Expo Center



#### **SEPTEMBER BIRTHDAYS! HAPPY BIRTHDAY!!!**

BSBN Michele, SBN Amy, BSBN Satya, Ruth, Finn, Max, Michaela, Karter, Kade, Danny, Sky, Austin

#### **CONGRATULATIONS TO OUR NEWEST DYNAMIC MARTIAL ARTS BLACKBELTS!**

On Sunday, August 28th, we held the Team Ignite Black Belt Graduation, where six students received their new black belts and titles. Congratulations to these amazing martial artists and thank you to their families who supported them through their training!

**Our six new "Team Ignite" Black Belts and their new titles are:**

**Second degree: BSBN Cash, BSBN Satya**

**First degree: CGN Paula, CGN Brooklynn, CGN Joleth, CGN Michaela**

Be sure to congratulate them when you see them around the dojo!

#### **PRO SHOP**

##### **NEW SPARRING PACK PROMO!**

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 sparring bundle package with everything you need to safely spar in class and tournaments! It includes head gear, foot gear, sparring gloves, shin guards, chest guard, mouth guard with case, groin protection (for males) and a mesh carrying bag that it will all fit in!

All for the discounted price of \$209!!

\*Optional items include a face shield that attaches to the head gear (\$35) and forearm guards for extra protection to high impact areas on the arm (\$13)

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 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.

## **BUDDY WEEK**

September 26th-October 1st

If you love training at Dynamic Martial Arts and you think your friends might too, you can bring a buddy with you during your regular scheduled class throughout this week!

You can help them learn some basics and they will even have a chance to break a board!

\*Their parent or guardian must be present at the start of class to sign a release

## **PICTURE DAY**

Saturday, October 8th (times TBA)

Want your picture taken in your martial arts uniform? We do that too!! Go to [dmapdx.com/photoday](http://dmapdx.com/photoday) to see how it works, then keep an eye out for the official sign-up sheet as we get closer to the date!

## **MIGHTY RIVER CLASSIC TOURNAMENT**

We are planning on 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)

We will have more info as we get closer but we wanted to give you a heads up to plan accordingly

There is also early bird pricing that some people may want to take advantage of:

Early Bird Registration is open from July 1st to Oct 21st. (First event is \$45 each additional division is \$10)

Pre Registration is open from Oct 22nd to Nov 2nd. (First event is \$50 each additional event is \$15)

Day Of Registration is open from Nov 3rd to Nov 4th (First event is \$60 each additional event is \$20)

It looks like the website doesn't have a ton of information at this point, but it does have the different divisions listed and some basic details.

<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

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

## **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**

Do you own a business?

Have something you want to sell or rent?

Are you looking for, or offer, a service?

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

## **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. First up is **FOCUS**

### **"FOCUS IN THE FAMILY"**

One of the very first things we teach each new student is the basic concept of focus. We talk about focusing our eyes, minds, and bodies--which boils down to learning how to pay attention and take control of our thoughts and actions. We try to emphasize how learning to focus well will help them in every aspect of their lives.

But what might focus look like at home? How can the students--and the rest of the family--develop and practice focus in simple ways? Here are some simple ideas:

\*\*\*"Focus your eyes." When a family member enters the room or addresses us, we can put down or look away from the screens. That could be as simple as slipping a phone back into a pocket or placing it on a table. It could mean facing away from the TV or computer, or pausing a video game. Why? Our minds tend to lock in on what we're looking at, and if we're not looking at each other, we might be missing something really important!

\*\*\*"Focus your mind." We can teach our young ones (and ourselves) to be fully present mentally during an experience. It could be something simple like eating ice cream; what does it taste like? smell like? feel like on your tongue? It could be something bigger like an outing; what sights do you see? what sounds can you hear? are there any unique smells? Taking stock of all those sensory inputs is part of mindfulness, a popular practice that teaches us to quiet and focus the mind on one thing at a time. It can do wonders for cutting out stressful thoughts and replacing them with the simple pleasures of life.

\*\*\*"Focus your whole body." We can become more aware of our bodies and how we tend to move. Do we fidget? Do we tend to rush our movements, or are we very slow and methodical? Do we pay attention to our surroundings enough to avoid tripping or bumping into things? Are we loud or quiet as we move? Helping a child notice their own actions is a step towards them being able to adjust, adapt, and control their physical behaviors in a variety of settings.

Are you already doing some of these? Can you think of more? If so, have your student tell us about it when they come to class next time!

***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 Announcement 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 website, Facebook private page and via email.
- 5) Coming soon...Text Blasts for important or time critical messages

### **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 back of the mat 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, BSBN Michele, BSBN Cash

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