



DYNAMIC MARTIAL ARTS NEWSLETTER ***WHAT'S HAPPENING IN MAY 2025?***

UPCOMING EVENTS - SAVE THE DATES!

Saturday, May 3rd - Oregon State Hanmadang!

Saturday, May 10th - Black Belt Grading Day - 9AM Written Test, 10AM-1PM Physical Skills

Saturday, May 17th - Color Belt Testing & Black Belt Graduation - 10AM-12:30PM

Monday, May 26th - Dojo closed in observance of Memorial Day

MAY BIRTHDAYS!

*Millie, Esma, Esther, Colt, Carlyle,
Kaycieann, Teagan, Zander, Addison, Mazie*

 ***HAPPY BIRTHDAY!!!*** 

MOMS TRAIN FREE!

You've seen your kids out there...hogging up all the glory!! Now's your chance to jump on the mats and show them what you got! That's right!! For the whole month of May, you amazing mom's can take a free trial and enjoy all the workouts you can handle!

If you have any questions, send us a text! If you're like most adults and wonder how you can do this....take the leap and show yourself you still got it!!

[CLICK HERE FOR A PDF SCHEDULE!](#)

Black Belt Testing

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Saturday, May 10th

9am - Written Test

10AM - Physical Skills Evaluation

It's Black Belt testing time!! If you'd like to come watch and show your support, we would recommend coming after 10am (the written test is not super fun to watch!). Cheer on CGN Paula, CGN Danaka, CGN Kade, and future CGN Jaydon as they show their very best effort in their final sprint toward their next degree!

I'll also be reaching out to some of you this week to arrange for a variety of sparring partners!

Color Belt Testing & Black Belt Graduation

Saturday, May 17th @ 10AM-12:30PM

Eligible Green Belts & Above

Quarterly belt testing events are meant to challenge students to rise to the occasion and perform under pressure! Those that are Green Belt & above in the 8yr and older classes should arrive 15-20 minutes before start time and have all of their equipment (sparring gear & weapons) as well as their full uniform.

These are fun and exciting times in our training and the perfect time to invite friends and family to celebrate together!



And what a special occasion this will be!! Along with our amazing color belts, our Black Belt testers from team SISU will be graduating to their next degree! Come and share in the excitement!!

MEMORIAL DAY 2025

Monday, May 26th

No classes in observance of Memorial Day! Enjoy the weekend!!

OREGON STATE HANMADANG RESULTS

The 2025 Hanmadang was AMAZAZING!!! The DMA Competitors really represented themselves and their dojo well and the results are in!! 16 competitors...45 medals!!

Juliette - 1st Traditional Forms, 1st Jump Front Kick, 3rd Jump Side Kick

Ruby - 3rd Traditional Forms, 2nd Team Traditional Forms

Salem - 1st Traditional Forms, 1st Team Creative Forms, 1st Creative Breaking, 1st Power Breaking

Grace - 1st Creative Forms

Zander - 1st Creative Forms, 1st Jump Side Kick, 2nd Creative Breaking

Tevin - 1st Team Creative Forms, 2nd Creative Weapons, 2nd Creative Breaking

Jade - 1st Creative Form, 3rd Creative Breaking

Logan - 2nd Traditional Forms, 2nd Creative Forms, 3rd Jump Front Kick

Molly - 2nd Traditional Forms, 1st Creative Breaking

Danaka - 2nd Creative Weapons, 3rd Creative Breaking, 1st Power Breaking

Kade - 3rd Traditional Forms, 3rd Creative Weapons, 1st Creative Breaking, 2nd Power Breaking

Colt - 1st Traditional Forms, 1st Creative Forms, 2nd Creative Weapons, 2nd Creative Breaking

Regan - 1st Spin Hook Kicks, 2nd Creative Breaking

Kaycieann - 3rd Jump Front Kick, 1st Creative Breaking

Elliot - 1st Traditional Forms, 2nd Team Traditional Forms, 1st Team Creative Forms, 2nd Creative Breaking

Owen - 1st Traditional Forms, 1st Creative Breaking, 3rd Power Breaking



T-SHIRT SEASON

As the weather warms up, we'll be opening the doors and getting some fresh air in the dojo! Feel free to wear those DMA t-shirts to class! You are also welcome to keep wearing your gi tops as those are awesome too!!

I know we usually do t-shirt season between Memorial Day and Labor Day, but we're starting early!

DOJO BIRTHDAY PARTIES

Did you know we did these?! Dojo birthday parties are always a blast!!

You get the dojo and Teacher Jeremy for a fun-filled 2 hour party tailored to the birthday kiddo's theme! We can do relay races, obstacle courses, and a list of other fun games! We also do a mini martial arts lesson (it's a dojo birthday party!) and have the birthday kid break a board that all the guests can sign!!

Parties can be on Saturdays or Sundays (we'll work together to find the perfect time and date!). We also make sure you have access to the dojo early enough to decorate and we take care of the clean-up afterwards!

The cost for a 2 hour party is \$225....summer is going to fill up fast, so get yours on the calendar!!

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