



## **DYNAMIC MARTIAL ARTS NEWSLETTER**

**March 2023**

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

**March 4, 25 Tournament training**

**March 17 - St. Patrick's Day Parent's Night Out**

**April 1, 8, 29 - Tournament training**

**May 5-6 - Oregon State Hanmadang Tournament and Expo**

**May 20 - Belt testing & promotions**

**May 20 - Team "Carry The Torch" Black belt ceremony**



### **MARCH BIRTHDAYS!! HAPPY BIRTHDAY!!!**

**Amabel, Parker, Kye, Eduard, Tevin**

**CONGRATULATIONS** to all the students who tested on February 18th and earned their new belts!!

Thank you parents and families for being there to support them , not just on testing day, but EVERY day by helping them get to class and allowing them the chance to train.

**We appreciate you all!**

There will be 3 more tests this year, here is the schedule so you can mark it on your calendars:

### **2023 BELT TESTING SCHEDULE**

2023 Belt testing and promotion dates are:

- February 18th
- May 20th
- August 19th
- November 18th

These dates are for all eligible students from all classes

\* Advanced students are eligible for the May and November testings only (after our initial Feb test)

### **TOURNAMENT SPECIAL TRAINING**

We will be practicing on Saturdays for the upcoming Hanmadang tournament (May 5th-6th)

**Tournament training dates: March 4th, 25th and April 1st, 8th, 29th**

**12:15pm-1:15pm**

This will be a chance to practice, create and get some training or guidance on the events you plan on competing in.

Parents, this is also an opportunity to come and ask questions regarding registration, expectations and requirements for the tournament.

It is open to all ages, ranks and abilities. It is all about personal best in a friendly, supportive environment!

If you are interested, please check out the website at [Oregon State Hanmadang 2023 \(oshanmadang.com\)](https://oshanmadang.com)

## **ST. PATRICK'S DAY PARENTS NIGHT OUT**

Celebrate St. Patrick's Day evening out and leave the kids with us

March 17th, 6pm-9pm

Games, food and FUN!

Ages 6-17

\$25 per student (\$20 for additional friends or siblings)

Sign up at the front desk today! Space is limited!

## **UPDATED CURRICULUM & WEEKLY CURRICULUM ROTATIONS**

We have been working hard and are excited to offer a more streamlined and detail-focused curriculum. The hope is that with regular repetition and more attention to detail, it will help to further strengthen their skills (and confidence!) as your child advances from belt to belt.

We have 3 rotations with an emphasis and chance to focus on certain parts of the curriculum weekly.

With 12-13 weeks in between testing dates, it gives students a chance to cycle through each of them 4 times. Therefore, it is very important to attend classes at least 2X a week to get the benefit of each rotation.

Here are the weekly rotations and what is needed, please be prepared!

Week #1 - Kickboxing & Self Defense (Boxing gloves required for ALL ages/classes)

Week #2 - Kicking & Sparring (Sparring Gear required for Intermediates ages 8 & up and higher)

Week #3 - Forms & Weapons (Escrima sticks needed for Intermediates ages 8 & up and higher)

Besides updated curriculum sheets, we have a new CORE TENET HOMEWORK and at HOME TRAINING GUIDE to compliment our newly updated training curriculum. Be sure you have all 3 handouts for the current testing cycle

Each 12 week testing cycle will focus on one of our core tenets: **Responsibility, Leadership, Black Belt Attitude and Kindness**

We will touch on those tenets during class and their homework will focus on activities based on the current tenet.

## **UNIFORMS AND GEAR**

**Full Uniforms (tops and bottoms) are required for all classes - all ages and ranks!**

- **Ninjas:** WHITE pullover tops, WHITE pants, belt
- **Beginners :** WHITE pullover 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

\*You will still have opportunities to wear your Dynamic t-shirts to Saturday classes, during the extremely hot summer days, various special events as well as under your uniform tops if needed.

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

## **BOXING GLOVES**

EVERY student from Ninjas to Blackbelts needs closed hand/finger boxing gloves for kickboxing class! We have some available at the pro shop as well as on our online site (see link below)

## **ONLINE STORE**

We have a link on our website where you can order martial arts items from Century and the great thing is, part of your purchase goes to our dojo! The link is in the top right hand corner of our webpage where it says "Shop"

Here is a clickable link as well:

[Dynamic Martial Arts - \(mystudio.academy\)](https://mystudio.academy)

### **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 front desk).

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!

### **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) **"What's Happening?" Activity 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) **Textedly** - Please make sure we have your current number on file to receive text communication

### **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 wait respectfully and quietly so as to not disrupt the current class.
- 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.

### **PARENTS/SPECTATORS**

- Please be mindful of the classes that are going on and refrain from loud conversations. Please keep your children from running around the dojo or being loud/disruptive. Sounds carry on to the mat and it makes it difficult to teach and stay focused when there are a lot of distractions on the sidelines. We appreciate your assistance with this!

## **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**

Address: 421 NE Burnside Rd., Gresham, OR 97030

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!**

The purpose of Dynamic Martial Arts is:

**To develop ourselves physically, mentally, spiritually- with good character!**