



DYNAMIC MARTIAL ARTS NEWSLETTER

AUGUST 2022

UPCOMING EVENTS! SAVE THE DATES

August 6th - Team Ignite Blackbelt Binders Due by 12pm

August 12th - Team Ignite Blackbelt Testing (off site, candidates only)

August 13th - Team Ignite Blackbelt Testing Day @ DMA 8am-3pm - Spectators allowed to come watch and are encouraged to come support them through as they push through this challenging part of their test (9a-3p)

August 20th Team Ignite Belt Graduation & Celebration @ DMA 4pm-6pm

August 28th - DMA Meetup at the Park - Location TBD, 11am-2pm

November 5th - Mighty River Tournament @ Portland Expo Center



AUGUST BIRTHDAYS! HAPPY BIRTHDAY!!!

KJN Jeremy, Cathy, Mason, Wilder, Ethan

TEAM IGNITE BLACK BELT TEST AND GRADUATION!

This is a very exciting month as our first team of black belt candidates to start as white belts here at Dynamic Martial Arts will be testing on Friday 12th - Saturday 13th! You are welcome to come watch them on the 13th anytime between 9am-3pm, as they will be pushing themselves to the limits and can use some encouragement and support along the way.

On Saturday, August 20th, 4pm-6pm, we will be holding the Team Ignite Graduation Celebration where black belts will be awarded. There will be some demos, presentations and more!

Our six "Team Ignite" Black Belt Candidates are:

1st Degree, testing for second degree: CGN Cash, CGN Satya

Poom Belts, testing for 1st degree: Paula, Brooklyn, Joleth, Michaela

We have spotlighted each of them on our private DMA Family Facebook Page, so please take a look to learn a bit more about these amazing martial artists and humans!

PROSHOP - NEW SPARRING PROMO

Sparring bundle package with everything you need to safely spar in class/tournaments!

Includes head gear, foot gear, sparring gloves, shin guards, chest guard, mouth guard with case and groin protection (for males)

We will include a mesh carrying bag that it will all fit in!

All for the discounted price of \$196!!

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

You can get an order form from the front desk

DYNAMIC MEETUP AT THE PARK

Sunday 8/28 11am-2pm (Park/Location TBD)

Come enjoy a day at the park with your Dynamic teammates!

Bring your own blankets, chairs, lunch and drinks for an informal meet up where the kids can play and the parents can socialize.

Feel free to bring any equipment, balls or outdoor games you'd like to play

Any questions? See SBN Amy or email Amy.Frugoli@DMAPDX.com

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



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

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.

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)
- 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)

General Info E-mail: Jeremy@DMAPDX.com

Community/Events E-mail: Amy.Frugoli@DMAPDX.com

School Owner/Lead Instructor: KJN Jeremy Smith

Community and Events Director: SBN Amy Frugoli

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

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