



## **DYNAMIC MARTIAL ARTS NEWSLETTER**

### **JUNE • JULY • AUGUST 2025**

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

**Saturday, June 14th** - Beast Mode Training - 9AM-10:30AM

**Friday, July 4th** - Independence Day - No Classes

**Saturday, July 12th** - Beast Mode Training - 9AM-10:30AM

**Thursday, July 17th - Saturday, July 19th** - World Hanmadang!

**Saturday, July 26th** - Color Belt Testing - Green Belts & above - 10AM-Noon

**Saturday, August 9th** - Park Gathering - Main City Park - 12PM-2PM

**Friday, August 29th - Monday, September 1st** - Labor Day Weekend - No Classes

#### **JUNE • JULY • AUGUST BIRTHDAYS!**

**June:** Israel (5th), Regan (7th), Skyler (10th), Oliver P. (14th), BSN Paula (17th), CGN Jaydon (26th)

**July:** Emma (4th), Penelope (4th), Grayson (11th), BKJN Samantha (11th), Elliot (30th)

**August:** KJN Jeremy (6th), Logan (10th), Luke D. (11th), Marcus (15th), Rhea (21st), Hadley (22nd), Liam (23rd), Josh (24th), Hannah (26th), Nicky (27th), Johanna (31st)

🎉🎊 **HAPPY BIRTHDAY!!!** 🎂🎈

# REFER A FRIEND

and be entered to win!!



We have a special opportunity for you to help our dojo continue to grow and share the many life lessons that will help our future leaders grow into strong, independent adults!

For the months of June & July, if you refer a friend and they enroll in either our 3 week trial or a full membership, you'll be entered to win a Nintendo Switch 2!

**Earn 1 ticket when your friend enrolls on our 3 week trial!**

**EARN 5 TICKETS when your friend enrolls on a full monthly membership!**

Conditions apply:

- Referral contest ends on July 31st, 2025. New students must be enrolled before this date to earn raffle tickets.
- Adding a family member to a current account does not count toward this contest.
- Only currently enrolled students are eligible to earn raffle tickets.
- Raffle tickets applied only after enrollment in either the 3 week trial or full membership.
- Final drawing will be held on August 9th, 2025. Winner will be notified by text message.
- Prize has no cash value and cannot be redeemed or exchanged for cash or other alternatives.

# BEAST MODE TRAINING!!

**Let's have some fun and get an EPIC workout!**

Beast Mode Trainings are a great way to get a head start on Black Belt training!

Open to all Green Belts & above, we'll be running, squatting, pushing, & pulling our way to improved speed, power, & conditioning! For those working toward the coveted **BEAST MODE CERTIFICATES**, this is where those will be hard won!

**Saturday, June 14th - 9AM-10:30AM**

**Saturday, July 12th - 9AM-10:30AM**

**Wear comfortable workout clothes, running shoes, and bring water and a towel!**



## Belt Testing

**Saturday, July 26th @ 10AM**

**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. Eligible students will receive a promotion application prior to the event.

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



## SUMMER PARENT'S NIGHT OUT EVENTS!

**Saturday, June 28th - 6PM-9:30PM**

**Saturday, July 26th - 6PM-9:30PM**

**Saturday, August 23rd - 6PM-9:30PM**

**\$35 (first person) / \$30 (each additional)**

**\$5 off each event if you enroll in all 3!!**

Parents, are you ready to take a few hours off?! Let us entertain your kids!!

Our Parent's Night Outs will be filled with obstacle courses, relay races, jump kicks, and rounding out each evening will be an epic Nerf battle!!

Kids should bring a water bottle for refills, a Nerf blaster, and an awesome attitude!

We'll have pizza and water available for refueling part way through and safety glasses for the Nerf battle!

**Space is limited, so get your name on the list before they fill up!!**



# DMA SUMMER PARK MEET-UP!

**Saturday, August 9 | 12pm - 2pm**

Join us at Gresham's Main City Park at the Coho Shelter for this year's DMA Park Meet-up! DMA is providing hot dogs; please bring a side dish or other item to share for this potluck event! Sign-up at the front desk, and let us know how many people from your family will be joining us for some fun and games.

***Don't forget to wear clothes you can get wet!***



## 2025 WORLD HANMADANG

**Thursday, July 17th – Saturday, July 19th – Anaheim, California**

For the first time since its creation in 1992, the World Hanmadang will be held in the United States!!

Following the Oregon State Hanmadang and the amazing showing from our DMA competitors, the organizing committee decided on a list of competitors to receive a scholarship to compete at the World Hanmadang in Anaheim, CA this July!

When we see them in classes, help me encourage Grace and Kaycieann as they train to represent DMA on the world stage!!



[CLICK HERE](#) or go to [usopentkd.com](https://usopentkd.com) for more info on this event!



***Did you know we did birthday parties?! WE DO!!***

DMA birthday parties are 2 hours of fun for your kiddo and their friends! We'll take party goers through a mini martial arts lesson, highlighting the birthday kiddo and even having them break a birthday board that their friends can sign as a memento!

We'll play games, run obstacle courses, and even theme activities to match the party theme or your child's interests! And let's not forget....**WE CUT THE CAKE WITH A SWORD!!**

2 hour parties at DMA are \$225 and scheduled to meet your needs! Check with KJN Jeremy for available dates and get yours on the calendar TODAY!

# DADS 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 June, you amazing dads can start 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!](#)

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Instagram: @DMAPDX

If you haven't left us a Google review, we'd love to hear from you!! Just scan the QR code below with your phone or click on the link!



[\*\*CLICK HERE TO LEAVE US A REVIEW!!\*\*](#)