



SDMA NEWS

Shiage Do Martial Arts News letter

March 2023

Tournament Team!

Sensei Jason and Sensei Steve have been compiling a list of local, regional, national and international tournaments which have rule sets compatible with how we train at Shiage Do. We have compiled a list and it includes tournaments at all levels including a local tournament organization which hosts tournaments quarterly, and a World Organization holding a tournament in June in Delaware. If competing at any level interests you, reach out to Sensei Steve or Sensei Jason to have you put on the mailing list for tournament information and training classes.

Current Tournament Opportunities:

- April 30th at RIT inn and Conference Ctr (Henrietta) Point sparring format
- End of April (Date not posted) New Hampshire (awaiting further info)
- June 10th Smyrne DE. OIKKA World Championship Tournament—Point Sparring
- July 14th and 15th Gatlinberg TN Isshin Ryu hall of Fame Tournament
- Oct 6 and 7th Avon OH All Isshinryu Championships

“I hated every moment of training, but I said, ‘Don’t Quit’. Suffer now and live the rest of your life as a champion”

-Muhammad Ali



Sensei Steve and Sensei Jason have been competing to test out the rules of different tournaments

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Emergency Snow Closures:

Its getting to be that time again in Rochester!

As a general rule, we will be closing along with the Hilton School district. If Hilton Cancels after school activities, it is a safe bet that the dojo will be closed as well. With that being said, in case of emergency closures, check your dojo Login 2 app's message board, your registered email, the Shiagedo.com homepage, and our Facebook page to see if classes are cancelled.



If there's too much snow, The only practice will be on the porch!

Board Breaking: Friday March 31st

5:00 to 7PM

Shiage Do Dojo is hosting our annual fundraiser. Students are encouraged to help raise money and in return, they will be able to gain a number of boards to break! Students will have the option of techniques to break with, and will be instructed on how to be successful even if it's their first time!

A pledge sheet will be sent out along with this newsletter, and will be due back to Sensei Steve by March 23rd.

Boards are \$8 each, and there is no limit to how many you can break. If you have too many boards to break in this time period, the extras will be yours to break at your next class.

For those of you who don't know, or are new students since last year, We run an annual board breaking fundraiser event every spring to help fund Shiage Do Martial Arts. The dojo uses this money to replace old and worn equipment, buy new equipment like our recent weight vest purchase, fund the Summer picnic at Hamlin Beach, and travel tournament expenses to make it easier for families to travel for long distance tournaments



Happy

Birthday!

These students have birthdays this month:

Kai—3/5

Greyson—3/16

Joe—3/23

Jonathan—3/27

Congratulations to the following students for being promoted in the last month!:

Yellow Belt - Gianni

Adv Orange Belt Red Stripe - Cole, Greyson

Green Belt - Chase, Sara, Trent

Sensei Cere will be teaching class on Tuesday 3/21 for all normal classes

Congratulations Sensei Bill!!

On Saturday 3/4/23 Sensei Bill took the plunge and married long time sweetheart Sensei Laura Maher!

The ceremony was beautiful and officiated by none other than Sensei Steve!

Here's to congratulations on a wonderful union, and wishing many happy returns to the beautiful couple!



Coming Next Month:

Sensei Steve is traveling to the Birthplace of karate—Okinawa Japan!

Sensei Steve will be gone for much of the month of April, but fear not, our wonderful staff will keep things running smoothly in the mean time. Sensei Jason will also be hosting tournament prepara-



Notebook Builders:

This month we will be helping students add to their notebooks with the following articles:

Black Belt Magazine February 1990 Suensu, by Byron Coleman

This article speaks of the development of the only Isshin Ryu kata, as well as some notes on the history of Master Uezu's involvement in transmitting it to the United States from Okinawa.

Kick Illustrated September 1981, An unprecedented study of Shorin Ryu Karate, Its history and evolution by Jerry Gould

This article takes an in-depth look at the history of shorin ryu karate and the path it took on its way to Chotoku Kiyama (Master Shimabuku's first karate instructor). As an interesting fact, the author's instructor—Eizo Shimabukuro is Tatsuo Shimanbuku's elder brother.

-Sensei Steve Ozminkowski

Contact Us

Give us a call for more information about our services and products

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