



SDMA NEWS

Shiage Do Martial Arts News letter

April 2024

Design a T Shirt Contest:

ENTRIES DUE by Midnight 4/25/24

Its that time of year again—Design a shirt time! Create a unique design for entry to see what our summer shirts will look like this year!

Official Rules:

T Shirt must be an original design. No copyright images will be accepted.

Design must be provided on unlined paper. If created as a digital image using the computer, a print out on copy paper is acceptable. If a digital image is ruled to be the winner of the contest, it is requested that the creator provide a digital copy to Sensei Ozminkowski

Design should be in black and white.

Contestants may enter more than one image. Please do not submit more than 10 images (it clogs the contest)

A vote will be held starting on April 29th for the Design of the T shirt. Order forms will be available after that.

Karate T Shirts will be allowed to be worn instead of GI tops during the summer months (Starting May 20th)

“And once the storm is over, you wont remember hou you made it through... You wont be the same person who walked in. That’s what the storm is all about.”

Haruki Murakami

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Shiage Do



Martial Arts
2021

Previous
Years'
Winning
Designs



Shiage Do Martial Arts
Self Defense - Fitness - Martial Arts
2020

Congratulations to Joe!!

On March 24th 2024, Our Very own Joe competed at the Samurai Spring Championships at the RIT Inn and Conference Center in Henrietta. He brought home 2 third place medals and a fourth place finish. Congrats Joe!

Board Breaking was a HUGE SUCCESS!

Thank you all so much for your support with our board breaking fundraiser.

That money will go towards keeping our equipment in good order as well as being able to donate \$230 directly to Ellie, Sempai Jackie's 2 year old daughter suffering from cancer.

Ellie's Family conveyed their thanks to Shiage Do's families for their help. They stated that although they often stay at the Ronald McDonald house when traveling for Ellie's appointments, they have to stay at hotels when there are no rooms available. Due to support in no small part from Shiage Do Martial Arts, they have had their bills covered allowing the family to stay and heal together, without being worried about money.

Sensei Bill and Sensei Steve would personally like to thank you all for participating in our fundraiser, and allowing us to help another member of our extended Martial Arts Family.

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 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. Keep an eye out next month for Tournament Team specific information

The Next Travel Tournament we plan on attending is on May 11th In Lima Ohio. See Sensei Steve for more info if your interested.

Testing!

If you have been invited to testing, it will be held on Thursday 4/25/24 **INSTEAD OF NORMAL CLASSES** at Shiage Do Martial arts. Testing starts at 5:30pm and runs to 7pm (may run late)

Sensei Steve will be at the dojo around 4:30 so you can come early for your warm up!

Reminder to other students, We will not have normal classes on 4/25

Happy

Birthday!

These students have birthdays this month

Layken—4/3

Stasi—4/3

Chase P—4/13

Bryce O—4/23

Nadia D—5/1

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

White Belt—Joshua

White Belt 2 Stripe—Adam, Noah

Yellow Belt 1 stripe—Augie

Yellow Belt 2 Stripe—Remmington

Yellow Belt Red Stripe—Rupert

Adv Yellow 1 Stripe—Oliver, Samantha, Theodore H

Adv Yellow 2 Stripe—Kingston, Carter, Layken

Orange Belt—Ben P

Adv Orange Belt—Keane

Adv Green 1 stripe—Ben H, Jimmy

Adv Green 2 Stripe—Claudio

Blue Belt 3 Stripe—Trent

Purple Belt Red Stripe—Luana

Weapons and Sparring Days:

In an effort to guarantee students have opportunities to spar and practice weapons, even if they cannot make it to sparring classes on Thursday, moving forward we are adding some “themed” days throughout the month. These will be regular classes, but we will be focusing our curriculum.

April 15th and 30th will be sparring days. If you have sparring gear, please bring it with you.

April 17th and 24th will be weapons days. If you have Nunchucku, Sai, Tonfa, or Bo please bring them with you on those days.

Closures:

We will NOT have classes April 8th due to the eclipse

We will NOT have regular classes on April 25th due to testing

Coming Soon:

May will bring T shirt voting and orders.

Also Students who enjoy tournaments, please keep an eye out next month for Tournament Team Information.



Notebook Builders:

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

Kick Illustrated January 1983: Tournament Sparring by John Yolk

AND - Biased against the gun; Martial arts and the role of the firearm by unattributed.

This month I have chosen two excerpts from a Kick Illustrated Magazine that is over 40 years old. The first looks at some good sparring strategies against different common opponent paradigms. Understand that sparring rules may have changed some, but as a whole this article is quite useful.

The other is looking at the history of the firearm and its relationship to the martial arts. I found it quite interesting the take the author presented—what do you think?

-Sensei Steve Ozminkowski

Contact Us

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

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