



SDMA NEWS

Shiage Do Martial Arts News letter

June 2024

Summer T Shirts Are IN:

2024 Shirts and shorts are officially available, as well as previous years designs.

Want to stock up? Save 10% on in stock previous years T Shirt Designs now thorough 6/30/24

Karate T Shirts will be allowed to be worn instead of GI tops during the summer months

Cotton and Dry-fit shirts are available as well as Dry-fit shorts— perfect for conditioning class once the weather finishes warming up.

“Improvement usually means doing something that we have never done before”

-Shigeo Shingo



2024 T Shirt Winning Design



Kanji Shorts Logo

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Academic Achievement!

All karate students are expected to keep up with their school work, as it is one of the (small number of ;)) things that is more important than karate. If students bring in their end of year report cards and shows them to either Sensei Steve or Sensei Jason we will be awarding Academic Achievement Patches to be put on our uniforms for students to celebrate their success.

Repeat recipients can earn year patches to celebrate continued Academic Excellence!

Please be sure to bring in report cards before July 25th so we can have patches available for the Dojo Picnic.

Next Local Tournament!

The Next local tournament will be the Sensei Jim Grafe Memorial Tournament

If you have never been to a tournament before—This will be a good one to start with.

Semi Contact Fighters—Please do not sign up for both point and semi contact fighting (and Make sure you do not sign up for full contact with out approval from sensei Steve.

Registration form is available online at <https://hiltonkarate.com/>

HILTON KYOKUSHIN KARATE PROUDLY PRESENTS

the 19th
SENSEI JIM GRAFE
MEMORIAL
MARTIAL ARTS
TOURNAMENT
6.22.2024

SPECIAL GUEST
Kancho Henri-Oh
Chairman of NAKO

EVENTS

- full and semi-contact fighting
- point fighting
- open hand kata
- weapons kata
- team kata
- self defense

Total Sports Experience
880 Elmgrove Road
Rochester NY 14624

Registration: 9am - 10am
Opening Ceremony: 10:30am

To register or for more info:
www.hiltonkarate.com

For Questions Contact:
hiltonmartialarts@gmail.com

Open Tournament • Open to the Public • \$5 Spectator Fee • 5 & under FREE

In association with

Logos for: BEDROC, PERFORMANCE FITNESS, NAKO, TAIED BY THE WIND, UNDAFLED THE KIKONDO, KYOKUSHIN KARATE DO, SAIYU KOBUDO USA, HILTON KARATE, and JDRF.

TSE logo and a portion of proceeds go to JDRF.

Happy

Birthday!

These students have birth-
days this month

Trent 5/31

Sensei Steve 6/7

Theo H—6/22

Augie—6/22

Congratulations to the follow-
ing students for being pro-
moted in the last month:

Yellow Belt—Noah, Josh

Yellow Belt Red Stripe—

Remington, Augie

Adv Yellow—Rupert, David

Adv Yellow 1st Stripe—Damien

Adv Yellow 2nd Stripe—Theo

H, Alex Z, Sammie

Adv Orange 1st Stripe—Keane

Adv Orange 2nd Stripe—Ben P

Adv Green 2nd Stripe—Hope,

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.

June 11th and 19th will be sparring days. If you have sparring gear, please bring it with you.

June 13th and 25th will be weapons days. If you have Nunchucku, Sai, Tonfa, or Bo please bring them with you on those days.



This month we are welcoming guest instructor Amanda to our conditioning class for Yoga Classes. Yoga is a great way to stretch and to work out. These classes are open to all students. Yoga classes will be instead of conditioning classes (6P-6:30P) on June 12th, and 24th.

Coming Soon:

SAVE THE DATE: August 2nd we will be having our 25th Annual Dojo Family Picnic. Food scheduled at 5p.



Notebook Builders:

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

Complete Book of Karate—Bruce Teniger

This month I have chosen a very famous karate book written by Bruce Teniger. This excerpt pulls out some interesting thoughts about different styles of training, and training different styles of martial arts. Keep in mind this book was written in the 60's and was revised to be printed in 1970.

-Sensei Steve Ozminkowski

Contact Us

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

Shiage Do Martial Arts

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Visit us on the web at
www.Shiagedo.com

AND Don't forget to Like
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