



SDMA NEWS

Shiage Do Martial Arts News letter

January 2025

Picture Day!

Wednesday February 5th we will be having our Picture Day. Students are encouraged to come in to their regularly scheduled class for a class group picture. Individual Pictures will be taken during the time normally allotted to Conditioning Class. Copies of both will be available for purchase. Grab yourself an awesome memento of your training, and track your progress through the years! Please keep an eye on your email for an order sheet coming soon!



“The only way that you’re ever going to get to the other side of this journey is by suffering. You have to suffer in order to grow”

David Goggins

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Dojo Picture backgrounds are customized to the students belt colors. Family groups are also available.

The **DON'T BE DENIED CHALLENGE**



Semi Contact

For students interested in bringing their Sparring to the next level, see Sensei Steve about adding Semi Contact sparring to your training. Classes are held at S&S Fitness Saturdays from 12 – 1P and are free for current students of Shiage Do Martial Arts. Semi contact is a different rule set of sparring which allows for certain contact to the body and extremities. Semi contact rules are designed to limit injuries along with allowing students the experience of delivering power into their techniques.

SAMURAI WINTER CHAMPIONSHIPS

SUNDAY, FEBRUARY 2ND, 2025



Gates-Chili High School Field House
1 Spartan Way
Rochester, NY 14624

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.

2/5—2024 Samurai Winter Championships In Gates NY

Happy

Birthday!

These students have birthdays this month

Sensei Jason—1/17

Ben P 1/20

Remington S—2/2

Jack—2/6

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

White Belt 1 Stripe—Evelyn

Yellow Belt—Eleanor, Elliana, John

Orange Belt Red Stripe—Damien

Purple Belt—Natalia

School Closures:

There are no school closures this month.



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

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.

Seasonal Closures:

We will have classes on Martin Luther King Jr day, as well as during Presidents week in Feb.

Congratulations:

To Oksana and Luana for winning the custom made commemorative nunchucku for SDMA's 6 year anniversary. They will be ready for you the week of the 13th.

Custom Nunchucku

Jealous? Disappointed you didn't win? Order a custom made set for your very own! See Sensei Steve for details.



Coming Soon:

March will have our Board Breaking Fundraiser day—check back for more information soon.



Notebook Builders:

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

What Is Karate by Mas Oyama Published in 1974

This is an entire e-book. I have read it a few times, and I find it an interesting read. The author of this book is the founder of Kyokushin Karate. Kyokushin took Shotokan and put the "martial" back into it, focusing on causing damage quickly. This parallels in some ways the way that Tatsuo Shimabuku took Shorin Ryu and did the same to make Isshin Ryu.

-Sensei Steve Ozminkowski

Contact Us

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

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www.Shiagedo.com

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