



SDMA NEWS

Shiage Do Martial Arts News letter

May 2025

Summer T Shirt Pre-order: Congratulations Josh!

2025 Shirts and shorts are officially available for pre-order! Visit <https://shiagedo.com/shiage-do-shop> and pre-order away. Colored shirts (other than black) are only available via pre-order. PLEASE CHOOSE PICK UP IN STORE OPTION UNLESS YOU WOULD LIKE US TO SHIP IT TO YOU.

Shirts will be available in the Dojo for pick up as soon as the order arrives. Karate T Shirts will be allowed to be worn instead of GI tops during the summer months (Starting Monday June 2nd, see below)

Cotton and Dry-fit shirts are available as well as Dry-fit shorts—perfect for conditioning class!

The pre-order period will end THURSDAY MAY 22nd at MIDNIGHT. Please get your order in ahead of the deadline to ensure everyone's shirts are here for the warm weather.

Shiage Do Martial Arts
2025



尊敬 忍耐力 誠実さ
Respect Perseverance Integrity



Shiagedo.com

Josh's Winning 2025 T shirt
Design, and Shorts Logo

"I must not fear. Fear is the mind-killer. Fear is the little -death that brings total obliteration. I will face my fear. I will permit it to pass over me and through me. And when it has gone past I will turn the inner eye to see it's path. Where the fear has gone there will be nothing. Only I will remain "

-Frank Herbert

In This Issue

- Design a T Shirt Contest Winner
- Upcoming Tournament opportunity
- Yoga, Weapons and Sparring Days
- No Class for Memorial Day
- Birthdays and Promotions
- Coming next Month
- Notebook Builders

Tournament Team!

Have you ever wanted to go to a karate tournament? Do you want to show off your skills locally, regionally or internationally? Join the Shidage Do Tournament Team!

The Tournament team is a dedicated group of students interested in representing Shiage Do Martial Arts in tournaments across all localities. We have had great success in the local tournament scene by sending students like you to perform your best kata, weapons kata and sparring. Some tournaments even include breaking and semi-contact styles of fighting.

And best of all—Being on the Tournament Team is FREE! Students only need to know All of Seisan to be eligible

The tournament team members will be encouraged to attend Kata clinic on Tuesday nights at 6:00 PM weekly for specific tournament related practice. They will receive extra and specific help before any tournaments they attend, as well as having a Sensei they know to attend every tournament with them to help them come up with strategies for success.

A Tournament team T shirt and shorts combo will be available for purchase soon. (You do not need to purchase this to be on the team, But we do think it looks cool)

See Sensei Steve or Sensei Jason to get on the official list!

Next Local Tournament!

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

If you have never been to a tournament before—This will be a good one to start with. PLEASE DO NOT SIGN UP FOR SEMI CONTACT UNLESS YOU HAVE TRAINED SPECIFICALLY FOR IT WITH SENSEI STEVE

Registration is available online at Iikf.org

HILTON KYOKUSHIN KARATE PROUDLY PRESENTS

the 20th Annual
SENSEI JIM GRAFE
MEMORIAL
MARTIAL ARTS
TOURNAMENT
5.17.2025 SAT

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: NAKO, Iikf, and others.

Logos: TSE, JDRF.

a portion of proceeds go to

Happy

Birthday!

These students have birth-
days this month

Sensei Nadia— 5/1

Sensei Amina-5/2

Cole—5/8

Trent—5/31

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

Yellow Belt 1st Stripe—
Remington ST, Everett, Miles
Yellow Belt 2nd Stripe—
Nolan

Yellow Belt Red Stripe—
Joseph T

Adv Yellow 1st Stripe—
Eleanor, Logan, Jack, Lauren
Adv Yellow 2nd Stripe—
Elliana

Orange Belt—Tiber, Oliver H,
Ben A

Orange Belt 2nd Stripe—
Sammie, John, Rupert
Orange Belt Red Stripe—
Alex Z

Adv Orange Belt—Josh
Adv Orange 1st Stripe—
Remington SC

ADV Green—Ben P

Blue Belt 3rd Stripe—Jimmy
Purple Belt 2nd Stripe—Cole

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.

May 14th and 19th will be Yoga Days Courtesy of Mind Over Mat. If you have a yoga mat, feel free to bring it with you.

May 14th and 27th will be sparring days. If you have sparring gear, please bring it with you.

May 7th and 19th 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 May 26th due to Memorial Day

Coming Soon:

Summer Picnic Information



Notebook Builders:

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

Okinawan Weapons: Bo Fighting Techniques by Harold Long and Phil Little

This month I have chosen a book written by 10th degree black belt and direct student of Shimabuku Tatsuo—Harold Long. This excerpt pulls out some bo basics as well as giving a visual representation of how to do them. This makes a great addition to anyone who wants to understand Bo better.

-Sensei Steve Ozminkowski

Contact Us

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

Shiage Do Martial Arts

59 Henry Street
Room 208
Hilton, NY 14468

(585) 209-0121

dojo@shiagedo.com

Visit us on the web at
www.Shiagedo.com

AND Don't forget to Like
and Follow us at:

[Facebook.com/shiagedo](https://www.facebook.com/shiagedo)

Shiage Do Martial Arts

Shiage Do Martial Arts

59 Henry Street Room 208
Hilton, NY 14468

