



# SDMA NEWS

**Shiage Do Martial Arts News letter**

**August 2025**

## Bring A Friend Month –September

Throughout the month of September we will be running our bring a friend month! Students are able and encouraged to bring friends with them to take karate all month long!!

Each day a student brings in a friend they will receive one raffle ticket. At the end of the month we will draw one ticket and the winner will receive.....

**A \$250 Lego Gift Card!!!!!!**

**\*Friends brought in will need parents to fill out our waiver form before participation, see Sensei Steve or Sensei Jason for a copy to bring home\***



"Take the fight to where YOU are best"

"The mind is a weapon. If you don't control it, it will control you."

Mitsuyo Maeda

## In This Issue

- Upcoming Bring a Friend Month
- Upcoming Tournament opportunity
- Yoga, Weapons and Sparring Days
- No Class for Labor-Day
- Birthdays and Promotions
- Coming next Month
- Testing Prep

# Happy

## Birthday!

These students have birth-days this month

**Sara– 8/13**

**Luana– 8/17**

**Harun– 8/19**

**David– 8/24**

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

Yellow 2nd Stripe– Lincoln

Orange Belt– Joseph T, Jase, Elliana, Lauren, Jack

Adv Orange Belt– John, Rupert

Adv Orange 1st Stripe– Theo

Adv Orange 2nd Stripe– Josh

Green 1st Stripe– Remington

Green 3rd Stripe– Freya

Purple 2nd Stripe– Alex N

Purple Belt Red Stripe– Natalia, Joseph M

## 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.

**August 13th and 25th** will be Yoga Days Courtesy of Mind Over Mat. If you have a yoga mat, feel free to bring it with you.

**August 6th and 11th** will be sparring days. If you have sparring gear, please bring it with you.

**August 14th and 26th** 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 September 1st due to Labor-Day

## Coming Soon:

- Bring a friend month info
- Back to School, Back to Uniforms

## Testing Preparation

For students getting ready for our upcoming testing session In October in need of help with older katas or terminology don't forget kata clinics run every Tuesday immediately following kids class or feel free to ask a sensei for help at any time!!!



Shiage Do Martial Arts

## Contact Us

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

### Shiage Do Martial Arts

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