



SDMA NEWS

Shiage Do Martial Arts News letter

September 2025

Bring A Friend Month

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



"Tomorrow's battle is won during today's practice":

– Samurai Maxim

In This Issue

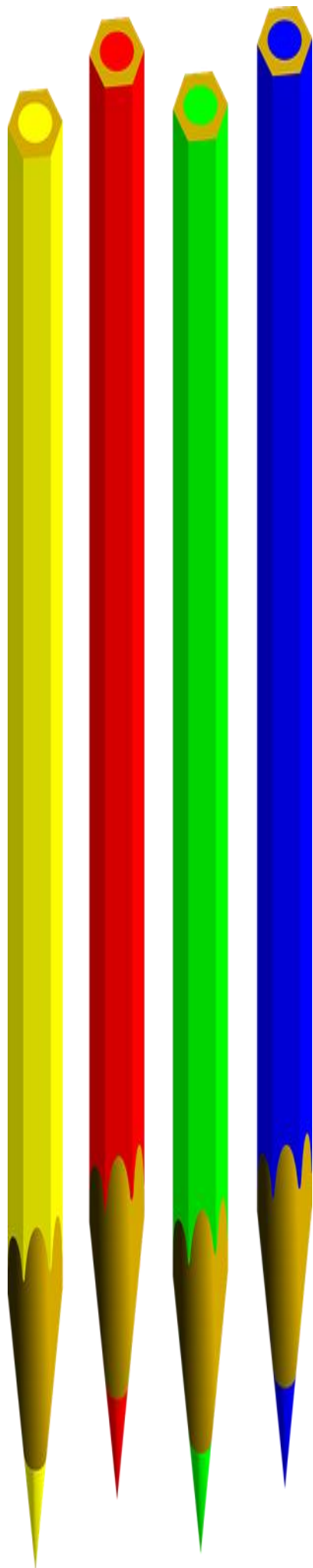
- Bring a Friend Month
- Back to uniforms
- Uniform Sale
- Yoga, Weapons and Sparring Days
- Birthdays and Promotions
- Apple Fest
- Testing Prep

Back to school, Back to uniforms:

Starting Tuesday **September 2nd** we will be going back to full uniforms for classes. (Gi's and pants)

SALE!!!:

With our return to uniforms we will be running a back to school sale. If you have outgrown your uniform over the winter all Uniforms will be 15% off during the month of September. You can either see Sensei Steve or Jason at the dojo and they can take care of this for you, or you can order off our website at <https://shiagedo.com/shiagedo-shop> and use the coupon code **uniform15** which will run online from 9/1 until 9/13!



Happy

Birthday!

These students have birth-
days this month

Evelyn– 9/1

Oliver- 9/11

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

Advanced yellow– Lincoln
Orange 1st stripe– Elliana,
Rupert, Lauren, Jack, Jase,
David
Advanced Orange red stripe–
Josh
Green 2nd stripe– Ben P,
Remington
Green red stripe– Keane,
Freya
Purple red stripe– Alex N

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.

September 17th and 29th will be Yoga Days Courtesy of Mind Over Mat. If you have a yoga mat, feel free to bring it with you.

September 9th and 24th will be sparring days. If you have sparring gear, please bring it with you.

September 4th and 15th will be weapons days. If you have Nunchucku, Sai, Tonfa, or Bo please bring them with you on those days.

Come visit us at the Apple Fest!

Shiage do will once again have a booth at this years Apple Fest! Come stop by and say hi to us for a special sticker!



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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Visit us on the web at
www.Shiagedo.com

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