



3450 Winton Place  
Rochester, NY 14623

## YOUR JANUARY 2016 DOJO NEWSLETTER

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# Kickin' It

Martial Arts America's  
Monthly Newsletter - January 2017



**Penfield Dojo:**  
2160 Penfield Rd.  
585-377-6130

**Brighton Dojo:**  
3450 Winton Pl. Plaza  
585-475-9250

**Webster Dojo:**  
1270 Creek st.  
585-347-4880



### What You Need To Know....

- January Life-Skills Theme—Goals
- In-Class Tournament on Sat. Jan. 21st
- MLK Day Karate Camp on Mon. Jan 16th
- Register now for Summer Camps—page 2
- Dojo shirts, hoodies, sweatshirts and other items on sale till Jan. 16th
- Parents—Achieve your fitness and weight-loss goals—Try Martial Arts Classes—first month free! Page 2
- Help us make our dojo even better—Online Dojo Feedback Form—page 4
- Get on the mats with your child Parent/Child Week in classes Jan. 9th & 16th

## Do You Have **Smart Goals** for 2017?

Do you ever feel like you're working hard but not getting anywhere? Maybe you see little improvement in your skills or achievements when you reflect on the last five or 10 years.

### What Does SMART Mean?

**SMART** is an acronym that you can use to guide your goal setting. To make sure your goals are clear and reachable, each one should be:

- **Specific**
- **Measurable**
- **Attainable.**
- **Relevant**
- **Time bound**

Many people spend their lives drifting from one job to another, or rushing around trying to get more done while actually accomplishing very little. Setting SMART goals means you can clarify your ideas, focus your efforts, use your time and resources productively, and increase your chances of achieving what you want in life.



### ACTION PLAN

- Complete the Goals Worksheet we're handing out at the dojo in January.
- Put it in a place where you'll see it every day.
- Each evening review the goal sheet & make your plan for the next day
- Take Action every day to get at least one step closer to your goals
- Stay focused
- When you achieve your goal, do two things—Celebrate, then set your new goal.

## PLEASE HELP US—WE NEED YOUR INPUT

Your MAA Team wants to get your feedback in making our program the best it can be. Please take out 10 question evaluation online-it will only take 3-4 minutes top (I promise). Got to:

[www.TinyURL.com/MAAfeedback](http://www.TinyURL.com/MAAfeedback)



### The MAA Competition Team is starting up again!

Tuesdays 5:45-6:45 pm at the Brighton branch. Ages 6 yrs and up, yellow belt and higher. Try it out for 2 classes at no charge. First practice Tues. January 10th

## January Events

Tue. 3rd	Classes resume
9th-14th	Parent/Child week
Tue. 10th	Competition Team starts
Sat. 14th	Board Breaking Night
Mon. 16th	MLK Day Camp
16th-19th	Parent/Child week
Sat. 21st	In-Class Tournament

## February Events

Sun. 12th	Karate Tournament
20th—24th	Winter Break Camp

You can get all the details about these events at your dojo or at [www.RochesterKarate.com](http://www.RochesterKarate.com)



# NOW ENROLLING! THE CHARACTER-BUILDING, LIFE-CHANGING SUMMER CAMP FOR KIDS

Camps will start the week of July 10 with **4 weeks in July at our Penfield Location** and **4 weeks in August at our Brighton location**. This camp is for kids ages 6—12 years old, any belt level (as well as kids who haven't had any previous karate experience).

**Morning sessions 9 am—12 noon** will feature martial arts training on the skills needed to move up to higher belt levels, along with special lessons on various other martial arts styles and weapons, guest instructors and more.

**Afternoon sessions 12:30 pm—3 pm** gives campers a ton of fun activities and themes that will challenge, educate and entertain them. They'll get to interact with their fellow campers and develop friendships that can last a lifetime.

## Where Will Your Children Be Spending This Summer?

This Summer, Martial Arts America will be offering **8 WEEKS** of camp, featuring:

- Karate Skills and Advancement
- Fun Themes and Activities
- Life-skills Lessons

All in a positive, respectful, safe environment and supervised by expert Black Belt Instructors

**Before and After care are available—just ask us at the front counter**

**You can register for one or more camps. Discounts for multiple weeks and additional camper from the same family.**

- 1 Week \$250**
- 2 Weeks+ \$225 each week**
- 1/2 day Camp Week \$150 each week**
- Multiple family members get 10% off 2nd, 3rd and 4th**

<b>NOVEMBER STUDENT BELT PROMOTIONS</b> Congratulations to....
Adan Khan, Donya Khan, Zaghham Khan, Akash Narayanan, Elliot Kirby, Addison Ball, Logan Ball, Madeline Borchers, Christopher Chan, Braedan DuBois, Maddie Henry, Gavin Jones, Dwaraka Kumar, Ryan Sullivan, Angelo Brongo, Jasmine Davis
Kishan Totten, Rylie Biroscak, Mark Frey, Gavin White, Peter Squires, Nathan Hiline
Amara Oluikpe, Jake SanSoucie, Adam Shaw, Kari Shaw
William Pardee, Joey Cline, Sarah Zurell, Robert Lewis
Ayden Hines, Benjamin Kleiner, John Salamone, Jacob Zwart, Adam Glidden
Zanneke Fluit, Maura Miles, Adam Parasch, Ethan McEntyre
Peter Platt, Brook Corrigan, Catherin Daniel, Aiden White
Justin Grammatico, Lindsay Paille
Collin Petruzzeli

## LEAN & MEAN IN '17

*That's our dojo theme for 2017 for Teens and Adults.*

**Lean** is about losing weight, getting in the best shape of your life and improving lifestyle habits

**Mean** it's not about being angry —its about getting serious about reaching your potential, going for your goals with focus and determination.

We'll be sharing lessons about both these areas starting in January to our students and our dojo families on FB and in emails and our newsletter.



**Want to join us on the mats for an even greater Personal development experience?**

We've got karate, kung fu, kickboxing and sword lessons.

Parents & Teenage brothers/sisters of students

To Get Started

Just tell any of our MAA Team members "I want to get Lean and Mean in '17" or go to our "New Students" tab on our website [www.RochesterKarate.com](http://www.RochesterKarate.com) and use the **CODE HOLIDAY** to do our 3 lesson starter course for only \$1, (reg. \$30) then you can join in our classes for your next month on us (free first month for you). A **NEW YOU** awaits!



## WELCOME TO THE NEWEST MEMBERS OF OUR DOJOS

Daniel Burgey-Reid, Bronson Molisani, Isabelle Baker, Damien

Thompson, Jason Sager, Ainsley Jacus, Jayden Conway, Jonny Martorella, Laszlo Jurasinski, Veronica Jurasinski, Miles Warren, Avery Wallace, Vitaly Kozadayev, Moishe Kozadayev, Yakov Kozadayev, Benyomin Kozadayev, Avrohom Kozadayev, Maddox Fox, Thomas Pardee, Mark Vornovitsky

**YOU'VE TAKEN YOUR FIRST STEPS ON YOUR JOURNEY TO BLACK BELT EXCELLENCE**

### STAY CONNECTED TO MARTIAL ARTS AMERICA

[info@rochesterkarate.com](mailto:info@rochesterkarate.com) [www.RochesterKarate.com](http://www.RochesterKarate.com)  
Brighton 475—9250 Penfield 377-6130 Webster 347-4660  
[www.Facebook.com/MartialArtsAmericaRochester](http://www.Facebook.com/MartialArtsAmericaRochester)  
Or search on Facebook for our individual dojo pages—Brighton, Penfield and Webster

**Fitness Kickboxing**

**The Way to Get "Fighting-Fit" In 2017**  
(at our Penfield dojo, 2160 Penfield Rd.)  
Classes on Tuesday 8 pm  
Thursday 7:30 pm  
Saturday 8:00 am  
First class free—call 377-6130