

# Kickin' It!

Martial Arts America's  
Monthly Newsletter - January/February 2023

## Want to achieve more in 2023?

There's only one way...to improve your discipline. How often do we make New Year's resolutions or set goals, start off with great intentions but then find ourselves drifting off and eventually losing our motivation? If you're like most people, this happens to us all too often.



But you **CAN** achieve your goals—with a definite plan and clear action steps, along with a support group to help keep you motivated.

Write down your top 3 goals for the month and the steps you'll take to achieve them. Then review those goals every day and start taking the actions you need to make them a reality.

Remember, you can always do more than you think you can. Start off this new year with energy and enthusiasm

## 2023—you've got this!

## DOJO WEATHER CLOSING POLICY



For weather closings, we follow the local academic schools when they close their after-school activities.

And we post the closing on our website - [www.RochesterKarate.com](http://www.RochesterKarate.com) and our Facebook page [MartialArtsAmericaRochester](https://www.facebook.com/MartialArtsAmericaRochester) and we send out an email, too. If the weather is questionable and you're not sure if we're open, you can call the karate school (see phone numbers below)

30 minutes before your class and if there is no answer, we're not going to be open. Also, please make sure we have your current email address (Please update it with us if you're not getting weekly emails)

## Discipline... Inner Strength in Action



The dojo Life Skill for January/February is Discipline. Students can use our new worksheet to record their home practices (to earn red stripes) and to do their Discipline Challenges (to earn blue stripes). Pick up a Worksheet at the dojo next time you come in for class.

Karate article in  
French Road  
school newsletter!



Karate in  
Gym classes!

### FRES Students Learn Karate in PE Class

French Road Elementary School students had the opportunity to learn karate during a special education class on Monday, Nov. 21. Instructors from Martial Arts America taught students about respect and some basic blocks, kicks, and punches.



Did you know ... The Martial Arts America senseis go to many local elementary and grade schools to give the students there a fun karate experience. Some schools we've been to or are going to soon—French Road, Plank North, State Road, Council Rock, Allen's Creek. If you want us to come to your school, pick up a **Guest Teacher card** from the front counter and give it your Phys. Ed teacher.



**martial arts  
America**  
FAMILY LEARNING CENTERS

### Penfield Dojo

2160 Penfield Rd.  
585-377-6130

[info@rochesterkarate.com](mailto:info@rochesterkarate.com)

### Brighton Dojo

3450 Winton Pl. Plaza  
585-475-9250

[www.RochesterKarate.com](http://www.RochesterKarate.com)

### Webster Dojo

1270 Creek st.  
585-347-4660

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

**Interested in Karate Competitions?** With local karate tournaments coming up in February, March, April and May, our Martial Arts America Competition Team will meet weekly for specialized tournament training.

Any student 6 years old or older and yellow belt and higher can come and try it out. There is no fee for the first practice session, held on Friday Jan. 13th at the Brighton dojo 6:00—7:30 pm Students will practice on their kata performance and sparring skills. We will also go over rules and procedures for tournaments. You can get a detailed Tournament Team information flyer at

the front counter of your dojo.



Niagara Traditional Karate Tournament Circuit Allendale-Columbia School 4/9/2017

## January Events

- Mon.. 1/2 Dojos re-open and classes begin
- Fri. 1/13 **Tournament training class**—yellow belt +, all ages; 6—7:30 pm Brighton
- Sat 1/14 **Isshin ryu karate seminar** at Samurai Martial Arts, Rochester. Ages 12 +: green belt and higher. Pick up info flyer at front counter
- Sat. 1/21 **CIT class (Instructor training)** 1—2 pm At the Brighton dojo

**In-dojō Karate Tournament**—Brighton Dojo 2:00—5:00 pm. Check email for registration info (free to all students)

Mon. 1/17 **MLK jr. Day**—Closed = **No Classes at the dojos tonight**

Fri. 1/27 **Activity Night—Baord Breaking**  
All dojos 6—8 pm (all dojos)

## February Events

- Sun. 2/4 Bring a Buddy Day at your dojo—in the Tiger and Beginner class. Check with your Sensei for times
- Sat. 2/11 CIT class (instructor training) 1—2 pm at the Penfield dojo
- Feb 20-24 School Break week—ask about our karate day camps  
Regular class schedule this week
- Sat. 3/4 Apprentice Black Belt Test 1—3 pm Brighton dojo



Fall 2022 Competition Team

# Board Breaking!

## *Kids Activity Night*

**Friday January 27** at all MAA dojos  
6—8 pm  
For students ages 6—12; all belt levels



Students will learn how to safely break boards with various karate techniques. \$40—includes 3 real wooden boards  
Lots of fun and learning—Don't miss it!



## In-Dojo Karate Tournament Saturday Jan. 21st Brighton dojo



For karate students from all MAA dojos, 4 years old and up, this in-dojo karate tournament is a great way to see what karate competition is all about.

2:00pm Tigers (kata and board breaking)

2:30 pm White, Yellow & Orange belts

3:15 pm Green through Adv. Purple belts

4:00 pm Brown through Black Belts



There will be kata and padded weapons fighting. Awards for top places but the emphasis is on Fun, Friendship and Good Sportsmanship!



Use QR code to register or use link in Sunday email

**January and February Life Skill**  
Look for lessons and drills in class

**Discipline...  
Inner Strength in Action**

### HOLIDAY SUPER CHALLENGE

Complete all 14 challenges and earn a HONOR patch for your uniform

Sun. Dec. 22 Do a chore around the house 20 situps <input type="checkbox"/>	Mon. Dec. 23 Practice 20 round kicks each leg 20 pushups <input type="checkbox"/>	Tue. Dec. 24 Do any kata you know 3 times Read for 20 minutes <input type="checkbox"/>	Wed. Dec. 25 Help with chores (clean dishes) Practice your weapon skills <input type="checkbox"/>	Thurs. Dec. 26 Read for 20 minutes Practice your weapon skills <input type="checkbox"/>	Fri. Dec. 27 Read for 20 minutes Practice your weapon skills <input type="checkbox"/>	Sat. Dec. 28 Read for 20 minutes Practice your weapon skills <input type="checkbox"/>
Sun. Dec. 29 Read for 20 min 10 jump kicks or spin kicks each leg <input type="checkbox"/>	Mon. Dec. 30 Sweep or vacuum a room Do any kata you know 3 times <input type="checkbox"/>	Tue. Dec. 31 Celebrate the new year with your family! Do any kata you know 3 times <input type="checkbox"/>	Wed. Jan. 1 Practice your weapon skills Read for 20 minutes <input type="checkbox"/>	Thurs. Jan. 2 Practice your weapon skills Read for 20 minutes <input type="checkbox"/>	Fri. Jan. 3 Practice your weapon skills Read for 20 minutes <input type="checkbox"/>	Sat. Jan. 4 Practice your weapon skills Read for 20 minutes <input type="checkbox"/>



*Did your child complete the Holiday Super Challenge? Bring in the completed worksheet to earn a special Tiger patch.*

## January is Leadership Month



During the month of January qualified students will be invited to try our **Leadership program** so they can experience the class and so parents can see the benefits of it. Students are trained in communication skills, eye contact, body language,

public speaking and other leadership/confidence traits. To find out more about our Leadership Program, see your sensei for all the details.

**Belt Promotions, Sparring fundraiser and new Instructor Gis!**





Where Families Grow Strong Together®

3450 Winton Place  
Rochester, NY 14623

## YOUR JANUARY/ FEBRUARY 2023 DOJO NEWSLETTER

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