

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 of-

ten 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 and our Facebook page 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



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.



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.



Penfield Dojo 2160 Penfield Rd. 585-377-6130

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

Webster Dojo 1270 Creek st. 585-347-4660

info@rochesterkarate.com

www.RochesterKarate.com

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 infor-



mation flyer at

the front counter of your 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!

Brighton dojo



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

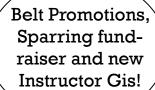
4:00 pm Brown through Black Belts



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

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



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 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 vour sensei for all the details.





3450 Winton Place Rochester, NY 14623

YOUR JANUARY/ FEBRUARY 2023 DOJO NEWSLETTER

Goals for 2023 Page 1
Upcoming Events Page 2
Leadership program Page 2
School Tournament Page 3
New Black Belts Page 3



