**Dojo Update 12/16/2024**

We are pleased to announce that all members of OKKA Mullica Hill's Candidate Class of December 2024 successfully completed the Black Belt Candidate Exam. We are so proud of them. **They are OKKA Black Belt Strong!**  
**Shodan** (1st Degree Black Belt): Nathan Hall & Silas Hall  
**Nidan** (2rd Degree Black Belt): Harman Singh & Jonathan Zippel  
**Yondan**(4th Degree Black Belt): Erin Doyle, Sempai Brendan Kane & Sempai Randy Kane

**To All Karate Families**  
You are cordially invited to attend

Okinawa Kenpo Karate Academy’s Black Belt Extravaganza

Date: Saturday, December 21, 2024 Time: 10:00 a.m.

Location:  Pleasant Valley School Gymnasium; 401 Cedar Road, Mullica Hill, NJ 080862

\* The performance starts at 10 a.m. The doors will open for the audience at 9:30 a.m.\*

***Important Reminder*** **– NO classes this Wednesday & Friday due to Candidate Skit Practice.**

**This Week...**

* Week 0 (12/16 – 12/21) Pre-Holiday Fun Buddy Week! Parents, siblings & friends are welcome in class.
* 12/16, 12/17 & 12/19: Students & Instructors please wear play clothes in class. Holiday/festive fun clothing is encouraged.
* **Candidates (**12/16, 12/17 & 12/19) Required Extravaganza Practice 6:30 p.m. - 8 p.m. @ Pitman dojo. Be inside the dojo by 6:20 p.m. ***Don’t be late for roll call.*** Check your email for detailed info sheet.
* **Leadership:** Don’t bring gear or weapons this week.
* 12/18 (Wednesday) Candidates - **Required** Skit Practice @ our dojo. Be inside by 5:50 p.m.
* 12/20 (Friday) Candidates - **Required** Skit Practice @ our dojo. Be inside by 5:50 p.m.
* 12/21 (Saturday) NO Fitness & Foundations or Open Mat due to the Black Belt Extravaganza
* 12/21 (Saturday)\****Black Belt Extravaganza\**** Great show; All invited. Come & cheer on the new Black Belts. The show starts at 10 a.m. Doors open at 9:30 a.m. Location: Pleasant Valley School (gymnasium), 401 Cedar Road, Mullica Hill.
* S.T.A.R. Theme for December is ***Be Generous*** (give more than expected; give of yourself, your time, etc.).
* CIT: Please use SignUp Genius to schedule your assist classes.
* **Lost & Found**: Please check the Loft Gallery if/when your family is missing something.

**Coming Up...**

* 12/23 - 1/1: Dojo Closed; Merry Christmas & Happy Holidays!
* 1/2/25 (Thursday) SPECIAL Schedule … Dragon class at 4:30 p.m.; NO other karate classes.
* 1/2/25 (Thursday) 7 p.m. Fitness Star Program informational session for Basic – Black Belt students and family members. To sign up, please use the link or QR code posted below in Friday’s bullet.
* 1/3/25 (Friday) SPECIAL Schedule … Dragon class at 5:15 p.m.; NO other karate classes.
* 1/3/25 (Friday) 6 p.m. Fitness Star Program informational session for Basic – Black Belt students & family members. Click the link or scan the QR code to sign-up by 1/1/25 <https://forms.gle/BvsRLAMUFd1xhXYq5>

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* 1/4/25 (Saturday) 11:30 a.m. CIT Workshop @ our dojo.
* 1/4/25 (Saturday) 1:00 p.m. Joint CIT Workshop @ our dojo; details will be emailed.
* **January Seminars:** Jan. 2nd (Thursday) Sparring Seminar 6:00p – 7:30p @ Pitman dojo; Jan. 3rd (Friday) Takedown Seminar 6:45p – 8:15p @ our dojo; Jan. 4th (Saturday) Bunkai Seminar 6:00p – 7:30p @ our dojo. Please register by Wednesday, 1/1/25 - just click the link or scan the QR Code.

**January Seminars sign up:** <https://forms.gle/YVEkQF7YATjkwTcX6>

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**Class Schedule: January 6 – April 25**

**Little Dragon** @ 4:30 p.m. & 5:15 p.m. Monday – Thursday; @ 5:15 p.m. on Friday

**Basic** @ 6 p.m. Monday - Friday

**Intermed/Adv.** @ 6:45 p.m. Monday, Wednesday & Friday; @ 7:40 p.m. Tuesday & Thursday

**Black Belt** @ 7:40 p.m. Monday, Wednesday & Friday; 6:45 p.m. Tuesday & Thursday

**Attention ALL Ranks:**You can find instructional videos on our YouTube channel (OKKA Mullica Hill). The link is on our website in the DOCS tab. Please allow your child to watch our videos (especially if extra help is needed) so he/she can stay on track with this cycle's material.  Questions about the videos or how to use the YouTube channel are best directed to Sensei Aidan. (senseicoakley@gmail.com)

**Reminder for Leadership students (& parents)**: Students should be taking their gear bags and weapons home after class. It’s necessary for students to have their weapons at home in order to practice the techniques, as well as the actual weapon kata. Practicing for 10 to 15 minutes a day on non-class days, at least 3 days per week is the expectation. Doing so is how students develop the skills needed to excel with their weapons. ***Repetition is the motor of learning.***

**Fitness Star Reminder:** Sign up for your Fitness Star Evaluation **at least 1 day prior** to your requested day & time; Evaluations happen during Week 7: Monday through Thursday; Week 8: Monday Only. **Mandatory for all Black Belt Candidates.**

**In the event that we need to close the dojo due to inclement weather or an emergency situation…** notification will be posted on the website (okkamullicahill.com) and on Facebook (OKKA – Mullica Hill). **Please like & follow us if you are a FB person.** There will also be a message on the dojo phone (856)418-1592.

**Scan this QR code** to go to the Documents page of our website for the Dojo Update, as well as important documents and forms.

**Contact Info**

Sensei Fran: 856-816-1538; [okkamullicahill@comcast.net](mailto:okkamullicahill@comcast.net)

Sensei Aidan: 856-725-1414; [senseicoakley@gmail.com](mailto:senseicoakley@gmail.com)

Dojo phone: 856-418-1592