**Dojo Update 3/10/2025**

**This is a Self-Defense cycle.** Please read the description sheet on the website or posted in the dojo. Please see an instructor if you have any questions.

**What is the Board Breaking Challenge?** The Challenge is an excellent learning opportunity for students of all ranks (Dragons thru Black Belts) and all levels of board breaking experience. The first half of the seminar is instructional - students learn a variety of hand & foot breaks using re-breakable boards at first and then a portion of their own allotment of boards. In the second half, students challenge themselves with the boards they set aside for the "Challenge" portion.

**For more details** please see *What is the Board Breaking Challenge?* on the website & in the dojo, or speak to your child’s instructor.

**Registration forms** can be picked up in both Parent Galleries or printed from the website. Go to DOCS - scroll to Event Information & Forms - select Board Breaking Challenge Registration. **Form due by Wednesday, March 19**

**Challenge Date:** Saturday, March 22

**Location:** Pitman dojo; 72 E. Holly Ave., Pitman, NJ

**Time:** 9 yrs. old & under @ 9 a.m.; 10 yrs. old & above @ 11 a.m.

**Leadership Students:** bring shin guard, dominant hand & foot gear

**Non-Leadership:** Safety gear will be provided; **see your instructor by Wednesday, March 19**

**Attention Black Belt Students & Parents:**

This cycle’s weapon for 1st & 2nd Degree Black Belts is Tonfa. **See Sensei Aidan if you need tonfa but were not sized last week.**

This cycle’s weapon for 3rd & 4th Degree Black Belts is Kama. **See Sensei Aidan if you did not pick up your set last week.**

**In an effort to improve communication and provide alternative modes to get dojo info to you, we are increasing our social media footprint.** Please Like & Follow us on Facebook at OKKA – Mullica Hill. On Instagram, please Like & Follow OKKA\_Mullica Hill.If you aren’t into social media, no worries, see the Dojo Update every Sunday on the website.

**This Week...**

* Week 2 (3/10 – 3/15) Yellow Tip in 2nd class for Kick
* **Leadership****:** Intermed = Escrima (single stick); Adv. = Bo; 1st/2nd degree = Tonfa; 3rd/ 4th degree = Kama
* 3/15 (Saturday) Fitness & Foundations @ 8:30 a.m.; Open Mat @ 9:25 a.m.
* S.T.A.R. Theme for March is ***Be Cooperative*** (work together / help others for a common goal)
* 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...**

* 3/17 - 3/22: **Buddy Week!** Parents, siblings & buddies welcome to join us on the mats.
* 3/18 (Tuesday) 7:30 p.m. **Joint CIT** Meeting @ Swedesboro dojo.
* 3/19 (Wednesday) Parent Appreciation Night; soft Philly pretzels for class participants after class.
* 3/22 (Saturday) **BOARD BREAKING CHALLENGE** @ Pitman dojo; r**egistration form due by Wed., 3/19;** See above for details.
* 4/4 (Friday) 7 p.m. **Black Belt Candidate Meeting:** mandatory meeting for all candidates; 1 parent required per candidate; 2 parents are welcome. **Location: Pitman dojo** (72 E. Holly Ave., Pitman, 08071)
* 4/5 (Saturday) 8 a.m. Candidate Fitness Evaluation; required for candidates; OPEN to all students (except Little Dragons) & parents.
* 4/5 (Saturday) 10 a.m. CIT Workshop @ our dojo
* 4/12 (Saturday) **Movie Night**;5:30 p.m. – 8:00 p.m.; sign-up form due by Thursday, 4/10

**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. The sign-up sheet is on the credenza behind the Parent Gallery. All students (Basic – Black Belt) & parents are encouraged to participate. Fitness Stars are **required for Black Belt Candidates.** See Sensei Aidan if you have questions or see the website. Go to DOCS… scroll to Physical Fitness Star Program… select *click here*.

**In the event that we need to close the dojo due to inclement weather or an emergency situation…** notification will be posted on Facebook (OKKA – Mullica Hill). **Please like & follow us if you are a FB person.** If you are not a FB person, there will also be a message on the dojo phone (856-418-1592) by 3 p.m

**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

Sensei Aidan: 856-725-1414; senseicoakley@gmail.com

Dojo phone: 856-418-1592

Facebook: OKKA – Mullica Hill

Instagram: OKKA\_Mullica Hill