**Dojo Update 4/14/2025**

**Belt Graduation is next week. Please put completed Belt Graduation forms in the red folder on the credenza behind the Parent Gallery by this Thursday, April 17.**

**This cycle’s Curriculum Note/Study Sheets** are available on the website. These sheets reinforce the material students are learning in class and help prepare them for belt graduation, as well as their journey to Black Belt training.

Reach out to Sensei Fran if you need a hard copy. ([okkamullicahill@comcast.net](mailto:okkamullicahill@comcast.net))

**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.

**This Week...**

* Week 7 (4/14 – 4/17) Buddy Week; Parents, siblings & buddies welcome to join us on the mats!
* **Leadership****:** All ranks bring sparring gear **AND** this cycle’s weapon.
* 4/17 (Thursday) Parent Appreciation Night; soft Philly pretzels for class participants after class.
* 4/17 (Thursday) **Belt Graduation form due by today.**
* **4/18 – 4/21; Dojo Closed;** Enjoy the Holiday Weekend! Happy Easter!
* 4/19 (Saturday) NO Fitness & Foundations, Open Mat or Run
* S.T.A.R. Theme forApril is ***Be Hopeful*** (believing that something good will happen).
* 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...**

* 4/22 - 4/25: **Little Dragon Belt Graduation** in your child’s 2nd class of the week.
* 4/25 (Friday) **Belt Graduation (Basic – Black Belt);** arrive 10 minutes *before* your scheduled graduation; Basic @6pm; Intermed/Adv @6:50pm; Black Belt @7:45pm; **Dress Code:** full White Gi, karate t-shirt & belt; **Leadership students** bring this cycle’s weapon.
* 4/28 (Monday) Black Belt Candidate Training Cycle Begins!!!!

**Schedule Change for Saturday Morning Offerings starting 4/12/25**

Fitness & Foundations: 8 a.m. - 8:45 a.m.

Open Mat: 8:50 a.m. - 9:25 a.m.

The Run: 9:30 a.m. – 10 a.m.

**Reminders:**

* All students (except Little Dragons) & all parents are welcome to participate.
* Arrive 5 – 10 minutes early.
* Wear work-out clothes.
* Wear running shoes if participating in the outdoor run.
* Bring a water bottle.
* Pay close attention to in class announcements/Dojo Update. Multiple Saturdays coming up when these will NOT be offered due other events or holidays.

**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 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.

**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](mailto:okkamullicahill@comcast.net)

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

Dojo phone: 856-418-1592

Facebook: OKKA – Mullica Hill

Instagram: OKKA\_Mullica Hill