**Dojo Update 4/22/2025**

**Belt Graduation for Basic – Black Belt on Friday, April 25**

* **Basic:** arrive @ 5:50 p.m. (graduation starts at 6:00 p.m.)
* **Intermediate & Advanced:** arrive @ 6:40 p.m. (graduation starts @ 6:50 p.m.)
* **Black Belt:** arrive @ 7:35 p.m. (graduation starts @ 7:45 p.m.)
* **Dress Code:** FULL White uniform (jacket & pants), OKKA t-shirt and your current belt.
* **Leadership:** Intermediate bring Escrima; Advanced bring Bo; Shodan & Nidan bring Tonfa; Sandan & Yondan bring Kama.
* **Little Dragon Belt Graduation:** 4/22 – 4/25 in your child’s 2nd class. (full black uniform)

**This Week...**

* Week 8 (4/22 – 4/25) Peak & Prep for Belt Graduation
* **Leadership****:** All ranks bring this cycle’s weapon.
* 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);** *see above for schedule & details.*
* 4/26 (Saturday) Fitness & Foundations @8am; Open Mat @8:50 a.m.; the Run @9:30 a.m.
* S.T.A.R. Theme forApril is ***Be Hopeful*** (believing that something good will happen); May is ***Be Diligent***(work carefully & persistently)
* 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...**

* 4/28 (Monday) Black Belt Candidate Training Cycle Begins!!!!
* 4/28 (Monday**) SCHEDULE CHANGE** for Intermediate/Advanced & Black Belt classes starts today; Intermediate/Advanced @ 6:45 p.m. Monday – Friday; Black Belt @ 7:40 p.m. Monday – Friday.
* 5/1 (Thursday) Return to “Summer” uniform; OKKA t-shirt, uniform pants & belt.
* 5/3 (Saturday) 10:15 a.m. CIT Workshop
* 5/3 (Saturday) **Ninja NERF Night**; 5:30 p.m. – 8:30 p.m.; sign-up form due by Thursday, May 1
* 5/10 (Saturday) **Board Breaking Challenge** @ Pitman dojo**; registration form due by Wed., 5/7**
* 5/12 - 5/17: Buddy Week; Parents, siblings & buddies welcome to join us on the mats!
* 5/12 (Monday) Parent Appreciation Night; *Cherry on Top* ice cream tickets for class participants.

**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**

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

Dojo phone: 856-418-1592

Facebook: OKKA – Mullica Hill

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