**Dojo Update 5/12/2025**

**To all the Moms & Grandmoms… Happy Mother’s Day! Hope you enjoyed the day with your loved ones.**

**Congratulations** to all students who participated in Saturday’s Board Breaking Challenge and earned their chevrons. So exciting to watch you learn new breaks and increase your board counts on your favorite breaks. The **board breaking winners** (most boards broken with the fewest attempts) for their respective age groups were Kayla King, Aarav Shah and Avantika Naha. **Well done!**

**Many thanks to our CIT members for assisting at the event. We couldn’t do it without you!**

**This Week...**

* Week 3 (5/12 – 5/17) Buddy Week; Parents, siblings & buddies are welcome to join us on the mats!
* **Leadership** **Bring:** All ranks = Sparring Gear; ALSO… Shodan = Chuks; Nidan/Sandan = Chuks & Tonfa; Yondan = Chuks, Tonfa & Sai
* **Candidates: Bring** water, binder, gear bag, this week’s weapon; follow the specific schedule provided at the Candidate Meeting.
* 5/12 (Monday) Parent Appreciation Night; *Cherry on Top* ice cream tickets for class participants.
* 5/17 (Saturday) Candidate Mid-Term Mudder @ Mullica Hill dojo.
* 5/17 (Saturday) **NO** Fitness & Foundations / Open Mat / Run due to the Candidate Mid-Term Mudder.
* S.T.A.R. Theme for 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...**

* 5/20 (Tuesday) 7:30 p.m. **Joint CIT** Meeting @ Mullica Hill dojo… downstairs in the Fun & Fit space.
* 5/23, 5/24 & 5/26 (Friday, Saturday & Monday) Dojo Closed for Memorial Day holiday weekend.
* 6/7 (Saturday) **KARATE TOURNAMENT** @ Pitman dojo; r**egistration form due by Wed., 6/4**
* 6/7 (Saturday) **Harrison Township Day!** So much fun! 4 p.m. – 9 p.m.@ Ella Harris Park; Ty[e or copy & paste [harrisontwp.us/ht-day-funguide-2025/](https://harrisontwp.us/ht-day-funguide-2025/) for all the details. See you there.
* 6/9 - 6/14: Buddy Week; Parents, siblings & buddies welcome to join us on the mats!
* 6/10 (Tuesday) Parent Appreciation Night; *Cherry on Top* ice cream tickets for class participants.
* 6/13 (Friday) **Belt Graduation form due by today.**
* 6/16 – 6/19: **Little Dragon Belt Graduation** in your child’s 2nd class of the week.
* 6/20 (Friday) **Dojo Closed. NO classes** due to Black Belt Candidate Exam (Part I)
* 6/20 & 6/21: **Black Belt Candidate Exam**; Friday, 5 p.m. – 8 p.m. & Saturday, 1 p.m. – 4 p.m.

**Class Schedule: April 28 – June 28**

**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 - Friday

**Black Belt** @ 7:40 p.m. Monday - Friday

**Schedule Change for Saturday Morning Offerings**

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 & the Dojo Update. Some Saturdays will NOT be offered due other karate events or holidays.

**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

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

Dojo phone: 856-418-1592

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