**Dojo Update 8/25/2025**

**Congratulations** to all students who earned their new belt ranks last week!

**Make-Up Belt Graduation** (Saturday, Sept. 6 @ 9 a.m.) - for those students (Basic – Black Belt) who missed Belt Graduation due to illness or a scheduling conflict.

*Little Dragon* make-ups are during those students’ 1st class of this week.

**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. *Remember bring more focus to class and leave watches & jewelry at home.*

**Mini-Karate Tournament:** Saturday, Sept. 13. If your child has never participated in an OKKA tournament, the Mini Karate Tournament is perfect for "1st timers." Since it is at our dojo, participants will recognize the instructors, CIT members & other students who are present - which typically makes students new to tournament feel more comfortable performing. For students who are experienced tournament participants, the Mini Karate Tournament is an opportune time to polish your open hand or weapon kata, dial in your board counts in breaking, or try point sparring, and of course receive feed-back from your instructors.

For more details please see the Mini Karate Tournament Info sheet 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 Mini Tournament Application & Mini Tournament Info.

**Available Events: Register by Wednesday, Sept. 10**
Kata (all ranks)
Combinations (Dragon & Basic only)
Weapon Kata (Leadership only)
Sparring (Leadership Only)
Board Breaking (all ranks)

**This Week**

* Week 1 (8/25 - 8/28) New Learning Cycle Begins! Self Defense for all ranks.
* **Leadership** **Bring:** Bring Sparring Gear
* S.T.A.R. Theme for August is ***Be* *Forgiving*** *(willingly put aside feelings of hurt or resentment).*
* 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...**

* 9/1 (Monday) Dojo closed for Labor Day. Enjoy the last summer weekend!
* 9/2 – 9/5: Yellow Tip for Kick in 2nd class of the week
* 9/5 (Friday) Return of Friday classes
* 9/6 (Saturday) 9 a.m. Make-Up Belt Graduation for eligible students; arrive 10 minutes early in full white uniform; Leadership bring last cycle’s weapon to demonstrate.
* 9/6 (Saturday) 10:15 a.m. CIT Workshop @ our dojo.
* 9/8 – 9/12: Wear Patriotic themed t-shirts to class this week in remembrance of the civilians and 1st Responders who lost their lives on September 11, 2001.
* 9/11 (Thursday) **No classes on** **Patriot Day**; Please join us for Harrison Township’s Remembrance Ceremony at the 9/11 Memorial, followed by beverages & snacks in the dojo picnic area. Details to follow.
* 9/13 (Saturday) **Mini Karate Tournament** @ our dojo; Dragon – Black Belt divisions. **Register by 9/10**
* 9/13 (Saturday) **Movie Night/Parents’ Night Out!** (5:30 p.m. - 8 p.m.); **sign up by Wednesday, 9/10**
* 9/15 – 9/20: Green Tip for Combo in 2nd class of the week.
* 9/26 (Friday) 7 p.m. **Black Belt Candidate Meeting**; mandatory meeting for all candidates; 1 parent required; 2 parents welcome. Location: Swedesboro dojo (525 Becket Rd., Logan Twp. 08085)
* 9/29 – 10/4: Brown Tip for Kata in 2nd class of the week

**CURRENT Class Schedule: June 30 – August 28**

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

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

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

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

**The July – December 2025 calendar** can be found at okkamullicahill.com (view or print). Hard copies are in both Parent Galleries.

**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.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

Facebook: OKKA – Mullica Hill

Instagram: OKKA\_Mullica Hill