**Dojo Update 8/4/2025**

**OKKA Summer Party…** 4 School Event…Group Class (organized by division) … followed by lots of fun & treats …. Inflatable Obstacle Course, Volleyball, Gaga Ball, Pickleball, Baggo, Water Gun Fun, Soft Pretzels & Water Ice.

**Date:** Sat., Aug. 16; arrive between 8:30am - 8:45am; class starts @ 9am

**Wear**: Summer Uniform (karate t-shirt, pants & belt) & SNEAKERS

**Bring:** change of clothes for post class activities, water guns, & folding chairs (if concerned about seating)

**Parking:** Limited parking in our lot; Available on-the-street parking and in other nearby lots (Langmore Building @ 35 S. Main St., Sisters Jewelry @ 39 S Main St., Serendipity @ 19 S. Main St., & Mullica Hill Baptist Church @ 18 S Main St.)

**Sign Up by Thursday, Aug. 7:** Scan the QR Code or copy the Link below; RSVP using the Google form.



[**https://docs.google.com/forms/d/e/1FAIpQLSelpD\_FAjX4S95b6d8qrK7xwuwLddBzZaIi4iWaaac9HNY7LA/viewform?usp=sharing&ouid=111451942431672392937**](https://docs.google.com/forms/d/e/1FAIpQLSelpD_FAjX4S95b6d8qrK7xwuwLddBzZaIi4iWaaac9HNY7LA/viewform?usp=sharing&ouid=111451942431672392937)

**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*.

**This cycle’s Curriculum Note/Study Sheets** are available on the website. These sheets reinforce the material students are learning in class and helps 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 Week**

* Week 6 (8/4 - 8/7): Brown Tip for Kata in your 2nd class of the week
* **Leadership** **Bring:** Intermed/Adv. = Nunchuks; Shodan/Nidan = Katana; Sandan.Yondan = Bo/Nunte Bo
* 8/4 (Monday) **Ninja NERF Battle** (after we hit curriculum). **Bring a NERF gun to class** (one that your child can operate easily). Eye protection required - swim goggles work well. ***Parents, siblings & friends are welcome tonight.***
* 8/7 (Thursday) **Sign up for the Summer Party by TODAY. Scan QR code or copy link above.**
* 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...**

* 8/11 - 8/14 Team Relay Races & Tug-O-War; ***Parents, siblings & friends welcome in class all week.***
* 8/14 (Thursday) Belt Graduation **form due by today;** put in red folder on the credenza.
* 8/16 (Saturday) ***OKKA Summer Party*** @ OKKA - Mullica Hill. Please arrive between 8:30 a.m. – 8:45 a.m. Class will start at 9:00 a.m. **Students MUST wear the summer uniform & SNEAKERS for the group class; Bring a change of clothes for the post class activities**. Limited parking in our lot; available on-the-street parking and in other nearby lots (Langmore Building @35 S. Main St., Sisters Jewelry @39 S Main St., Serendipity @ 19 S. Main St., Mullica Hill Baptist Church @18 S Main St.)
* 8/18 - 8/21 Dragon Belt Graduations in 2nd class of the week.
* 8/23 (Saturday) **Belt Graduation**; Basic @ 8:30 a.m.; Intermediate & Advanced @ 9:30 a.m.; Black Belt @ 10:30 a.m.; Wear FULL white uniform. Leadership - bring this cycle’s weapon.
* 8/25 (Monday) New Learning Cycle Begins!
* 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) 10:15 a.m. CIT Workshop @ our dojo.
* 9/13 (Saturday) Return of Saturday classes; Fitness & Foundation @8:30 a.m./Open Mat @9:25 a.m.
* 9/13 (Saturday) Movie Night/Parents’ Night Out! (5:30 p.m. - 8 p.m.); **sign up by Wednesday, 9/10**

**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

**Both the July – December 2025 calendar and the Summer of Fun 2025 calendar** can be found at okkamullicahill.com (to view or print) and hard copies 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.***

**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