



DYNAMIC MARTIAL ARTS NEWSLETTER

FEBRUARY • MARCH • APRIL 2025

UPCOMING EVENTS - SAVE THE DATES!

- Friday, Feb 7th** - New Class Schedule starts!
- Saturday, Feb 8th** - Belt Testing @ 10AM for eligible Green Belts & Above
- Monday, Feb 10th - Friday, Feb 14th** - Buddy Week!
- Saturday, Feb 15th** - Parent's Night Out!
- Monday, March 17th** - St. Patrick's Day...Wear **Green** to Class!!
- Monday, March 24th - Friday, March 28th** - Spring Break Special Class Schedule!
- Friday, May 2nd** - No Classes as we'll be in Springfield for the Hanmadang!
- Saturday, May 3rd** - Oregon State Hanmadang!

JANUARY/FEBRUARY/MARCH/APRIL BIRTHDAYS!

- January:** Lance, Brodey, Brian, Bahaa, Adrien, David, Jamie, Mia, Summer
- February:** Baigh, Cici, Ruby, Austin, Lawson, Dario, Violet Jo
- March:** Jules, Allison, Owen L, Kye, Eduard, Tadeo, Shearah, Emily, Tevin, Julissa, Daniel D, Chloe
- April:** Orion, Danaka, Jaxx, Violet F



NEW CLASS SCHEDULE

Beginning **Friday, February 7th**, we'll be expanding the Friday evening schedule to include a split 6-7yr Ninja Class and a third weekly class for teens & adults! We'll also be reformatting the Tuesday/Thursday Intermediate and Advanced classes so that there are two classes they can attend with each class focusing on one of the weekly topics for the full 45 minutes!

[CLICK HERE FOR A PDF SCHEDULE!](#)

Dynamic Martial Arts Class Schedule

Class	Effective 2/7/2025				
	Monday	Tuesday	Wednesday	Thursday	Friday
Lil Ninjas Ages 4-5 (all belts)	4:00-4:30PM	-----	4:00-4:30PM	-----	4:00-4:30PM
Ninjas Beginner Ages 6-7	4:30-5:00PM	-----	4:30-5:00PM	-----	4:30-5:00PM
Ninjas Int/Adv Ages 6-7	5:00-5:30PM	-----	5:00-5:30PM	-----	5:00-5:30PM
Beginner Ages 8 & Older	5:30-6:15PM	4:15-5:00PM	5:30-6:15PM	4:15-5:00PM	5:30-6:15PM
Intermediate Ages 8 & Older	6:15-7:00PM	Int & Adv 5:30-6:45PM Green & Up - Topic #1	6:15-7:00PM	Int & Adv 5:00-6:45PM Green & Up - Topic #2	6:15-7:00PM
Advanced Ages 8 & Older	6:15-7:00PM	Int & Adv 5:45-6:30PM Green & Up - Topic #2	6:15-7:00PM	Int & Adv 5:45-6:30PM Green & Up - Topic #1	6:15-7:00PM
Black Belt	-----	6:30-7:15PM	-----	6:30-7:15PM	-----
Teens & Adults Beginner & Intermediate	7:00-7:45PM	-----	7:00-7:45PM	-----	7:00-7:45PM

Beginners=White/Orange/Yellow • Intermediate=Green/Purple/Blue • Adv=Brown/Red
 Belts may be worn in all classes from Memorial Day until Labor Day!
 All other days, please wear your full uniform unless otherwise noted.
 Please keep the noise levels to a minimum while observing classes and keep an eye on small children.
 Our goal is to keep you informed of any schedule changes, events, and all other Dojo happenings, so please make sure your phone number and email is up to date
 Facebook: facebook.com/dmapdx (Private Page Search for "Dynamic Parents & Families") Instagram @DMA_FOX

421 NE Burnside Rd., Gresham, OR 97030 • dmapdx.com • (503) 967-5425



Belt Testing

Saturday, February 8th @ 10AM
Eligible Green Belts & Above

Quarterly belt testing events are meant to challenge students to rise to the occasion and perform under pressure! Those that are Green Belt & above in the 8yr and older classes should arrive 15-20 minutes before start time and have all of their equipment (sparring gear & weapons) as well as their full uniform.

These are fun and exciting times in our training and the perfect time to invite friends and family to celebrate together!



BUDDY WEEK!!

Let's have some fun and share your amazing martial arts skills with your friends!

Buddy week will run from **Monday, February 10th - Friday, February 14th**...and yes, you can bring your friend to more than one class! We're going to adjust the way we do buddy week this time around and ask that if you are an Intermediate or Advanced belt in either the Ninja program or 8 & older program and plan on bringing a friend to class, please bring them to the appropriate beginner class for your age group....those times are...

Ages 4-5 - Mon/Wed/Fri @ 4PM

Ages 6-7 - Mon/Wed/Fri @ 4:30PM

Ages 8-12 - Mon/Wed/Fri @ 5:30PM & Tue/Thu @ 4:15PM

Teens & Adults - Mon/Wed/Fri @ 7PM



Can your parents come to buddy day with you?? I'm glad you asked!! YES THEY CAN!!

PARENT'S NIGHT OUT

Saturday, February 15th - 4:30PM-6:00PM

Parents, are you ready to take a few hours off?! Let us entertain your kids!!

Our Parent's Night Out will be filled with obstacle courses, relay races, jump kicks, and rounding out the evening will be an epic Nerf battle!!

Kids should bring a water bottle for refills, a Nerf blaster, and an awesome attitude!

We'll have pizza and water available for refueling part way through and safety glasses for the Nerf battle!

Space is limited, so get your name on the list before it fills up!!



SPRING BREAK 2025

March 24th - 28th

SPECIAL CLASS SCHEDULE - TBA

OREGON STATE HANMADANG

Saturday, May 3rd (No classes Friday, May 2nd as we'll already be in Eugene!)



6TH ANNUAL

OREGON STATE
HANMADANG

May 3, 2025

**OREGON STATE
HANMADANG**

**ALL STYLES MARTIAL ART SKILLS
TOURNAMENT & EXPO**

CREATIVITY • POWER • PERSONAL BEST

This will be our 4th time attending this amazing event!! It keeps getting better each year thanks to Master Tim Greathouse and his Desire to make this a family friendly event where participants are well taken care of and encouraged to reach for their personal best!

Students can participate in a variety of events like:

- Traditional Forms (Basic Forms 1-3, Palgwe forms, etc)
- Creative Forms (Make up your own form and put it to music!)
- Weapons Forms (Traditional or creative!)
- Power Board Breaking (How many boards can you break with a palm strike, side or back kick?)
- Creative Board Breaking (Create your own routine with up to 6 board breaks!)
- Jump Kicks (High Jump Front Kick or Long Jump Side Kick)
- There's even an archery division!!

[CLICK HERE](#) or go to oshanmadang.com for more info on the tournament, the events, and registration!

Dynamic Martial Arts Contact Info

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