



DYNAMIC MARTIAL ARTS NEWSLETTER ***MAY/JUNE 2024***

“A goal is not always meant to be reached; it often serves simply as something to aim at.”

~ Bruce Lee ~

Setting a goal is the first step in making positive change, yet plans don't always come to fruition exactly as imagined, and that is OKAY. Approach your goals with flexible thinking, and allow for the parameters of your plan to expand or shrink as needed. You may be pleasantly surprised by the results!

UPCOMING EVENTS - SAVE THE DATES!

Saturday, May 18th
No Classes

Friday, May 24th
Summer Class Schedule Begins

Monday, May 27th
Closed in observance of Memorial Day

July 22nd - 26th
Olympic Training Camp

August 19th - 23rd
Way of the Samurai Camp

MAY/JUNE BIRTHDAYS!

May: Carlyle, Colt, Esma, Esther, Isaac, Kacianne, Teagan, & Zander

June: Ajdin, Daniel, Jaydon, Maddox, Margarita, Nathan, Paula, Regan, & Skyler



Congratulations to all who participated in the Oregon State Hanmadang on May 3rd & 4th!!

5TH ANNUAL



OREGON STATE
HANMADANG

ALL STYLES MARTIAL ART SKILLS
TOURNAMENT & EXPO

MAY 3 & 4, 2024

CREATIVITY • POWER • PERSONAL BEST

Here's the results from the tournament!!

- Zander - 2nd Traditional Forms, 3rd Creative Breaking
- Sofia - 2nd Creative Forms, 2nd Creative Breaking
- Gracie - 1st Creative Forms, 3rd Creative Breaking
- Juliette - 1st Team Creative Forms, 1st Jump Front Kick, 1st Creative Board Breaking, 2nd Traditional Forms
- Elliot - 1st Team Creative Forms, 1st Creative Breaking, 2nd Traditional Forms
- Eduard - 2nd Power Breaking, 2nd Creative Breaking, 3rd, Traditional Forms
- Isaac - 1st Paper cutting w/ Sword, 1st Power Breaking 1, 1st Power Breaking 2
- Tevin - 1st Creative Breaking, 2nd Traditional Forms, 2nd Paper Cutting w/ Sword
- Kaycieann - 1st Traditional Forms, 3rd Jump Front Kick
- CGN Kade - 1st Creative Breaking, 2nd Power Breaking, 2nd Team Traditional Forms, 3rd, Traditional Forms
- CGN Danaka - 2nd Creative Breaking, 2nd Jump Front Kick, 2nd Team Traditional Forms, 3rd Traditional Forms
- CGN Paula - 2nd Archery, 2nd Traditional Forms

Summer Class Schedule!

Begins Friday, May 24th - [CLICK HERE TO DOWNLOAD](#)

Dynamic Martial Arts Class Schedule

Effective 5/24/2024 (Rev 5.13.24)

Class	Monday	Tuesday	Wednesday	Thursday	Friday
Lil Ninjas <small>Ages 4-5 (all belts)</small>	4:00-4:30PM	-----	4:00-4:30PM	-----	4:00-4:30PM
Ninjas Beginner <small>Ages 6-7</small>	4:30-5:00PM	-----	4:30-5:00PM	-----	4:30-5:00PM
Ninjas Int/Adv <small>Ages 6-7</small>	5:00-5:30PM	-----	5:00-5:30PM	-----	4:30-5:00PM
Beginner <small>Ages & up</small>	5:30-6:15PM	4:15-5:00PM	5:30-6:15PM	4:15-5:00PM	5:00-5:45PM
Intermediate <small>Ages 8 - 12</small>	6:15-7:00PM	5:00-5:45PM	6:15-7:00PM	5:00-5:45PM	5:45-6:30PM
Advanced <small>Ages 8 & Up</small>	6:15-7:00PM	5:45-6:30PM	6:15-7:00PM	5:45-6:30PM	5:45-6:30PM
Black Belt	-----	6:30-7:15PM	-----	6:30-7:15PM	-----
Teens & Adults <small>Beginner & Intermediate</small>	7:00-7:45PM	-----	7:00-7:45PM	-----	5:00-5:45PM

Beginners=White/Orange/Yellow • Intermediate=Green/Purple/Blue • Adv=Brown/Red

Saturdays are T-SHIRT days!

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_PDX



SUMMER CAMPS AT DMA!

Ages 6 -12 • Camp Hours 9:30am-3:30pm • Drop-off starts at 8:30am • Pick-up until 4:30pm

\$350 Not Enrolled at DMA • \$325 Enrolled at DMA

[Click HERE](#) for the registration form, or stop by the front desk!



JULY 22ND - 26TH - OLYMPIC TRAINING CAMP

What do martial arts, badminton, gymnastics, and handball have in common? The Summer Olympics, of course! Kiddos who sign up for our Olympic Training Camp will explore the history and origin of a few Olympic sports and even try their hand at learning some basics! Friday will culminate with a series of Olympic Challenges, and a viewing party of the 2024 Olympic Opening Ceremony live from Paris, France!

DMA Summer Camps are PERFECT for kids ages 6-12!
CAMP HOURS: 9:30AM-3:30PM (Drop-off starts @ 8:30AM / Pick-up by 4:30PM)
CAMP RATES: \$350/Week (enrolled DMA students) / \$325/Week (Non-DMA students)
Each day of camp will be filled with martial arts, physical activity, creative activities, and more!
RESERVE YOUR SPOTS BEFORE THEY FILL UP!

AUGUST 19TH - 23RD - WAY OF THE SAMURAI

Adept in the art of aikido, practitioners of Bushido, and skilled with the katana, the Samurai were considered noble warriors during parts of the feudal era in Japan. Students who attend the Way of the Samurai camp at DMA will learn about defensive martial arts, explore Bushido concepts, and experience an introduction to basic katana movements using a safe replica they may take home at the end of the week.



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Dynamic Martial Arts Contact Info

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Facebook Parents & Families Group: www.facebook.com/groups/DMAparentsandfamilies

Instagram: @DMAPDX

If you haven't left us a Google review, we'd love to hear from you!! Just scan the QR code below with your phone or click on the link!



[CLICK HERE TO LEAVE US A REVIEW!!](#)