

BLUE DRAGON MARTIAL ARTS

February / March 2021

Family Day: Closed **Monday, February 15th** for the statutory holiday.

March Break: **OPEN** – Due to government changes, with special classes for all

Newsletter & Calendar: View/Print it at the school web site: **WWW.OroKarate.ca**

January Graduation: Was held online due to the lock-down order. All students “received” their belts, certificates and awards they accumulated since September. We will be handing them out when it is feasible to do so. Thank you for your co-operation and understanding.

Dojo Kun (The school motto)

Above all, learn the art of true and real patience, follow the way of patience to the seventh power and never be in a hurry to learn. Always think first and avoid acting rashly. Never harm anyone, never let yourself be harmed. **Miyagi Chojun Sensei** (my teachers teacher)

Student Goals

Kyu rank (Coloured Belt)

- Daily Goal -To attend required classes.
- Short-term - To pass stripe tests (skills /attitude and attendance).
- Mid-term - To pass coloured belt examinations.
- Long-term - To achieve your **1st, 2nd, 3rd Degree Senior Black Belts.**

Dan rank (Black Belt)

- Daily - To attend required classes and to start training on your own.
- Short-term - To pass stripe tests and mid-term examinations.
- Mid-term - To attend BB group reviews and pass Black Belt examinations.
- Long-term:
 - **1st degree BB** - Know all the basic movements of our system (Kihon)
 - **2nd degree BB** - Know all the two person drills of our system (Kumite)
 - **3rd degree BB** - Know all the advanced forms of our system (Kata)
 - **4th degree BB** - Assistant Instructor
 - **5th degree BB** - Able to bring a student up to 1st degree Black Belt
 - **6th degree BB** - Able to bring a student up to 3rd degree Black Belt

Karate Belts

Although uniforms are to be kept clean with no rips or tears, it is a martial arts tradition that we do not wash our belts! That’s right; belts are not washed, so that the hard work you do is kept with you. As well belts are not to touch the floor which means they are put in a special place each night. Why? *It shows respect for the work you put into your training.*

Be a hero, wear mask and save a life

Empowering lives through the art of Karate

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