

BLUE DRAGON MARTIAL ARTS

February / March 2023

Closed Family Day: Monday, February 20th - *ZOOM class for senior students available this year.*

Closed March Break: Mon 13th to Fri 17th - *ZOOM classes for senior students available this year.*

Graduation

Thanks to all the family and volunteers who come out to support the students over the two nights of graduation exercises. We appreciate your generous donations to the food bank.

The Sharing Place - Donations

2023 Load # 1 from Warminster = **251 lbs** & Load # 2 from Shanty Bay = **272 lbs**

From 2003 to 2023 (**20 years**) at our winter graduation ceremonies we collect a vehicle full (400-500 lbs per year for an average of 8000 lbs) of nutritious non-perishable food items which are delivered to The Sharing Place in Orillia.

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)

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.*

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 Dan / 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

Empowering lives through the art of Karate

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