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YOUNG NINJA

MESSENGER 少年

Martial Arts for Education



Summer/Natsu 2020

Summer 2020 with COVID 19--Going Online!

Hello to all students, family, and friends of Martial Arts for Education! Since the world-wide pandemic forced the closing of our Dojo along with our schools and many businesses it has been a strange and challenging Spring and Summer. We all miss being able to see our teachers and friends and enjoy many of the things we are used to. These things have changed so that we can protect each other from getting sick. Martial Arts and especially the Ninja Arts are about surviving such challenges and continuing to learn and grow stronger. The "nin" of ninja means enduring even when the going gets rough. We all must be patient and help our family and friends stay safe. Young Ninjas need to stay strong both in body and mind. Don't forget to stretch and exercise often and keep studying your school lessons and reading books even more than usual. Check our online classes and videos on our website!

WASH YOUR HANDS!

NINJAS WEAR MASKS IN PUBLIC

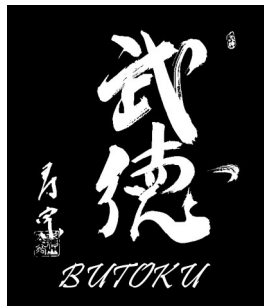
KEEP YOUR DISTANCE



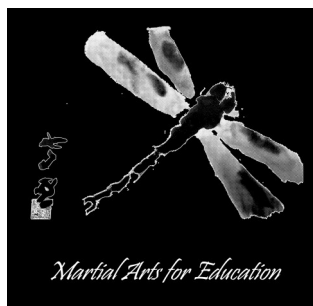
6—10 feet



New T-Shirts!



Front Side



Back Side

Students can buy a new Martial Arts for Education T-shirt. It has front and back art work from the Grandmaster (Soke) Masaaki Hatsumi. Front side is *BUTOKU* which means having a good heart for the martial arts. A warrior must also practice kindness. Back side is a dragonfly *KACHIMUSHI* a Samurai symbol of survival by making good choices whether in battle or life. You can choose red front, white back or white front red back. Check order form enclosed.

Zoom
→
with

MAFED



How to Join our Online Classes

We are going to Zoom Classes beginning with Trial Classes on July 18th & 25th. **Basics 11:30—12**

Greenbelt 12—12:30

Donations are welcome! We hope to add classes and get back to a monthly fee schedule beginning with our **August 1st** classes. See you there!

Zoom Meeting ID: See hard copy

Password: or email.

Training Videos Online Now!

David and Jonas are featured in a bunch of Training Videos that you can find on our website. These videos can help you stay healthy and keep your Ninja Skills sharp during the pandemic. They go from Stretching to Stances to Whitebelt and Greenbelt requirements.

Check it out!

<http://nm-ninjakids.org/>

<http://nm-ninjakids.org/>

Don't Forget Your Martial Arts Friends!



Online and Solo Training

Looking at the pictures above reminds us how much we miss our in-person training. But just like we miss our teachers and mates at school and have continued to study online and our own we must adapt our learning of the Martial Arts. Martial Arts for Education has many training videos available on our website that you can watch and practice your stretching, stances, punching, kicking, and many other skills. Soon we will be starting Zoom Classes online as well—so try to join in. Still none of these will be enough if you loose your Martial Arts Discipline. If you are online or just practicing by your self try to be as consistent and formal as possible. If you have a uniform bottom and a martial arts t-shirt put those on before training. Have a special place or at least clean an area in your room and try to avoid distractions. Set a goal of how long you are going to train even if you begin with only 10 or 15 minutes per session and don't give up until you are done. If you have a punching pad or kicking shield and someone to hold for you keep track of how many strikes you do per session and try to increase the number and quality each time. Shadow Boxing and Weapons Work are great for Greenbelts and other high-ranks to kept their ninja skills sharp!

Check the enclosed order-form for Martial Arts Training Equipment and Supplies!

The Young Ninja Messenger
 Martial Arts for Education
 3391 Northern Blvd. NE
 Rio Rancho, NM 87124
 (505) 892-2606
<http://nm-ninjakids.org/>



Parents: We Need Your Help!

Martial Arts for Education is trying to find the ways to continue our mission to help our students use the Martial Arts to promote the positive skills of Focus and Discipline within the limits imposed by COVID 19. Younger children may need your help connecting to our online classes. For all students it will be a challenging change from in-person classes. Providing a space with minimal distractions and a sense of consistency will help them form new habits of training in these difficult times. Martial Arts uniform pants, t-shirt, and belt should help provide a level of structure & discipline. Ganbate Kudasai!

MAFED will also need your financial support to continue to offer online classes until we can open the Dojo again.

Get Training!

★ Videos

On our Website—many available!

★ Solo Training

Practice the Basics you know !

★ ZOOM Classes

Make sure you are connected to Zoom
 Get your Focus and Discipline!
 Meeting ID: see hard copy
 Password: or email

A P R I L	Thiago Serenity Gabrielle Aiden Wayatt Alexandria Everett Ben Logan Aiden	Ruby Connor Jacob Connor Samuel Payton Vicente Juliette Xander	M A Y
	Daren Xzavier Theis Mahi Declan Jeremiah	Atticus Jaxon Colton Kaylee Raymond James Mac Bristol Isaiah	
J U N E			J U L Y

Martial Arts ZOOM Important Dates

July 18th & 25th Trial Classes
 (Saturday) 11:30—12 Basics
 12—12:30 Greenbelt



August 1st 11:30—12 Basics
 (Saturday) 12—12:30 Green
 This will be the launch of our online classes. We will need your support to keep these going, add classes, and to get back to normal outdoor and indoor classes when possible.

Please help with monthly fees!

Thank You for Your Support!

Thanks to all who have sent in checks during these difficult times. This financial support helps keep us going and of course is tax deductible. Please help if you can.