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YOUNG NINJA

Martial Arts for Education



MESSENGER

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October/Jugatsu 2026

Belt Test--September 26th at Sabana Grande



9th Kyu Greenbelts: Jeremiah, Savannah, Levi, Pierce—with helpers and judges.

Besides the formal testers Lovieanna, Nia, Orion and Charlie showed high level techniques as well as weapons work.



Greenbelt Testers: 8th Kyu--Donovan 7th Kyu--Hannah—with helpers and judges.



Sanshin No Kata



Ku No Kata



Hicho



Muto



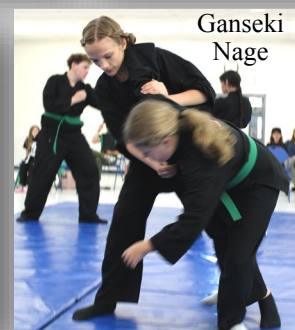
Tobi



Back Kicks



Omote Gyaku Knife



Ganseki Nage

Next Test December 5th--Discipline, Focus, Skill! (and Kamae)

Marathon for Martial Arts November 14th at Sabana Grande Rec. Center

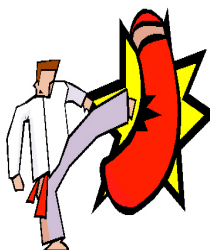
Make-up--November 17th (between Basics and Greenbelt Classes)

Check out the Marathon Pages inside the Newsletter. Remember if you can make it on November 14th please come at 10am for our major event. But if you can't make it on Saturday November 14th, you can do the Marathon after Basics Class on Tuesday November 17th—AnchorPoint Church Annex at 6:15pm.

If you can't make any of those times you can do the Marathon at home—just follow the instruction sheet!

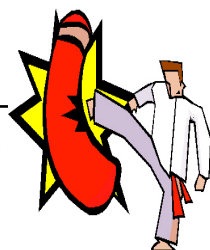
Marathon for Martial Arts November 14th Sabana Grande Rec. Center

This is it! Martial Arts for Education has depended on the strength and generosity of our students and their families for over 30 years. Your regular monthly support is key but our biggest fundraiser is the MARATHON FOR MARTIAL ARTS. Each year students get strong on the Marathon. We do increased repetitions of basic self-defense moves to strengthen endurance and martial arts skills. Students help keep our program going by raising donations for their efforts. They also earn martial arts related prizes based on the level of donations collected. Students who raise \$100 or more are invited to a special MARATHON PARTY which Will be held on December 12th. Thanks for your support!



Martial Arts Marathon Saturday November 14th—10am—after Basics

MAKE-UP Tuesday (November 17) AnchorPoint at 6:15PM



Get Strong Practicing for the Martial Arts Marathon!

Its Marathon time—get ready to sweat! With the Fall comes cool weather but it will be hot on November 14th! Let's hope all students are up to the challenge—from new students to the highest ranks. We will be doing lots of stomp kicks, blocks, boxing and other moves in class that will make you strong. Every time you kick your muscles will get stronger. The next time it will be easier for you. If you do each one the best you can, you will improve quickly. Be sure to watch the way the *Sensei* asks you to do the moves. It is better to do a few correctly and each time do a few more. Greenbelts should really push themselves in class and even



practice on their own. If you take the Marathon seriously you'll be surprised at how much it helps in everything you do in the martial arts. **GANBATE!**

Get Strong On the Marathon!

☺ **WANT TO TEST?** ☺
GET STRONG ON THE MARATHON!

Raise Money and Win Prizes!

After you participate in the Marathon, you collect the pledges from the people who have agreed to support you. When you turn in your money, you can choose a prize. The prizes will vary depending on the amount of money you collect. Some of the prizes are *headbands, pins, -shirts, indoor shoes, rubber or bean bag shuriken etc.* Other prizes are the wooden weapons such as the *tanto* (knife), *hanbo* (3 ft. stick), *kodachi* (short sword), *bokken* (sword). Also available are *punching and kicking pads*. *Don't loose the marathon flyer* detailing all the prizes and the amount of money you need to turn in to win them.



And one last note, the students who collect \$100 or more will be invited to a special party on Saturday, December 12th.



Parents and other family members we need your help! COUNTERS are needed as usual. 253, 254, 255...



The Young Ninja Messenger

Text or Call Hisae at:

(505) 350-6318

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

Donate for Marathon or
monthly fees at our **Website.**



Online Donations from Anywhere!

Donate to MAFED You can make
Marathon donations or monthly
Fee donations from anywhere. \$ \$ \$

Archery Day Camp Sunday, Oct. 18th

Come and shoot real bows and arrows at
our outdoor Archery Range in San Ysidro,
New Mexico. (about 20 min. north on 550.
We will have two **Archery Classes** as well
as a **Fun Wilderness Hike** and **Pumpkin
Carving**. The fun begins at **Noon** and will
last until **4:30pm**. The cost is \$45 for
MAFED students and \$55 for others. Dress
for outdoor fun and bring water, snacks,
and other needs in a small backpack.

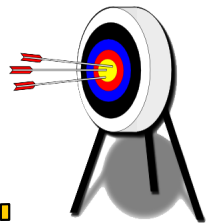
Fun Class Before MARATHON!

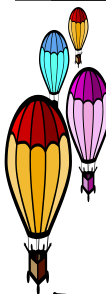
November 14th

Everyone is welcome to take the challenge of
the **Martial Arts Marathon**—even if you
haven't been able to attend classes lately.
We will have a **Free Game Day Class** at 9am
with **Shiriken Toss, Bowling for Ninjas** and
other fun activities. The Marathon will be
after **Basics** at 10am. It should take about
30 minutes from start to finish. For more
details about how to prepare for the three
events, raise money, and win prizes—check
out the marathon sheets in this newsletter.

PARENTS: Please stay and Count for Kids!

Archery Day Camp
Sign-up at Sign-up Genius
Go to our Website for details.





September Birthdays

Alana
Juniper

October Birthdays

Sienna
Lovieanna
Isabella

Happy Birthday!



★ **Join Classes at Anytime!** ★
Saturdays 9am/Tuesdays 5:30pm

**REMEMBER: EVEN WHEN YOU ARE NOT
TRAINING IN CLASS—STAY STRONG!**
*DEEP KAMAE, SAN SHIN, SHADOW BOXING,
BIKING, HIKING, etc. ENDURANCE/STRENGTH*

Enchanted Hills Elementary After School Class



Enchanted Hills Elementary students have
been training every Wednesday in the Gym.
Besides Robert-Sensei we have other high-
level assistants helping with the training!
(Ground Kicks for strength and endurance)

Upcoming Events!
October 18th--Archery Day
November 14th--Marathon
December 5th--Belt Test
December 12th--Marathon Party

Happy Halloween

Martial Arts Skills and Physical Fitness

Summer was crazy hot! It was hard to be outside doing physical activities. Let's use the Marathon for Martial Arts to get back in shape and increase our **skills and endurance**. We will increase the intensity of our in-class activities but to really get the full benefit you will need to do your own efforts at home. There will be indoor and outdoor suggestions. **Keep Going! Ganbate Kudasai!**

INDOOR ACTIVITIES: (Be sure to do these safely with permission from parents.)

- ♦ **Stomp Kicks:** Be sure to raise the knee and foot at least hip high and extend out. (Number/Time)
- ♦ **Shadow Boxing:** Basic: Jab, Cross, Hook, Hook, Uppercut, Uppercut—switch sides. (Time)
- ♦ **Ushiro Ukemi Kicks:** *Basic:* Kick from bent knee to approximately two feet above the ground.
- ♦ **Ushiro Ukemi Kicks:** *Advanced:* Slow Kicks—extend one kick at a time and count to five.
- ♦ **Blocks from Shizen:** Stand naturally and step back bending knee as block. Switch Sides.
- ♦ **Invisible Jump Rope:** Take your invisible rope and swing arms and jump. Try to get the same rhythm as with a real jump rope. Try in Hicho stance (one leg), running style, double jump, etc.
- ♦ **Ichimonji Kamae Training:** Stand in Ichimonji Stance with back knee bent more than the front and hold for a given time (30 seconds, 1 minute and up) Switch sides. Keep back straight over hips!
- ♦ **Strength Training:** Start slow and increase safely—Weight Lifting, Sit-ups, Push-ups, Etc.
Consult a PE coach, parent, or other resource to learn best practices.

OUTDOOR ACTIVITIES: (Be sure to let your parents know and have a safe space.)

- ♦ **Martial Arts Moves from above:** Stomp Kicks, Shadow Boxing, Blocks, Invisible Jump Rope etc.
- ♦ **Real Jump Rope:** Great for endurance and coordination, one-leg, both legs, Hicho, etc.
- ♦ **Sport Style Training:** Basket Ball, Soccer, Track, Bicycling, etc. (Get your heart pumping!)
- ♦ **Other Heart Pumping Activities:** Walking, Hiking, Running, Skipping, Hicho hopping, etc.

BE SURE TO START SLOW AND BUILD YOUR ENDURANCE OVER TIME. SORE MUSCLES ARE FINE BUT SHARP PAIN IS NOT GOOD. IF YOU TIME YOUR EXERCISES IT IS EASY TO SEE HOW MUCH YOU IMPROVE. ASK A TRUSTED ADULT FOR MORE IDEAS!



HIGH RANKS SHOW THEIR MOVES DURING SEPTEMBER'S BELT TEST



1. Check the Bokken work—strong attack and Orion's precise block. 2. Notice Charlie's control of balance and Nia ready for Ushiro Ukemi. 3. Strong knife attack and great Muto. 4. Notice Lovieanna's protection and focus even while ducking. 5. As in #4 David's great sword cuts and a nice high jump (Tobi) by Nia. At high levels the basics you start with as a Whitebelt bring you closer to Blackbelt. Ganbatte!