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Martial Arts for Education



Fall/Aki 2021

## Belt Test--September 18th In-Person Outdoors at the Dojo!

During these challenging times Martial Arts for Education is trying to continue our program in the safest possible way. **On September 18th we will have our first in-person Belt Test since March 2020.** As usual the Belt Test is a way for students to show their progress in the martial arts. But the actual test is only the last part of the testing process. Each class that students attend is a chance to show their discipline, focus, and skills. Students who haven't tested recently should attend as many classes as possible and show their best martial arts attitude. Remember most of the skills we practice in class can also be practiced at home. *Chi no Kata* and the rest of the *San Shin*, basic kicks, and self-defense moves like *Ichimonji* can be done safely at home. If you have grass or mats even rolls can be practiced at home. Be sure to ask your parents to help you make sure you can practice the martial arts in a safe space. Keep Going! *Ganbate!*



## Marathon for Martial Arts October 2nd Make-ups--October 5th & 6th (after Basics)

Check out the Marathon Pages inside the Newsletter. Remember if you can make it on October 2nd please come at 11am or 11:30am for our major event. But if you can't make it on Saturday October 2nd you can do the Marathon after Basics Class on either Tuesday October 5th or Wednesday October 6th at 5:45pm. If you can't make any of those times you can do the Marathon at home—just follow the instruction sheet!

## Join our Outdoor Martial Arts Classes!

## Great Training: Tuesdays, Wednesdays, and Saturdays.



Rolling under the Porch



Elbow Strikes  
Greenbelt Class



Stomp Kicks  
Basics Class



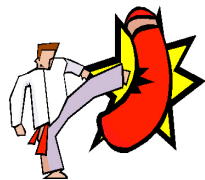
Strong Fists and Shoulders  
Warm-up during Basics



Greenbelts do  
Ichimonji, Hicho  
Jumonji Combo

# Marathon for Martial Arts October 2nd Outdoor at the Dojo.

Martial Arts for Education is trying to keep going even during the COVID 19 pandemic. Many have joined our *Outdoor In-person Classes* and you are welcome to join any time. We all had to adapt to the changing situation—part of *Ninja survival skills*. Over the last year we have had ZOOM Classes only, both Online and In-person Classes, and now only In-person Outdoor Classes. Going forward we will have to continue to adapt to survive. In order to survive during these difficult times we need your support more than ever. Help us out if you can. Students will benefit by increasing their endurance and focus as well as martial arts skills. They will be able to win prizes as they help us raise funds. Help us keep the Martial Arts alive and well.



## Martial Arts Marathon Saturday October 2nd—11 & 11:30am



MAKE-UP TUESDAY/WEDNESDAY (5TH & 6TH) 5:45PM

### 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 October 2nd! 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!*  
*Be strong during these tough times!*



☺ **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, t-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 lose 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 at the Dojo as soon as we can!*



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



## The Young Ninja Messenger

Martial Arts for Education

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Rio Rancho, NM 87124

(505) 892-2606

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

Class Sign-up at **Sign-up Genius**



# Outdoor Martial Arts MARATHON!

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 10am with Shiriken Toss, Bowling for Ninjas and other fun activities. There will be two marathon sessions—11am and 11:30am. Each one should take about 20 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.

## Online Donations from Anywhere!

Family and friends can now donate online through our website: <<http://nm-ninjakids.org/>> Scroll down the menu to Donate to MAFED where you can make Marathon donations or monthly fee donations from anywhere.

We have a great Dojo. Help us keep it—Join Outdoor classes and Marathon!

## October Birthdays

Kaitlyn  
Rebecca  
Dante  
Joshua  
Lovieanna  
Akira  
Henry

Happy Birthday!



## Join our Outdoor Classes anytime!

★ Belt Test--September 18th ★  
Marathon--October 2nd, 5th, & 6th.

## Amazon Smile



You can help help us out by selecting Martial Arts for Education When you sign-up on Amazon Smile. No cost to you and it help us out!



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

## To Stay Safe for In-person Classes we need to:



Wash Our Hands!



Wear Our Masks!



Keep Our Distance!

(Especially Indoors)

