



Marathon for Martial Arts



Great Job Everyone!

24,518 Punches/Kicks/Blocks!

After many weeks of conditioning our students did a remarkable job at the Marathon for Martial arts. 25 students joined on Saturday, Tuesday, or Wednesday. Keep that level of fitness going forward! For those who can—now it is time to collect donations and choose marathon prizes.

Show your sponsors how hard you worked to support the martial arts.

Overall Scores

1. Fabian—1,676
2. Raymond—1,466
3. Lily—1,333
4. Orion—1,290
5. Charlie—1,242
6. Joshua—1,150
7. Owen—1,072
8. Liam—1,055
9. Vicente—1,034
10. Nia—1,027
11. Dallas—1,016
12. Baylee—1,010
13. Lovieanna—1,010
14. Alexandria—1,008
15. Alexa—989
16. Greyson—974
17. Gabby—960
18. Tohbi—852
19. Nathaniel—764
20. Jasper—741
21. Tristen—652
22. Valeria—642
23. Gavriel—609
24. Zaiden—561
25. Declan—385



Oh NO!

What can I do?

I missed the Marathon!!

No need to panic. You have been training hard over the last month preparing for the Marathon and still can win prizes and help us raise funds for the Martial Arts.

- ◆ Collect donations from family and friends.
- ◆ Fill in the Prize Sheet and select your prize. (lost it—see the **Website**)
- ◆ Hand or send in your Marathon Information with the money and prize sheet by **November 6th**.
- ◆ You will get your prizes at the Dojo and can attend the **Marathon Party on November 13th** if you raise
- ◆ **\$100 or more. Good Luck!**
- ◆ **This year as soon as the money/prize sheet is in—you will get prizes!**

REMEMBER: You worked hard to build your strength and endurance during the last weeks. Regular workouts are more important than ever. Eating healthy food, reducing stress, and sleeping well are key to fighting disease. Keep coming to Classes and train on your own between classes. **Ninjas Never Give Up! Ganbate!**

Survival Skills for Ninjas:

Wash Hands

Wear a Mask

Keep Distance



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



1st Prize: Deluxe hand-made hiking stick. Strong and light-weight it is great for Bo work or to keep you safe when out and about.

2nd Prize: Have a Tiger and Dragon keep your Gi ready to go!



You are strong from the Marathon!
 Now is the time to help us out and win prizes!
 Even if you missed the Marathon you have trained hard and can **RAISE MONEY AND WIN PRIZES!**

Turn in your money and prize sheets by November 6th.

Marathon PARTY

All students who raise \$100 or more will be invited to a special party at the Dojo. It will be held on November 13th



Great News!

Now you can Donate Online at our Website--
 Marathon / other Donations & Monthly Training Donations!
<http://nm-ninjakids.org/>
 Thanks for your support! **

JUMP INTO TRAINING!

Tuesday/Wednesday at 5 & 6pm
 Saturdays at 10, 11am & 12pm



Great Jump (tobi) at Test Greyson!

NOVEMBER BIRTHDAYS

Thank you for everything



Happy Birthday!

Charlie
 Shayla
 Isabella
 Liam
 Julio
 Jasper
 Zaniah
 Gavin



Congratulations Testers!



9th Kyu Testers: Tristen, Zaiden, Jasper, Fabian, and Greyson with Helper and Judges.



White-belts and Green-belts do the San Shin. Five Kata: Chi, Sui, Ka, Fu, Ku.



8th Kyu Tester: Nathaniel
7th Kyu Testers: Dallas, Loveianna, Lily, and Orion.
Judges: Alexandria, Jonas, and Aaliyah.
Helper: Joshua.



Getting Strong on the Marathon



Great Marathon--Thanks!
Raise Money & Win Prizes
Turn in \$ by November 6th
\$100 Plus Party November 13th

It was great to have our first in-person Marathon in two years. It was perfect weather with family doing the hard job of counting. 25 students did 24,518 punches, blocks, and kicks in nine minutes! *Super Stamina*



Winter is coming and Outdoor Training will be a challenge.
 Remember that Ninjas adapt to changing situations.
Always dress for the weather and get ready to Train!



More Testing Pictures



Next Test-December 4th--Keep Training!