



# Marathon for Martial Arts



## Great Job Everyone!

### 23,664 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 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.



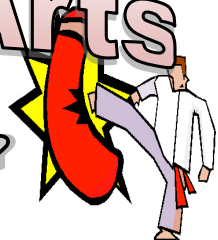
## Overall Scores

1. Raymond —1,614
2. Tohbi —1,208
3. Nia —1,202
4. Lily —1,193
5. Jasper —1,134
6. Owen —1,117
7. Charlie —1,070
8. Skye —1,049
9. Rosalie —1,019
10. Orion —992
11. Oenomaus —959
12. Alexandria —935
13. Iolani —919
14. Tristan —886
15. Wyatt —877
16. Ava —876
17. Everly —871
18. Zaiden —841
19. Kolea —806
20. Gavriel —756
21. Easton —756
22. Juniper —693
23. Declan —636
24. Ha'o —634
25. Able —621



## 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 **October 29th**.
- ◆ You will get your prizes at class and can attend the **Marathon Party on November 5th**, 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 good health. Keep coming to Classes and train on your own between classes. **Ninjas Never Give Up! Ganbate!**

## Survival Skills for Ninjas:

We will be training at Rio Vista Park though the end of October on Saturdays and Wednesdays.

**November 1st** we will switch to **AnchorPoint Church** for classes on **Tuesdays** but *continue to train in the park on Saturdays*. Always dress for the weather! If it snows—wear snow gear!

The Young Ninja Messenger  
 Martial Arts for Education  
 (505) 350-6318  
<http://nm-ninjakids.org/>  
 Paypal donations online →



**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.

**Turn in your money  
 and prize sheets  
 by October 29th.**

**2nd & 3rd Prizes:**  
 Will get to choose from a  
 variety of Martial Arts  
 products and items from  
 Japan. Some one of a kind.

**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!**

## Marathon **PARTY**

All students who raise \$100  
 or more will be invited to a  
 special party at the Park.  
 It will be held on November  
 5th  
 at 1pm.



**From Anywhere!**  
 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!**

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

**Don't forget  
 Tuesdays we  
 will train at  
 Anchor Point  
 5pm & 6pm  
 BEGINNING  
 November 1st**

## **NOVEMBER BIRTHDAYS**

Thank  
 you for  
 everything



Charlie  
 Ava  
 Liam  
 Jasper  
 Gavin



**Happy Birthday!**

## **Important Dates Coming Up**

October—Wednesday/Saturday Training in the Park  
 October 29th—Hand in money and choose Prizes  
 November—Tuesday Training at AnchorPoint  
 November 5th—\$100 Plus Party 1pm at the Park  
 November 6th—Moonlight Training (by Invitation)  
 December 3rd—Last Test for 2022—after Basics  
 December 20 (Tuesday)—Last Class for 2022



## **Big Changes!**

Since Summer we have been going through many changes. We moved out of the Dojo we had trained in for more than 20 years. Many pitched in to make this happen. From there we transitioned to training in Rio Vista Park. Martial Arts for Education began in 1993 with after school classes and classes in parks. Outdoor training gives us a chance to learn different skills. Dojo classes are more controlled since we have mats and protection from the elements. In the park we are training on uneven terrain with sun and wind out of our control. It is challenging but provides a real-world feeling to every part of training. Even greenbelts have had to adjust how they roll to keep safe in a realistic environment. Whitebelts are learning their basics in real-world situations. As we move back inside at AnchorPoint we will again adjust to a new situation. There will be indoor and outdoor training areas and even a room if parents want to watch classes. Thanks to all students and parents we will continue to adapt and change. Ganbate!

## **Want to Test?**



**FOCUS!**

**DISCIPLINE!**

**SKILLS!**





# Getting Strong on the Marathon



**23,664 Total  
Kicks, Blocks  
and Punches!**



**Great Marathon--Thanks! Raise Money & Win Prizes**  
**Turn in \$ by October 29th \$100 Plus Party November 5th**



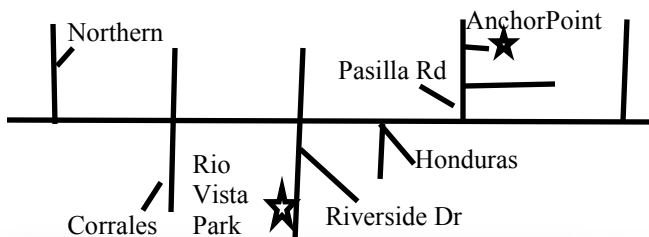
**Winter is coming and Outdoor Training will be a challenge.**

**Remember that Ninjas adapt to changing situations.**

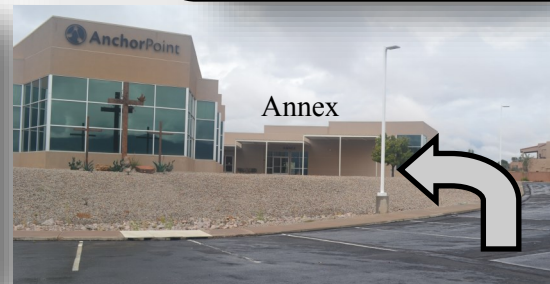
**Always dress for the weather and get ready to Train!**



Beginning November 1st we will train on Tuesdays at AnchorPoint Church. Saturdays remain in the Park.



From Hwy 528 turn west on Pasilla Rd. Go up past the first street to the Anchor Point entrance on the right. Go East around the office building.



Keep going past the main building and park on the side closest to the Annex. Come in to train!



**REMEMBER**

**Every Class**

**is a TEST!**

**Next Test--Saturday  
December 3rd--Keep Training!**