

Holiday Toy Drive

Our gift drive for families in our community was once again a smashing success. Thank you to all who donated toys, clothing, money and time. One lucky family even received a complete Christmas dinner with all of the trimmings thanks to a generous dojo family. Thanks again for the generosity and let's do this again next year!

Belt Testing

Our next belt testing is Friday January 25th at 6pm. Students who will be testing will receive a registration form in class. Please complete your registration before the end of business day on Wednesday, January 23rd. **On Friday, there will be no Weapons or Adult Open class. All Stars and Black Dragons class will end at 5:45 for the grading.**

Progress Cards

As part of your child's training they receive a progress card which they must bring to every class. This card works much like a bingo card; fill in all of the spots and BINGO, you're ready to test for your next belt. Parents can look at the card and see at a glance what is left to learn before their child's next belt testing as well as when their getting ready to earn a stripe.

Cards must be handed in at the beginning of class in the baskets provided in the dojo. Cards will only be marked at the beginning of class. If your child forgets his/her card, they will not receive any stamps on that day and may not earn any stripes until their card is brought to class.

Part of karate training is about learning responsibility. We try to reinforce this with your child by making bringing their progress card to class their sole responsibility. "My Mom/Dad forgot to bring my card" is not an excuse for not having their card in class... so Mom and Dad... you're off the hook. Please help us by giving your child gentle reminders about their cards and equipment.

If your child's card is lost, there is a \$5.00 fee to receive a new card and have all of the progress information transferred to a new card.

Uniforms

Are you the parent of one of our new students? Or does your child have a new uniform? Please make sure that the uniform is hemmed to our guidelines. Arms should be hemmed to mid-forearm when the arms are extended in front of the body. For the pants, when they are pulled all the way up (roll down the waistband if it feels too high!) the pants should be hemmed above the ankles.

Uniforms that are too long in the arms and legs pose a safety risk to the student, so please have the alterations completed in a timely manner.

Congratulations to our Newest Black Belts

There are some new black belts at Driftwood Martial Arts. In the fall, Mr. Ryan Potter and Mr. Ersin Ertan received their Jr. Black Belts and Mr Vedran Ljubuncic was promoted to Shodan (1st degree Black Belt). Look for Mr. Ljubuncic to be instructing classes beginning soon.

To keep with dojo etiquette, please address these new black belts as "Mr." followed by their last name.

Why we do it - Yawning

While there is no solid evidence to why the body yawns, according to MSNBC Interactive "*The most plausible explanation, and the one that is taught in medical school, is that we yawn because oxygen levels in our lungs are low. Studies have shown that during normal, at-rest breathing, we don't use anywhere near our lung capacity; for the most part, we just use the air sacs at the bottom of the lungs. If the air sacs, called alveoli, don't get fresh air, they partially collapse and the lungs stiffen a bit. As a result, it's believed, our brain prompts the body to either sigh or take a yawn to get more air into the lungs.*"

So what does this have to do with karate classes? Well, if you yawn in class, you'll be asked to do 10 pushups. Is this punishment for your boredom? Of course not, yawning is involuntary and some say contagious. The pushups are to get your body moving and more oxygen into those lungs. Now you know... did you yawn while reading this?