

RIDGEWOOD KARATE COLUMN

THE OFFICIAL KARATE NEWSLETTER FOR RIDGEWOOD

Fall 2021



Picture: Elizabeth shows off her stretches with Matteo and Emmanuel to prepare for their picture-perfect side kicks!

This fall season marks a special day for RKA - not only for back-to-school events but also the karate school's 25th year anniversary. We are celebrating this milestone with the **25th Anniversary Dollar Special**, a *fall-exclusive* event that provides select benefits from our all-in-one and ultimate special along with other perks. Refer others and sign up before it's too late! Feel free to talk to our front desk for more information.

RKA aims to promote its back-to-school specials as a way for parents to easily get karate equipment such as sparring equipment. With this equipment, our students can practice tournament-style sparring and kata, providing them experience to excel in our future events. We will also offer opportunities to experience tournaments outside of RKA, including the **November 13th**

Hershey Tournament (check events below). Students can join the instructors and gain a sense of what it's like to compete in a tournament and train in a competition team.

As we focus more on tournament-style classes, we understand that our students will be learning a lot in a short amount of time as our curriculum shifts. If your child feels that a one-on-one session would better suit their needs, RKA provides a private lesson special to help improve certain techniques that may not be covered in class.

As our class sizes grow, we understand that we must continue to evaluate every student's interests while maintaining a large group environment. Feel free to talk to us if you would like to suggest changes or even a new class for us to open up!

STUDENTS OF THE SEASON

Little Dragons: **Noah Szyfman**
Samurai 5-7: **Melina Singaram**
Samurai 8-12: **Emmanuel Kurian**
Teen/Adult: **Clara Sullivan**
Advanced Samurai: **Sara Pomeranke**



STUDENT SPOTLIGHT

Emmanuel Kurian leads by example - not only when on the mat but also when off the mat. He gives it his all and has consistently pushed through our classes, no matter how tough. As a student joining only this year, Emmanuel has set himself apart by attending classes and setting his eyes on the Advanced Samurais, a class reserved for higher-ranking belts. He hopes to continue his martial arts journey through RKA's in-house tournaments.

Kicking Off The School Year - Tournaments and More!

It's always daunting when you do something for the first time - especially as a child. With RKA's introduction of in-house and invitational karate tournaments, we aim to ease our students' fears and prepare them to compete with confidence. Tournaments require strength, willpower, and stamina, traits that will make the experience enjoyable and worthwhile.

Karate tournaments may host a number of events, the main ones being kata (forms) and kumite (sparring). Weapon forms and board breaking may occur in larger tournaments. Across all of RKA's classes, we prepare our students by teaching them *official* tournament-style katas. There's a lot to learn, such as knowing what to say, when to bow, and how to perform the kata. It's all part of a formal process that when executed correctly, will earn high scores from the judges. By simulating tournament katas in our dojo, our students will be well-equipped to perform at our annual in-house tournament.

RKA's ideology doesn't stop off the mat, and our instructors hope to reinforce those ideas as students go back to school. By bringing in a report card, students will receive an exclusive patch symbolizing the hard work that they've put in. Buddy Day also looms around the corner, an event where students can bring a friend and take a karate class together.

As we head into tournament season, we also aim to build a team dedicated to practicing for these events. Starting this fall, we will introduce our **Competition Team**, a group for those who are interested in exclusive tournament training. Our focus on tournaments may require certain equipment for your child - ask the front desk for more information!

"Amazing instructors, they are great, fun and attentive towards all the kids. They teach discipline, respect and self defense. The instructors also show and exemplify great respect towards the kids. Their pricing is reasonable. It is a wonderful academy for Karate, yet they also offer other courses and birthday parties for kids."

— Viv, dedicated RKA parent

Happy with our performance? Feel free to give us a rating on Google!



Picture: Master Lau shows the Advanced Samurai class that common household objects such as a piece of paper can be useful, too.

RKA Fall Events/Specials



- ◆ **Hershey Tournament** - November 13th, Accompany the black belts to gain tournament experience! Ask Master Lau for more information.
- ◆ **In-House Tournament** - November 27th, Divisions based on age and rank, Medals awarded!
- ◆ **Halloween Buddy Day** - October 29th, available to ALL students! See the front desk for more details.
- ◆ **Bring Your Report Card** - Have your child bring in a report card to receive a special RKA patch!
- ◆ **25th Anniversary Special** - Exclusive fall special for THIS YEAR only, visit rsk.com for more information
- ◆ **Competition Team** - Introducing our invite-only team for future events, Talk to us for more information!