

# Dragon Press

by Bacciarini's Martial Arts

In this issue, learn about...

- Our new location
- Events for July
- Events for August
- Bodega Bay Camping Trip

## Volume 2: July-August 2011

Another summer is upon us! And with that summer comes our annual Dragon Press. Whether you're going away on vacation or staying home, we hope that you will have a fun and productive summer.

This year is an exciting year for the karate school. We have seen unparalleled growth, and due to this, our dojo might seem a little crowded than usual. But never fear—a solution is at hand! Read on for more information.



Please notify a BMA Team Member of your vacation plans and make up any missed classes. Be sure to keep practicing even while you're out of town. Let's make it a fantastic summer!



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## DEDICATED TO YOUR SUCCESS

The BMA Team reminds you that we are here to serve you and help you succeed at your highest level. The Martial Arts training and philosophy of our schools are aimed at helping you become Champions of Achievement.

**ALWAYS TEAM UP—NEVER GIVE UP!**

On the web at: [www.bmadojo.com](http://www.bmadojo.com)



# Shihan's Corner



**Greetings Champions,**

I hope your summer has had a great start and that the year as a whole is going well for you. We have a lot of exciting things planned at the karate school for the next few months, and I wanted to take a moment to share some of them.

First, as we revealed at this year's Spring Black Belt Spectacular, we are ecstatic to announce that we are moving the dojo this August. To allay any fears, don't worry—the new location is close, only a few blocks from our current home on Fourth Street. Our new address will be 912 5th St.—right by Dairy Queen.

There are many ways this move will benefit you, our students. The biggest difference is an increase in floor space. We will have two huge mats and a separate, enclosed room for private lessons and smaller classes. What does this mean for you? More room to train and watch classes!

Additionally, with an entire extra floor, we will be looking to expand our current class offerings in an effort to provide a more robust schedule. If you have any comments or suggestions for our schedule, feel free to speak with a BMA Team Member.

Parents and our adult students will be happy to know that the new location has its own private parking lot, which should make it easier to find a space before class—no more fighting for parking during Farmers' Market! But if you're a parent who likes to go shopping downtown while your child is in class, we'll still be just a couple blocks from all the nearby shops.

Besides the upcoming move, we have lots of fun drills and exercises in store for classes. Included in this newsletter is a general overview of what we'll be covering in July and August, as well as the reveal of our newest weapon.

Let's work together to finish 2011 with the same energy and enthusiasm we had back in January!

**Respectfully,**

*Shihan*

Richard Baciaroni  
Chief Instructor/Owner  
Baciaroni's Martial Arts  
**[www.BMAdojo.com](http://www.BMAdojo.com)**

***Great Leaders are Masters of Influence! If you have any friends or associates that you feel may benefit from our martial arts program, please introduce them to our school and we can offer them a free two-week trial. Thank you for your support!***

# July 2011 Events

We have lots of new and exciting events planned for this summer. July is Theme Month, where each week will have a special theme or challenge for class. As a bonus, on A-Days you can come to class in one of our crazy dress themes. Here are the themes for the month of July.

## Week 1—July 6-9

**A-Day Fun:** *Closed on A-day*

**B-Day Challenge:** Relay Races (Adults: Pad/Bag drills)

Challenge yourself and race against your other classmates in fun relay race drills. Adults will work on bag/pad training, such as the fend-off drill.

## Week 2—July 11-16

**A-Day Fun:** Crazy Shirt

**B-Day Challenge:** Obstacle Course (Adults: Medicine Ball drills)

Wear yourself out in one of our crazy (and crazy fun) obstacle courses. Adults will feel the burn with challenging exercises involving medicine balls.

## Week 3—July 18-23

**A-Day Fun:** Street Clothes

See what the martial arts feel like in your everyday clothes. Odds are, if you ever find yourself in a self-defense situation, you won't be in your gi, so it's a good idea to experience what it's like to practice your techniques in different clothing.

**B-Day Challenge:** Board Breaking

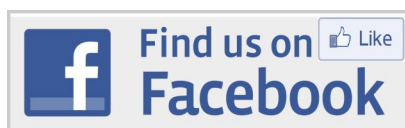
Find out how good your accuracy and focus is with the old favorite: board breaking!

## Week 4—July 25-30

**A-Day Fun:** Crazy Hair

**B-Day Challenge:** Southpaw Training

Because most people are right-handed, classes tend to focus on the right side when practicing and learning new techniques. This week, we will change things up and do everything on the left side—from punches and kicks to grab arts and punching attacks!



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# August 2011

## Weapon Month

To finish this summer with a bang, we're devoting the month of August to weapon training. Each day in class, part of the instruction will focus on weapon techniques appropriate for all skill levels, from beginners to black belts.

Adult classes will work on **Philippine Martial Arts** drills, such as strikes, blocks, disarms, and more. If you have your own pair of sticks, we encourage you to bring them to class with you.

Child classes, on the other hand, will work on something else. Something new. Something Manoi Jared demonstrated for his 3rd-Degree Black Belt Spectacular. Our younger students will learn about the **Samurai Sword**.

Before training begins, it's important to know a little bit about the sword. A full dissertation on the samurai sword—or **katana**, as it's called—could fill volumes, so consider this a primer of sorts.



The most striking difference between a katana and a traditional medieval longsword is that the katana is a curved, single-edged blade. This geometry gives it superior cutting power at the sacrifice of thrusting ability and versatility.

A true, Japanese-made katana, or *shinken* (which means, simply, “real sword”) is a “forge-folded” blade. It is made from several different types of steels that are folded over each other numerous times during the forging process. Japan doesn't have access to high-quality iron, so this process let swordsmiths craft better steel than would otherwise be possible. Better steel means a better sword.

Obviously, we won't use real swords in class. Students can purchase wooden practice *ninjato*

(shorter, straight-edged cousins of the katana—perfect for younger students) from our pro-shop, as well as full-length *bokken*. Buying a new weapon isn't mandatory, but encouraged for home practice.

In class, we will focus on how to properly hold the sword, draw, cut, and re-sheathe. The formal name for these techniques is *iaido*. In addition to this, we will work on a simple introductory kata that combines the techniques worked on over the month of August.

# New Location

From its humble beginnings as a small section of a movie theater lobby in Dixon to where it is now, the karate school has changed a lot over the years. This summer is going to see the biggest change yet with our move to Fifth Street in August. I've spoken a bit about the new location already, but I want to go into more detail.

As already stated, the most obvious benefit for our students is the increased mat space. Our current school has two floors—one at 34' x 38' with a substantial chunk lost to a 45-degree cut, and a second floor measuring at 34' x 19'. The new location features three floors. The



largest of these is about 36' x 39', or 1,375 square feet, with our "medium-sized" floor being 41' x 21' (861 square feet). In brief, both floors are expanding by over 200 square feet. Our last floor is a special, enclosed room intended primarily for private lessons, but will also be available for overflow from extra-large classes, group meetings, and other functions. It is 26' x 17', or 442 square feet.

Bigger floor space, however, isn't the only improvement over our current location—there are a number of other, smaller improvements that add up to a much more enjoyable atmosphere and experience. The building has its own private parking lot and a large patio area for watching classes from outside. Inside, in addition to much nicer (and bigger) bathrooms, we will have a kids' activity area and a parent lounge. There's a dedicated pro-shop, bleacher seating, and—finally—a drinking fountain. Due to popular request, we will also have free Wi-Fi for our students. Of course, those are just some of the highlights—there are lots of other improvements to look out for!

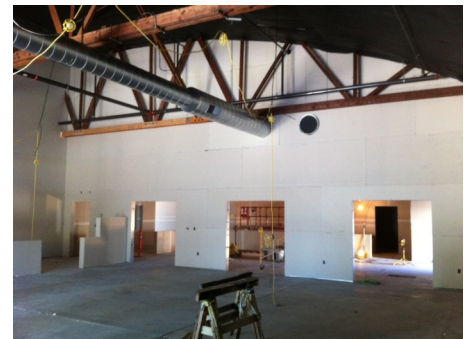
Our Grand Opening will take place in September (actual date TBA). We hope to see you there!



Outside, near parking lot



Medium floor



Large floor

# Bodega Bay Camping Trip

For over 18 years, our dojo has hosted a Labor Day weekend group camping trip for our students and their immediate families. We rent a group site large enough to accommodate 60 people at beautiful Doran Beach in Bodega Bay.



The group site includes showers and flushing toilets. It is located right next to the beach where we play volleyball, build sand castles, and more—in general, you get to kick back and relax. In the evening, we build a fire and roast marshmallows and tell stories. One of the most exciting parts of this event is the Philippine Martial Arts seminar on the beach on Sunday morning, which is open to all students, parents, and siblings.

As you know, our events at BMA fill up quickly. This one is no exception, and early sign-up is critical to secure yourself a spot. Signups will be available on Monday, August 1, and it's no exaggeration to say it will fill up in a matter of hours. We look forward to seeing you and your family at this exciting trip. If you would like more information, please speak with Simu Yanice. Directions will be available at the back counter.

