

ORION MARTIAL ARTS NEWSLETTER



ISSUE 2 | SPRING 2024

ORION MARTIAL ARTS IS OFFERING SATURDAY CLASSES STARTING IN MARCH!!

MARCH 2ND, 9TH, AND 16TH WE WILL BE OFFERING KARATE CLASSES AT 1PM AND 2PM. NO CLASSES OFFERED MARCH 23RD AND 30TH.

APRIL SATURDAY CLASSES WILL BE HELD APRIL 6TH, 13TH, AND 27TH. NO SATURDAY CLASSES ON APRIL 20TH DUE TO BLACK BELT TESTING.

MUST HAVE 10 OR MORE STUDENTS ATTENDING REGULARLY ON SATURDAYS AT EACH CLASS OR SATURDAYS WILL BE CANCELED.

ANNOUNCEMENTS

--> Please go to www.orionmartialarts.com under "announcements" to see important upcoming events updated weekly.

--> **March 25th**- The studio (do jang) floor is being replaced! We are closed on this day .

--> If you'd like more individualized training, consider attending our **6pm class Mon-Thurs** and **7pm class on Mondays & Wednesdays**, where we'll be concentrating on finer details of technique. Attendance is smaller in these classes, so it's a great opportunity to get technique critique and feedback.

--> **Sparring Drills** in classes are coming soon. We would like all students to have sparring gear. Please see Grandmaster to order gear.

MASTER LYPPS' CELEBRATION OF LIFE

It is with great sadness that we announce the passing of an amazing martial artist. Master Marva Lypps passed peacefully on January 9, 2024. She will be missed terribly by her students and friends. She was the epitome of a technician, and was always ready to teach her skills to her students. Those who were lucky enough to be taught by her will never forget the gift that she gave them. Please help us celebrate her life on Saturday, February 24th at the Studio. We will be holding a Celebration of Life from 3-5pm. Please RSVP to Grandmaster Laura Gomez (760-445-9731) by February 17th- all family members are welcome to attend.

IN-HOUSE TOURNAMENT- MARCH 10TH



We encourage every student at Orion Martial Arts to participate. You will be properly placed within or around your current rank. There will be medals awarded for 1st, 2nd, and 3rd place in each division. All students 7 and under will receive a participation medal. Scorpis Martial Arts will be joining us with some of their students. Please sign up by March 6th to avoid additional charges.

ORION'S TOURNAMENT TEAM- THE HUNTERS

We are looking to add 2 more Orion students to our Tournament Team. We have team practice every Friday at 6pm. The team's goal is to compete at a tournament once a month. We have gone to Santa Ana, Long Beach, Hanford, San Diego. In June, we are competing at Internationals in Las Vegas, NV. We have 5 Coaches and intend to keep the team small to allow for individualized training. All ranks are welcome, you compete at tournaments based on your current rank at the time. Different types of divisions of competition include Forms, Weapons, Sparring, Synchronized Forms, Creative Forms. The team competes against other teams traveling to each tournament. Please see Grandmaster for details.



Traditional Tang Soo Do Alliance

You will notice a change in the look of the lower and upper rank certificates. This is because we are finally launching our own national organization. Grandmaster is a 9th degree black belt and is able to rank all levels of students from beginner to the most advanced in Tang Soo Do. This will give all of our students the recognition that they deserve. The Alliance will also be able to test and certify anyone from other Tang Soo Do schools wishing to get national recognition, and will be able to accept other TSD schools for membership. We are very excited about the growth that is about to take place!

Technique of the Quarter:

Side Kick- From a fighting side stance, place kicking foot in front. Chamber knee up to chest, knee higher than bladed foot (about 45 degree angle from knee to foot). Chest and shoulders are facing 90 degrees diagonal from chambered knee. Lean body away from kick, turn hips towards supporting foot to position kick, throw leg out with full extension and bladed foot, pivot to add power, tightening leg muscles at point of contact. Kick with back part of bladed foot. Re-chamber knee back to original chamber position and return to stance.