

ZIA MARTIAL ARTS NEWSLETTER

STANDARD

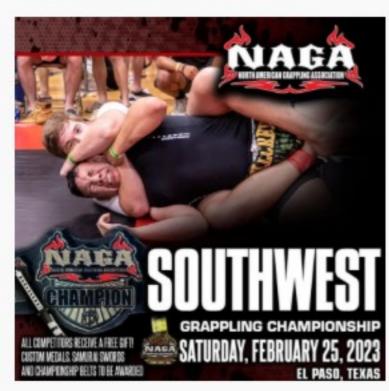
MESSAGE OF THE WEEK

Comp Week is here! Be sure to get registered in time to participate in the upcoming event. Get with a coach to go over some game planning and preparation.

For parents interested in registering their students for the first time, this event can be time consuming depending on the number of participants the venue has. To stay updated with match times:

 Go to Smoothcomp website (brackets won't be completely updated until a day or two prior to the event)

Also keep in mind that littles one may become restless during the event. We recommend alternative care options if possible.



COMPETITION INFO

North American Grappling Association (NAGA) will be returning to the El Paso Coliseum on Saturday, February 25, 2023. Zia will be attending as we will have various members participating the event.

Go to: Smoothcomp.com>Find Events>Naga Southwest Grappling Championship>Register to Event

Registration Deadline : <u>February 22</u> Late Registrations Accepted Until: <u>February 24</u>

COMPETITION PREPARATION TIPS:

Pre-Competition:

- Get as much training in as possible
- Develop and work on a game plan, meet with a coach
- Be mindful of your health the weeks before and the day of
- · Recommended Items:
 - · Gear for Gi and/or NoGi
 - Mouth Piece (ensure it is molded before competition)
 - Extra set of clothes
 - Light Snacks ex. Oranges,
 Granola Bars, Beef Jerky
 - Plenty of fluids ex. Water, Gatorade

Competition Day:

- Arrive approx. at:
 - 8:30am Kids Check In
 - 11am Adults Typical Check In (venue may change times accordingly)
- Arrive with time to check in and warm up before matches

KIDS CORNER

This new year brought on some exciting changes to our Zia Kids Brazilian Jiu-Jitsu (BJJ) curriculum. Promotions for our members will still include gaining a stripe for classes attended. Classes are counted Monday thru Thursday. Saturday Open Mats, if available, will also be counted.

White Stripe Promotions

- Beginner/White Belt:
 10 classes = 1 stripe
- Colored Belts: 12 classes = 1 stripe

GOLD Stripe Promotions

- Each stripe requires a knowledge and/or skills demonstration
- List of skills will be provided to study

FEBRUARY CALENDAR

Feb 20-23 Regular Schedule

Feb 22 La Academia Dolores Huerta

Alternative P.E.

1:30pm-2:30pm

Feb 24 & 25 Classes canceled for

Saharu Yoga

9am-5:30pm

Feb 25 NAGA COMP

EL PASO COLISEUM

Feb 27 & 28 Regular schedule

UPCOMING EVENTS

Mar 4 Kemoy Anderson Seminar



Mar 9 & 10 Classes Canceled

Mar 9-12 10th Planet Camp

Scottsdale, AZ

Mar 11 Fight World MMA 28



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