

FEB 18-28, 2023

ZIA MARTIAL ARTS NEWSLETTER

# THE ZIA 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](https://smoothcomp.com)>Find Events>Naga Southwest Grappling Championship>Register to Event

Registration Deadline : February 22  
Late Registrations Accepted Until: February 24

## 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

• 10TH PLANET AUSTIN COACH  
• MULTI-PROMOTION CHAMPION  
\$40 EARLY BIRD  
\$50 AT THE DOOR  
CASHAPP: @OTEROCOMBATSPORTS  
VENMO: @OTEROCOMBATSPORTS

OTERO COMBAT SPORTS  
1701 E 10TH ST.  
ALAMOGORDO, NM 88310

MARCH 4TH, 2023  
12-2PM

Mar 9 & 10 Classes Canceled

Mar 9-12 10th Planet Camp  
Scottsdale, AZ

Mar 11 Fight World MMA 28

**FIGHTWORLD MMA 28**  
**CHAD PETTY**  
**REVEL ENTERTAINMENT CENTER**  
4720 ALEXANDER BLVD NE, ALBUQUERQUE, NM 87107  
DOORS OPEN AT 6PM FIRST BELL AT 7PM  
\$75 VIP \$55-\$65 RESERVED \$40 GA  
VIP TABLES ALSO AVAILABLE  
USE FIGHTER CODE: PETTY

REVEL Custom MATPINS STARFUND

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