

THE DRAGONFIRE



**HOT News
from the Studio**

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Nobody knows what the coming year will bring. But let's hope for the best and brightest of days.

Make your goals, keep your efforts strong, and care for those around you.

Be the best human being you can be.

May 2026 be your most awesome year, yet!

SEMINAR

DUAL NUNCHAKU FORM



**Join us on Saturday, January 24th at 11:30am.
Learn a weapon form and some cool new skills!**

In December, we sent an email out to our students/parents giving all the details. We're reminding you once more. This is an unbelievable opportunity, and you're **not** going to want to miss it! One of our very own students will be teaching this unique form.

The sign-up sheet is in the main lobby area. Be sure to get your name on the list. Don't forget you need to order your weapons. Our email also gave you information on that. The two best sites to order from are noted below. Both offer choices of colors. Recommend ordering immediately to make sure they are received in time.

MartialArtsMart.com
CenturyMartialArts.com

You need **TWO** pairs of the 12-inch foam 'chucks, with a chain ball-bearing connection.



SEMINAR FEE: \$75/person (\$65/person for add'l family members)

January Birthdays.....

Patricia T. 1/17

Quincy C. 1/22

Kye M. 1/22



December Rank Promotions!



Logan S. Brown, 2nd

Tilly D. Green Stripe

Jacob H. Blue Stripe

Angela D. Purple Sash

CONGRATULATIONS!!

Teen Health

The teenage years are often when it's most difficult to achieve and maintain optimal health, both physical and mental. Teens have increased nutritional needs due to growth and maturation, and yet, due to predominantly social factors, they are less likely to meet those nutritional needs.

This age span is a challenge. Adolescents are neither children, whose actions and dietary intake can be controlled or impacted by their parents; nor are they adults who are likely to have the knowledge and experience to make appropriate decisions. Constant guidance is needed to keep the food intake closer to the healthy side of the scale versus the unhealthy, junk-food side.

Physical exercise helps both the physical and mental status of teens, but during these years it can also be a challenge. Video games, social media, and demands of school and other activities often override a regular schedule of physical activities. For those who participate in team sports, this challenge is somewhat relieved, but many teens have no desire to be part of this type of sports scene.

That's where martial arts fills a void in a way few activities can. Martial arts is an individual effort practiced within a social setting that offers feedback and support. It's also one of the few socially interactive physical activities that is truly gender-neutral. Everyone is taught the same material with the same performance expectations, based on an individual's capabilities and willingness to achieve.

We're always welcoming new students. Teens train with our adults who will both challenge *and* mentor them. It's a win-win for all!

Calendar Updates:

January 1 st '26	STUDIO CLOSED	New Year's Day
January 19 th	STUDIO OPEN	Martin Luther King Day
January 24 th	DUAL NUNCHAKU SEMINAR (Portsmouth Studio, 11:30am)	
January 24 th	SDSS TOURNAMENT (Trumbull Marriott Hotel)	
February 7 th	Portsmouth Belt Advancement	<u>[NOTE DATE CHANGE!]</u>
April 11 th	Portsmouth Belt Advancement	
May 22 – 25 th	STUDIO CLOSED	Memorial Day WEEKEND

Do a Random Act of Kindness

It's a great way to start the new year, because, ya know, it seems like society in general is lacking kindness these days. Be different. Be kind. Act upon that kindness.

It doesn't have to be anything big. Small acts can produce big rewards for the receiving person. Sometimes just a smile and offer of well wishes is enough. Or, open a door for someone needing that extra bit of help. Give to the food bank, even if it's one item—that little bit helps. Volunteer to read a story at the local library's Story Time session. Or, here's one: Give a stranger a lottery ticket and walk away with sincere wishes that it's a winner.

There's no end to the possibilities. And think about this: The "Old Masters" made the development of character, including generosity of spirit, a mandatory part of training. The give-of-yourself mindset is firmly ingrained as part of the kung fu spirit. Let's each endeavor to put that mindset into action every day!

Visit/Follow our Facebook Page: Steve DeMasco's Shaolin Studios of Portsmouth, NH

Webstore <https://ShaolinStudiospa.secure-decoration.com>