

THE DRAGONFIRE



Portsmouth, June 2026

SUMMER UNIFORMS!

June 1st marks the official day that summer uniforms begin. The relaxed attire is allowed until October 1st.

Summer Uniforms consist of the following:

Studio T-Shirt
Dark (logo/pattern-free) Shorts that extend *to the knee*
(or uniform pants)
Belt
Kungfu Shoes

To reinforce—

The t-shirt must be a studio t-shirt, not just any random t-shirt grabbed from the drawer. If current studio shirts are worn or too small, Master Cindy has a **limited** supply available for \$22. Or you can order directly from the website at <https://shaolinstudiospa.secure-decoration.com>

The shorts (for both boys/girls) should be knee-length. Dark blue, black or something similar. NOT brightly patterned. Students may also wear their normal uniform pants if they prefer.

The shoes should be the normal Kungfu shoes/sneakers. NO sandals, clogs, crocs, Keene sandals, or any version thereof. NO open-toed shoes. NO bare feet or socks.

Don't forget your Belt.

Also please note, leggings are not acceptable wear for class.

For both the June and August belt advancements, summer uniform will be allowed.

Happy Summer!!

**HOT News
from the Studio**

sdssportsmouth@aol.com

www.sdssportsmouth.com

603-828-6848

**601 Islington Street
Portsmouth, NH
03801**





Congratulations to our recent Black Belt recipients, be they Junior, Teen, or Adult. Your journey has been formally recognized! You've earned your rank. Wear your belt with pride!

1st Degree: Carter, Shankir, Jasper, Angela, Mike

2nd Degree: Heidi, Jeff

June – the month of graduations...



Congratulations to any/all of our students who are graduating high school or college.

On to the next challenge!

June Birthdays....

Henry J. June 9th

Malek N. June 10th

Lucy K. June 24th



CALENDAR UPDATES:

June 1st SUMMER UNIFORMS

June 6th Double Dagger Form – Concord Studio

June 13th **Portsmouth Belt Advancement**

July 4th **STUDIO CLOSED** – Independence Day

August 1st **Portsmouth Belt Advancement**

NOTE THE DATE CHANGE!

August 8th **STUDIO CLOSED**

Sept 4th – 7th **STUDIO CLOSED** – Labor Day Weekend

Sept. 19th **STUDIO CLOSED**

Closed-Hand or Open-Hand Strikes?

Which is better? The answer isn't as easy as it might sound, and often depends on the actual situation the person is confronted with. What is the objective? Is the objective to seriously punish? Then, the closed-hand strikes offer a viable option. But, here's the difficulty with that thought....closed-hand strikes (fists) can easily hurt the puncher. If the hand is just a fraction of an inch off center from the wrist, real damage, and pain, can result. Even if the hand and wrist are perfectly aligned, there can still be considerable damage to the puncher. There's a reason why boxers tape their hands and wrists so completely before putting on their gloves. The bones in both the hand and wrist are fragile. The force that travels up through the hand during a punch and into the wrist bones can easily fracture the bones in the hand, wrist, or both.

Open-handed strikes, on the other hand, can be both effective *and* safer for the puncher. What constitutes an open-hand strike? Well, slaps and palm-heel strikes fall into the category. *Slaps?!?!?!?* Oh, yes. Never underestimate the power of a good strong slap. There's great shock value to these strikes. If to the face, it will cause watering eyes and perhaps, just enough distraction to allow a person being attacked to do something else, like kick out a knee, and then get away from their attacker (assuming the kick didn't come before the strike). If to the body, such as the abdomen, (think a straight-armed crane strike, but connecting rather violently with the open hand) there is an immediate spreading of attention-getting pain. Is it as strong as a closed fist? Probably not....but it definitely hurts!! And, again, the shock value to the recipient's body may cause that person to hesitate just enough that the striker can get away or follow up with something else.

So, while in the heat of the moment of an unexpected attack, a professional might argue one strike is better than the other, the reality is *any* strike (or kick) is good. But for someone who hasn't trained at all—an open-handed strike might be a slightly better choice to avoid unnecessary self-inflicted injury.

REMINDER—

Our summer class schedule stays the same. No changes in times or days. Our calendar updates provide additional information regarding specific closure dates, but otherwise, everything just keeps on keeping on.

What's important is consistent attendance (working around family trips and vacations), because extended absences usually result in forgotten material. It's frustrating to have to "start over" in terms of relearning things. So as much as possible, make it a priority to keep to regular attendance schedule. The goal? Forward progress, not backward regression.

Happy Father's Day — June 21st

Interesting little tidbit of information---Father's Day is celebrated throughout the world, not just in the USA. It may be on different dates, and may have slightly different background/reasons for acknowledging the day, but isn't it amazing that several countries recognize this special day??



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(Steve DeMasco's Shaolin Studios of Portsmouth NH)

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