

THE DRAGONFIRE



HOT News from the Studio

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Portsmouth, OCTOBER 2026

FULL UNIFORMS!

That's right. It's time to be more formal again. Full uniforms are required beginning **October 1st**. That means BOTH top and bottom, along with belt and appropriate shoes. The studio T-shirt is not required under the uniform top. If you want to wear it, that's fine; you don't need to. But no more casual shorts and T-shirts.

Repeat: Summer uniforms are now over until next June 1st. **EXCEPT Saturdays!** Studio T-shirt or Sweatshirt is still fine.

Outgrown the current uniform? Check the "gently used box", although most of those are small sizes these days. Otherwise, ask Master Cindy. Uniforms are not available from our studio webstore. If we don't have the correct size in stock, we'll have to order from our supplier, which will take a week or so to get.

Remember, the rank of purple belt and higher may wear the black uniform. Again, not required. White uniforms may continue to be worn.

Only Black Belts may mix colors. Lower ranks cannot.

Example: if your black top fits but your black pants don't, you may substitute black warm-up pants for your uniform pants. All black. No colored stripes. If your white top fits, but the bottoms don't, if you can't find substitute white pants that fit, you'll need to replace the full uniform. We are unable to break the new uniform packages to accommodate.

The question often comes up: Why do we need to wear formal uniforms? Think of it this way. Other activities have required apparel – be that for safety reasons, team unity, or simply because it's expected. Martial arts is no different. The full uniform helps put the student in the training mindset, and emphasizes that there is an expectation of appropriate behavior and effort. Yes, the relaxed summer uniforms are fun, but they also acknowledge the warmer weather and hot temperatures in the studio. (be thankful for that!!)

SDSS Martial Arts *Tournament* **REGISTRATION OPEN!**



\$55 entry fee
all ages & belt ranks
welcome!

**SPARRING TECHNIQUES
FORMS
SWORD SPARRING**

all included with entry fee

Come have fun and compete
against all of the top SDSS
Martial Artists in the
region!

**OCT
17 | SDSS CONCORD**
124 Hall St STE E, Concord, NH

HURRY!

**TIME IS RUNNING OUT!
REGISTER TODAY!**

Registration closes October 3rd
and is online using the following
link:

<https://kick.site/sne4ethq>

Students are separated by age
and rank categories. There's an
opportunity for everyone to
excel!

But, just so you know....
Portsmouth doesn't do sword
sparring, which uses padded
"sticks" in a well-controlled
sparring setting. We encourage
our students to watch, and maybe
try the event in a future
tournament!

Speaking of sparring, Master
Cindy will loan gear to those
students wanting to compete in
this event. Just be sure you ask!

**Grandmaster DeMasco visit & belt
signing from 11:00am - 12:00pm**

Schedule

10:00-10:30am - Tigers Defensive Techniques
10:30-11:30am - Tigers Sparring & Sword Sparring
11:30-12:30pm - Dragons Sparring & Sword Sparring
12:30-1:00pm - Dragons Defensive Techniques & Forms
1:00-1:30pm - Teens/Adults Forms & Techniques
1:30-2:00pm - Teens/Adults Sparring

WHY PARTICIPATE IN TOURNAMENTS?

Tournaments offer the opportunity to stretch boundaries, and push past those uncomfortable moments. It helps the student understand and appreciate the joy of winning an event. It also teaches the reality of being respectful to someone who edged you out of that placement.

It requires discipline to practice, practice, practice. It teaches attention to detail. Often, less than a point separates first place from second, or second from third. And that fraction of a point might be solely because of some small detail the other student focused on and mastered. Details like a closed fist when hands are chambered. Or a well-placed strike or block. Or a well-executed kick or stance. You get the picture. Details matter! Accuracy and power. Not speed and "slop".

So.....Test yourself! Go for the gold! You'll never obtain it if you don't put yourself out there. One fee covers everything. No additional fees per event. It's a bargain! Sign up today!



October Birthdays....

Peter M.	Oct. 1
Max D.	Oct. 8
Mike L.	Oct. 9
Aria T.	Oct. 25
Wyatt H.	Oct. 30
Ella E.	Oct. 31



CALENDAR UPDATES:

October 3	Registration deadline for Tournament
October 10	Portsmouth Belt Advancement
October 17:	TOURNAMENT @ Concord Studio (Studio Closed)
October 23:	SPOOKY FRIDAY 4:30 – 5:30pm (NO kids class)
November 7:	Black Belt/Sash Testing w/ GM DeMasco
November 26-29:	STUDIO CLOSED – Thanksgiving Weekend
December 12:	Portsmouth Belt Advancement
December 24-27:	STUDIO CLOSED – Christmas Weekend
January 1:	STUDIO CLOSED – New Year's Day
February 13:	Portsmouth Belt Advancement

Coming Back to Training After an Extended Absence

Been away for a while? How long? A couple of weeks? A couple of months? More than that? Thinking about coming back, but feeling very unsure about your memory of defense movements and forms?

Don't Worry!!! **First**, you'd be surprised at how quickly everything starts to come back. Sure, there may be a few blank spots, but they'll fill in quickly enough. **Second**, even if it takes a bit longer to fill in the gaps than you'd like, it's not like you're starting completely over. You already have a strong foundation, and whatever rank you left at, you come back into that same rank. You simply work the material until you're ready to move on to the next rank. Easy! **Third**, if you're worried that the people you were training with have far surpassed your rank--well, who cares? Martial arts is a very individually paced program. Yes, there's teamwork involved in working techniques and drills with other people, but you advance at the rate that is appropriate for YOU, not everyone else. And who knows, they may not be that much further ahead than you think (if at all). And **finally**, if you're worried that you're not in the best of physical condition, put that worry aside. Work the drills and material at the pace you can comfortably maintain, then as you feel stronger, push yourself a bit more.

Remember, the martial arts are about the *technique* and *power* you put into each movement. Power doesn't equate to *speed*. That comes later, when the movement is so ingrained that you don't have to think about it anymore. That's when you work speed. But the initial focus is on actual body mechanics and technique. Work that, stay safe, and everything else will fall into place when the time is right.

So, ***stop thinking*** about resuming your training, and (to borrow a popular phrase) ***just do it!***



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

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