



LUDUSPORT ACADEMY – Business Spotlight

“We renovated a mid-20th century 5 lane bowling alley with great old bones located in Historic South Tacoma into a modern, spacious, martial arts academy, gymnasium, haunt.”



LUDUSPORT /lou-dus-sport/ offers instruction in recreational and competitive Boxing, Kickboxing, Thaiboxing, Submission Wrestling, Fitness and Mixed Martial Arts to students of all skill levels and ages. The academy provides a 4800 SF facility that houses a full sized Boxing ring, MMA cage, an additional 2000 SF of mat space, heavy bags and a welcoming environment into which are woven safe, sustainable training methods with technical expertise and a culture of camaraderie. Think of Ludusport as a University where a student can study a cross-disciplinary curriculum that is Mixed Martial Arts, specialize in just one field like Boxing or join the Competition Team fraternity.

The Ludusport Academy strikes a balance between martial arts tradition and Pacific Northwest innovation. The facility has enough room for two concurrent classes, independent training areas, fluid student-teacher Spotify playlists, a complete LED light retrofit on low ceilings, smart phone sign-ins and membership management, a filtered water bottle fountain, a comprehensive Vimeo video library, air conditioning and an artistic aesthetic. The gym and its culture are steeped in the Western traditions of competition, the intellectual approach to physical problem solving and mythic symbolism.

The name “Ludus” means play, game, sport or training in Latin, and it was used to denote the schools that produced gladiators for the Colosseum. Appropriately enough, the same term was used to denote a primary school for children. The Ludusport youth program, for 5-12 year olds, encourages a healthy relationship with fitness, confidence confronting the challenges of everyday life, and excellence in sport. Students learn the Martial Arts curriculum of Striking and Grappling Arts through games, challenging drills, repetition of forms, and obstacle courses, while developing an appreciation for refined, graceful movement and physical problem solving. Unfortunately, children at various times in their lives can experience bullying. During class, students role play and learn the **“Ludusport Abduction Prevention and Anti-Bullying Protocol”** as a method of addressing threatening situations.

The instructors, Trevor Jackson and Drew Brokenshire, have a combined 30 years of experience in the Mixed Martial Arts Sports. They emphatically love what they do, and it shows in how they interact with students, identify and address unique learning opportunities for individuals, and continually revise the curriculum to reflect their growth as martial artists and the evolution of the sport overall.

Drew is a decorated amateur who has become a local professional favorite. With international fight experience in Sochi, Russia, and hometown fight experience at the Emerald Queen casino, he brings the administrative experience necessary for a professional career, a strong relationship with a network of promoters and an easy teaching style. “Competing and teaching MMA is a great passion of mine. I love sharing both of those things with others. Seeing someone improve in the gym or get excited when I step into the cage to compete brings me great happiness.”

Having just finished the Grand Opening celebration in the middle of January, the academy is building a strong program with a number of impassioned students who are quickly becoming the heart and soul of the business.

The evening schedule accommodates most work, military and student schedules. On Saturdays the academy offers a quintessential Mixed Martial Arts class that focuses on tactics involving the cage fence, which competitors use to control their opponents. “Having a vertical fence against which to pin your opponent, allows for some interesting technical takedowns and striking opportunities-takedowns your average wrestler can’t apply in a circular mat area, and combinations your average kickboxer doesn’t utilize in a square ring of ropes and corner posts,” says Trevor.

Western Boxing and “Dutch” Thai Boxing techniques woven together with Submission Wrestling techniques produce a style that is unique to Ludusport. “It’s nice to be able to practice the individual sports of MMA under one roof as well as integrate them into the wholistic Ludusport MMA competition style. So many practitioners travel for quality coaching to different schools. It gets expensive and time consuming. Not to mention, the philosophies of different instructors don’t always integrate well. We like to think that we cover all of the bases, even fitness, with our pad and hybrid fitness classes.” Of course, ultimately that is up to the student to decide, but the instructors at Ludusport are confident in what they’ve built through the blood, sweat and tears that come from hanging drywall, laying tile, and practicing the left jab and finishing a knee to knee single in this Historic South Tacoma space, revitalized!

5212 S Tacoma Way 253-448-2369
Email: woven@ludusport.com

HOURS: Mon-Thurs 4:45pm – 9pm, Fri: 4:45pm – 8pm
Sat: 9:45am - 1pm



REMINDER - Sidewalk garbage cans are for pedestrians, NOT for retail store garbage disposal. If our sidewalk garbage cans are full, pedestrians will throw their garbage on the ground in front of your store.

Who Should I Call?



Police-Fire-Medical Emergency.....911

TPD Non-Emergency.....253-798-4721

Tacoma Police Dept. Sector 3

Lt. Al Roberts, Comdr. 253-591-5190

CLO Jason Milles.....253-591-5692

CLO Mike Sbory.....253-594-7858

So. Tacoma Business District

AssociationOffice253-475-5676

C.M., Chris Beale253-591-5100

C.M., Keith Blocker253-591-5100

City of Tacoma

TacomaFIRST311: CALL 311 for any complaints or questions that you may have. If they do not have an immediate answer for you, they will find out and call you back. **Just Dial 311**

BENEFITS OF MEMBERSHIP

- ▶ Spotlight your business in the STBDA Newsletter - circulation 300
- ▶ Link your website to the STBDA website at www.stbda.com
- ▶ Use the Membership Directory - to utilize your fellow business district members when you do business.
- ▶ List your events on the monthly calendar - a great way to invite your fellow district members to sales and events at your place of business
- ▶ Complimentary booth at the Annual Classic Car Show
- ▶ Introduce your business to newcomers in our "Welcome Kit"
- ▶ Host a membership meeting at your place of business
- ▶ Showcase your business at the district booth during community events.
- ▶ Your dues support the continuation of Beautification Projects.

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Business Hours
 Mon - Sat 8am - 2am
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Lakewood (253) 582-3329
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 Bremerton (360) 373-0551
 Pasco (509) 547-5341

www.DOMINOS.com
 5402 S. Washington

253-473-5450

April 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Easter	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19 GENERAL MEERING – Steilacoom Lodge 5:45pm	20 Executive Board – Around The Corner Café 2 8:00am	21
22	23	24	25	26	27	28
29	30	DAWSONS BAR & GRILL Happy Hour 3-7 M-F STONEGATE PIZZA Happy Hour All Day Mon & 3-7 Tue-Fri				

COMING SOON(er) – Paid Family Leave

In 2020, the new paid family and medical leave law which was passed by the Legislature last year will provide eligible employees paid time off for up to 12 weeks a year for the birth of a child, when a worker has an extended illness or injury, or the employee needs to care for a sick relative. This law is in addition to the paid sick & safe leave that began January 1, 2018.

Employees and employers will begin paying premiums for the program beginning January 1, 2019. (Employers with fewer than 50 employees will be exempt from paying the employer share of the premiums).

The Washington State Employment Security Department (ESD) will administer the program. The rulemaking process has begun and the first draft of the Phase 1 Rules is now complete. This is the first of several phases scheduled and each phase will relate to different parts of the law. Here are some FAQs:

- 1) **Who is eligible?** Employees are eligible for benefits after working at least 820 hours during the qualifying period.
- 2) **How much do eligible employees receive?** Benefits will be a percentage of the individual's average weekly wage during the two highest quarters in the qualifying period. Maximum weekly benefit will be \$1,000 and will be adjusted annually.
- 3) **How much will employers & employees pay in premiums?** The law sets the initial premium rate at 0.4% of wages beginning January 1, 2019. Employers may deduct from the employees' wages 100% of the premiums due for the family leave and up to 45% of the premiums due for the medical leave portion. The employer is responsible for 55% of the medical leave premium. An employer "may also elect" to pay all of the premiums if they choose.

For additional information or questions, go to their website at: www.esd.wa.gov/paid-family-medical-leave

INCOME TAX DEADLINE – Extended

The IRS has announced that the nation's tax deadline for 2018 will be APRIL 17, so taxpayers will have two additional days to file beyond the normal filing date of April 15th.

The IRS also wants to remind taxpayers that the IRS does not call taxpayers demanding immediate payment using a specific payment method. They will first contact you by mail.

Taxpayers who receive these phone calls should hang up immediately without providing any information. You may report these calls to the Treasury Inspector General at: 800-366-4484

APRIL "DISTRACTED DRIVING" PATROLS

The Washington Traffic Safety Commission announced there will be extra patrols watching for distracted drivers from **APRIL 2 – 14**. Additional law enforcement officers from over 150 different agencies will be on patrol across the state. The goal is to raise public awareness about the dangers of "distracted driving".

This new law is called **Driving Under the Influence of Electronics (E-DUI)**. First offenders will be fined **\$136**. A second ticket within five years of the first offense will cost **\$234**. **E-DUI** tickets will appear on drivers' records and will be available to insurance companies.

POSTER SCAM ALERT

The Employment Security Dept has learned that **Personal Concepts of San Dimas CA** is mailing invoices to Washington businesses for required labor posters. Invoices have been sent in an envelope that appears as though it was sent from the Employment Security Department. These posters can be downloaded for FREE from the Employment Security Department's website. **This is a SCAM; DO NOT pay the invoice.** If you receive such correspondence, please contact: Carol Mathews at cmathews@esd.wa.gov

GENERAL MEETING – Thursday April 19th

The April General meeting date has been changed from the 12th to APRIL 19th. The meeting will be held at **The Steilacoom Masonic Lodge, 5405 South Puget Sound**. There will be a presentation from this year's CAR SHOW COMMITTEE. You will want to attend this meeting to find out what is in store for the 2018 event which is being billed as: **"From Mild To Wild"**. The committee is planning a variety of "local entertainment" after the awards ceremony which will carry the event into the evening and bring additional attendees to our district. If you are a "night life business" in the district, you will want to attend this meeting to see how you and your business can be a part of this venue.

5:45pm Meet & Greet w/Refreshments
Meeting starts promptly at 6:00pm

PUBLIC ART: PUBLIC ACTION

SOCIAL PRACTICE TRAINING COHORT AND TEMPORARY PUBLIC ART PROJECT

Tacoma Mall Neighborhood, Tacoma

Optional Informational Workshop: April 11, 2018, 6-7:30pm,
Marlene's Market, 2951 S. 38th Street, Tacoma

RSVP on Facebook:

<https://www.facebook.com/events/168166487236220/>

Deadline to Apply: April 23, 2018, 11:59pm

Budget: \$500 participation-based stipend, \$1,000 to implement a temporary socially-engaged project in the Tacoma Mall neighborhood

Artistic Disciplines: This opportunity is open to artists working in or across any artistic discipline

Artist Eligibility: live within City of Tacoma boundaries, 18 years or older

Applicants must be able to participate in mandatory training sessions on **June 2nd, 3rd, and 30th**, if selected.

Opportunity:

Public Art: Public Action is a context-based training program for artists to learn and implement socially-engaged strategies and artworks responsive to community needs within the Tacoma Mall area.

A cohort of up to twelve creative practitioners will be selected to participate in a free social practice training program and create a series of socially-engaged temporary projects. Through classroom sessions with experts and a hands-on project series, the cohort will learn about social practice, network with community organizations and stakeholders, receive artist mentoring, write their own project proposal, create and install a socially-engaged temporary public artwork, and participate in a public presentation of the project series.

Each participant will receive a \$500 attendance-based stipend upon completion of the training program, with an additional \$1,000 budget for the implementation of a temporary project. Artists selected to participate in the cohort must obtain a City of Tacoma business license.

Submission Process: Submit at <https://tacomaarts.submittable.com/submit>

Questions? Contact Asia Tail, 253-591-5206,
atail@cityoftacoma.org

So. Tacoma Business District Association
PO Box 9445 - Tacoma WA 98490-0445
www.stbda.com

Return Service Requested

GENERAL MEETING

Steilacoom Lodge 5405 S Puget Sound
5:45 PM Meet & Greet 6:00 PM Meeting
2018 CAR SHOW & "Mild to Wild" Info



Skip Jensen
President
skip@postindustrialpress.com

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253-476-8050

Director

Position OPEN

District Manager

Position OPEN

The Board meets monthly Check your monthly calendar. Meetings are open to Everyone.

www.stbda.com

Newsletter printed by Northwest Impressions Printing Company