

EMA

EVOLUTION MARTIAL ARTS

THE REVOLUTION #103– JANUARY 2017

2017!

This March EMA will be celebrating it's 10 year anniversary!
We are planning some very special things to help us celebrate. It has been an honour and our privilege to teach you and or your children.

Seeing so many reach their goal of becoming a black belt, and helping to develop some incredible life skills.

So Thank you and stay tuned for some really awesome ways to celebrate 10 amazing years!

Stripe Testing



Jan. 9th- 14th

Coming Soon...

We will soon announce our Rewards program. Rewards will be handed out for Black belt efforts both inside and outside the school! Stay tuned for details!

New Years workout!

Saturday January 7th

For all Teen/Adult students!

8:30-9:00 – Self defense

9:00-9:30- BJJ

9:30-10:00 – karate!

Let's kick it in the New Year!

Super Hero Buddy Board Break Movie Night

Friday January 13th

6:00-9:00



- Superheroes!!!

- bring a buddy!

- pizza, goodies & cool movies!

- Board breaking!

Stranger Danger Seminar!

Saturday January 7th

10:00-11:00

For all EMA students!

Learn all of our "bad strangers," and how to deal with scary situations!

\$19.99/ \$29.99 per family

Team Evolution
 Want to improve your skills? Learn cool new forms?
 Become better at sparring? Come and try out our
 Competition Team!
 For dragons, kids and adults!
 Please see Sensei Ashley if you are interested!
 We will be sending out our 2017 tournament
 schedule soon!

BJJ Tournament!
 Saturday January 28th, 10:30-11:30
 A fun BJJ tournament for kids, teens and adults in
 our BJJ program.
 Come test your skills and have fun!

BJJ Seminar

Wednesday January 18th

Kids – 7:15-8:00
 Adults – 7:15-8:30



With Professor Danny!
 (No regular kids BJJ and no adult karate this
 night)

Saturdays....
 January 14th – BJJ – 10:30-11:15
 January 10th – Competition Team 10:30-11:15

January	Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	1	2 closed	3 Closed	4 Open!	5	6	7 Adults 8:30-10:00 special class 10-11 kids Stranger danger	
	8	9	10	11	12	13 Super Hero Board break movie night 6:00-9:00	14 BJJ 10:30-11:15	
	←----- Stripe Testing -----→							
	15	16	17	18 BJJ Seminar 7:15-8:30	19	20	21 Competition Class 10:30-11:15	
	22	23	24	25	26	27	28 BJJ Tournament	
	29	30						

2017