



EVOLUTION MARTIAL ARTS

THE REVOLUTION #106– APRIL 2017

Make Cystic fibrosis History!

Please join us on the walk to make CF History! As many of you know, our son Chance has Cystic Fibrosis. CF is the most common fatal genetic disease affecting children and young adults in Canada. It causes various issues, but mainly affects the lungs and digestive system. Chance already takes about 20-25 pills a day to absorb his food and does breathing treatments with a mask and nebulizer followed with chest physio twice a day.

We want to spread the word and hopefully find a cure for CF! We need your help! Please join our team “Chance’s Evolution” and walk with us on Sunday May 28th, at the Hamilton Bayfront Park. Our demo teams will also be performing at the walk!

To join our Team and raise funds, or sponsor Gord or Ashley (Chance) go to:

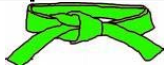
www.cysticfibrosis.ca/walk

- click on “search for a Team” (bottom left corner)
- Search for **Chance’s Evolution** (Gord Wood is the team captain)
- Scroll down and click on our team- from there you can join our team and raise funds yourself, or make a donation. Every little bit helps!

Thank you for all your love and support. You can make a difference in Chance’s and many others lives!

Lots of Love, Gord, Ashley and Chance

Stripe Testing



April 3rd – 8th

EMA Closed

Friday April 14th to Sunday April 16th

Everyone have a fun and safe long weekend!

Open Monday April 17th

Dragons 5:00-5:30

All Kids 5:30-6:15

Adult karate and BJJ 6:15-7:00

Easter Egg Hunt Movie Night!

Friday April 14th
6:00-9:00

I

Team Evolution at the Quebec Open!
 Team Evolution will be competing at the largest martial arts Tournament in Canada!

EMA will be closed April 27th to the 29th
 Good luck to all our competitors!

Stranger Danger Seminar!

Saturday April 8th
 10:30-11:15

FREE for all EMA students and siblings!

Learn how to identify and deal with bad strangers!

BJJ Seminar!

Wednesday April 12th
 FREE for all BJJ and Adult karate students!
 Kids – 7:15-8:00
 Adults- 7:15-8:30
 With Professor Danny!



(All kids karate classes on as normal
 No regular kids BJJ, adult karate or
 adult BJJ this night)

Saturdays....

April 22nd – BJJ 10:30-11:15

**Ap
 ril**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Stranger Danger 10:30-11:15
2	3	4	5	6	7	8 Stranger Danger 10:30-11:15
9	10	11	12	13	14	15 Closed
16	17 Open Special Schedule	18	19	20	21 Easter Egg Hunt movie night 6:00-9:00	22 BJJ 10:30-11:15
23	24	25	26	27 Closed	28 Closed	28 Closed
					←-----Quebec Open-----	

2017