



EVOLUTION MARTIAL ARTS

THE REVOLUTION #111 – OCTOBER 2017

Trick-or-Treaters

- Carry a flashlight, and wear a watch
- Walk, don't run and stay on Sidewalks
- If no sidewalks stay on left side of road
- Obey traffic signals
- Stay in familiar neighbourhoods
- Don't cut across yards or driveways
- Make sure costumes and shoes fit
- Avoid wearing masks while walking from house to house
- Carry only flexible knives, swords or other props
- Wear clothing with reflective markings or tape
- Approach only houses that are lit
- Stay away from and don't pet animals you don't know

Parents

- Have your child eat dinner before setting out
- Ideally, young children of any age should be accompanied by an adult
- If your children go on their own, be sure they wear a watch, preferable one that can be read in the dark
- If you buy a costume, look for one made of flame-retardant material
- Older children should know where to reach you and when to be home
- Know where they are going and who they are with
- Although tampering is rare, always check the candy before they eat any

Homeowners

- Make sure your yard is clear of such things as ladders, hoses, and flower pots that can trip the young ones
- Pets get frightened on Halloween. Put them in to protect them from cars or inadvertently biting someone
- Battery powered jack o'lantern candles are preferable to a real flame
- If you do use candles, place the pumpkin well away from where trick-or-treaters will be walking or standing
- Non-food treats: plastic rings, pencils, stickers, erasers, coins

Black Belt Super Show for Cystic Fibrosis!

Thursday October 19, 6:00pm start

Come and see some **AMAZING** martial arts by our instructors and black belts!

ALL funds raised will go to Cystic Fibrosis Canada to help find a control or cure for CF!



This is open to ALL students, friends, family – Everyone!

Sell 10 tickets get entered into a prize draw!

At the Marquis Garden Banquet centre
1365 Sandhill Dr, Ancaster
Tickets are only \$5!

Halloween Party Haunted House Movie Night

Friday October 27th
6:00-9:00



**Costume Contest
Haunted House!
Movie & pizza
Goodie bag!**

**\$19.99 per person
Sign up now space is limited**

FREE BJJ Seminar!
Wednesday October 25th

With Professor Danny!

Kids- 7:15-8:00
 Teens/Adults 7:15-8:30



No regular BJJ or adult karate this night

**Closed Friday October 6th to
 Mon. October 9th
 Happy Thanksgiving!**



**EMA will be closed Tuesday Oct. 31st
 Happy Halloween!**

EMA Holiday Banquet and Graduation!

Tuesday December 5th- arrival 5:30-6:00

6 course meal!

Demos!

Belts/Awards/Gifts!



Marquis Garden Banquet- 1365 Sandhill Dr.
 Tickets are \$37 each

Stripe Testing

October 2nd-5th , Oct. 30th-Nov. 4th



During your regular class

Tournament Sat. October 21st

Special Schedule

Adults/teens – 8:00-8:45

All kids - 8:45-9:30

Ninjas/Dragons- 9:30-10:00

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6 Closed	7 Closed
		←-----Stripe testing-----					
	8 Closed	9 Closed Happy Thanksgiving	10	11	12	13	14 BJJ 10:30-11:15
	15	16	17	18	19 CF Show! No classes	20	21 Special Schedule
	22	23	24	25 BJJ Seminar 7:15pm	26	27 Halloween 28 party Movie Night 6:00-9:00	28 BJJ 10:30-11:15
	29	30	31 Closed Happy Halloween!				
		←-----Stripe testing-----					

October

2017