

EMA

EVOLUTION MARTIAL ARTS

THE REVOLUTION #20 – DEC 08/JAN 09

Happy Holidays and a Great New Year from our family to yours!

Thank you to all who help out and make EMA what it is. We are lucky to have such awesome students, friends and families behind us, we couldn't do this without you, your kindness and support is "Black Belt" quality. Thank you for voting EMA the #1 martial arts school not once but twice this year!! EMA will be closed from Wednesday, December 24th until Saturday, January 3rd. We are back open on Sunday, January 4th. We wish everyone safe and happy holidays!
Gord & Ashley

Dec BBC Classes

Fri, Dec 5th – Open Forms Competition 6:30-7:15
 Who will win the cup!



Fri, Dec 12th – Grappling Seminar 6:30-7:15

BBC Start using nunchucks – Mon, Dec 8th

Jan BBC Classes

Fri, Jan 9th – Fitness 6:30-7:15

Fri, Jan 23rd Family Class 6:30-7:15

Fri, Jan 30th – Self Defense Demos 6:30-7:15

Dec Belt Testing

Mon, Dec 1st to Sat, Dec 6th



Jan Stripe Testing

Mon, Jan 12th to Sat, Jan 17th



Dec Day Camp

Fri, Dec 5th

Drop off 8/8:30 – Pick-up 4/4:30

Pizza lunch, games, karate class, trip to gymnastics school

\$39.95

FREE Kids Holiday Party & Movie Night

Fri, Dec 19th – 6:30-9:30

Pizza, Prizes & Games



EMA Holiday Banquet & Graduation

Tue, Dec 9th – 6:30 start at

Marquis Banquet Centre

Tickets Available Now!



DDR Movie Night

Fri, Jan 16th – 6:30-7:15

Cost \$14.95 or \$24.95/family

Pizza, prizes – who will be the DDR Champ!



Fitness Boot Camp

Tues, Jan 6th – 6:45-8:00pm



No CKM or RF this night

Private weigh in & body fat measurement, then a fun hour work out.



Dec Birthdays

Cathy Bodor Sari Morris
 Brent Burnside
 Chris Pappin Scott King
 Kelsey Clifton
 Andre Picard Olivia Days
 Corev Urruhart

Jan Birthdays

Holly Baker Derek Butler
 Maha Elhamalawy
 Mikael Carino Taylor Nelson
 Mahmood Elhamalawy
 Mike Thompson Allison Zyba
 Jack Kvrrianou

December

2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5 Day Camp BBC Open Forms Competition 6:30-7:15	6 11:30 Andreas Black Belt Test
	←----- Belt Testing -----→					
7	8 Nunchuks Starts	9 EMA Banquet 6:30-10:30	10	11	12 BBC Grappling Challenge 6:30-7:15	13
14	15	16	17	18	19 Free Holiday Party & Movie Night 6:30-9:30	20
21	22	23	24 Closed	25 Closed	26 Closed	27 Closed
28 Closed	29 Closed	30 Closed	31 Closed			

January

2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Closed	2 Closed	3 Closed
4	5	6 Adult Fitness Boot Camp 6:45-8:00	7	8	9 BBC Fitness Class	10
11	12	13	14	15	16 DDR Movie Night 6:30-9:30	17
	←----- Stripe Testing -----→					
18	19	20	21	22	23 BBC Kids & Parents Family Class	24
25	26	27	28	29	30 BBC Self Defense Demos	31

Employee of the Month – Gord, Ashley, Tina & Cindy!

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