

EMA

EVOLUTION MARTIAL ARTS

THE REVOLUTION #24 – MAY 2009

Summer time at EMA!

First - we make summer fun! Special classes, fun events, children earn tickets to win prizes for attendance, effort, etc. Our school is fully air conditioned for our students comfort and to be able to train safely in the hot summer months.

Second – why martial arts has no ‘season’. It is a way of life. There is a bigger chance of students giving up when they take too much time off. Yes everyone needs a holiday; a week or two off, but taking months off can keep even a dedicated student from success.

Third - You are worth it! One or two hours a week really isn't a lot to ‘give’ yourself or child. We will work extra hard to make sure EMA is a fun place to be – because we want our students to be successful, to reach their goals. We know this is hard to do part-time. Parents do your part too. No student has ever achieved black belt & beyond without help.

Gord & Ashlev

BBC

Fri, May 1st – Fitness class
Fri, May 8th – Sparring Seminar
Fri, May 15th – Forms ‘tournament’
Fri, May 29th – Advance Kicks

All BBC Classes 6:30-7:15

Fire Works Movie Night!

Fri, May 22nd – 6:30-9:30



Pizza, Prizes & Fireworks show
\$14.95 each – Family = \$24.95

Stripe Testing
May 4th – 9th



Next BBC Weapon – “BOKKEN”
(wooden Samari sword)
Basic \$15.99
White Oak \$25.99
Order Now – Starts June 8th




EMA's Paint Ball Challenge

Sat, May 30th @ 12noon
6320 English Church Rd
Hamilton (off Upper James)



Cost Starts at \$25.00
Ages 10-16 must be accompanied by an adult
– under 18 signed waiver.
Sign up at front.

<p>Lil Dragons</p> <p>Make a Ninja Mask With Sensei Gord</p> <p>Fri, May 24th 4:45-5:30</p> <p>We will supply everything needed!</p> <div style="display: flex; justify-content: space-around; align-items: center;">   </div>	<p>CKM Street Class</p> <div style="display: flex; justify-content: space-between;">   </div> <p>Tues, May 12th 7:15-8:15</p> <p>Outside here at EMA!</p>
	<p>EMA will be closed</p> <p>Sat, May 16th Sun, May 17th Mon, May 18th</p> <div style="text-align: right;">  </div> <p>Happy Victoria Day Long Weekend!</p>
<p>May Birthdays</p> <p>Gillian Baker, Michael Barone, Matthew Davis, Sebastian Davis, Drew Howlett, Jeremy Kosonic, Brook Louwerse, Cheryl Matthews, Madison Sarre</p>	<p>Students of the Month</p> <p>Dragons: Holly Baker Kids: Oliver Mustiano</p>

May	Sun	Mon	Tue	Wed	Thu	Fri	Sat	
						BBC Fitness 1 Class PA Day Camp 8:30-4:30	2	
	3	4	5 Ground	6	7	8	9	
		←----- Stripe Testing -----→						
	10	11	12 CKM Street Class 7:15-8:15 Standup	13	14	15 BBC Forms Tournament	16 Closed	
	17 Closed	18 Victoria Day Closed	18 Standup	20	21	22 Fireworks Movie Night 6:30-9:30	23	
24 Tournament /31	25	26 Ground	27	28	29 Dragon Ninja Mask 4:45-5:30 BBC Adv Kicks	30 Paintball 12 noon		

2009