

# EMA

EVOLUTION MARTIAL ARTS

## THE REVOLUTION #32 – MARCH 2010

### EMA's Programs for the whole family!

#### Ninja Stars! (Ages 3 & 4)

Designed to give young children a head start in life! Learning essential life skills such as focus, respect and teamwork through fun martial arts drills.

#### Lil' Dragon's (Ages 5-7)

This program is structured to help children learn basic martial arts skills. Learning focus and discipline, self defense to bullies and introduction to abduction proofing.

#### Children's Martial Arts (Ages 8- 13)

This is a unique program combining fun and fitness with self-development and personal attention. Here they will learn how to use focus, respect and responsibility in all areas of their life.

They will learn self-defense against bullies and abduction proofing, in a fun and safe way!

#### Teen & Adult Martial Arts (Ages 14 & up)

Combining some traditional aspects of martial arts with modern ones, we focus on building a person both physically and mentally. Students work on physical fitness, striking, practical self-defense and karate forms. The goal is to help develop them physically and with a positive state of mind.

#### Hybrid Krav Maga (Ages 14 & up)

HKM is an evolved form of Reality based self defense. It is designed to be simple and easy. In HKM you will learn how to defeat attackers standing, on the ground or with weapons. We believe that violence is rarely the answer but we train to be aware and ready for any situation.

#### Reality Fitness (Ages 14 & up)

Designed for an all over body workout: cardio, strength, core & flexibility. For all fitness levels, and can work on your own pace. Real people. real results!

### Thank you!

March 26<sup>th</sup> 2010 is our 3<sup>rd</sup> year anniversary of EMA. Thank you for helping us be all we can be. We are still improving and working hard to earn the #1 rank and provide you with the best training and facility!

### March Break Camp!

March 15<sup>th</sup>- 19<sup>th</sup>

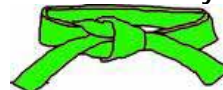
- Karate, games, arts & crafts, movies, gymnastics, pizza party, prizes, boppers, Reptile man! Safe, clean positive camp run by Gord & Ashley! You can come for the whole week, or pick your favourite days!

Sign up now, space is limited!

### March 1<sup>st</sup> new schedule starts!

#### Belt Testing For Karate

Monday March 8<sup>th</sup> – Friday March 12<sup>th</sup>



Graduation Friday March 12<sup>th</sup>, 6:00-7:00pm

Here at EMA!

(No regular Friday Classes)

Belts, certificates, awards, demos, pizza and more!

Friends and family welcome!

## **Karate Seminar with Sensei Ali**

Monday March 1<sup>st</sup>

6:30-8:00



For all adult and teen students (14 and up)



## **BBC CLASS**



Friday's 6:30-7:15

Friday March 19<sup>th</sup>: MMA style work out class

Friday March 26<sup>th</sup>: Team building workshop

# "Dodgeball Movie Night!"

Friday March 5th  
6:30-9:30



- Dodgeball
  - Pizza
  - Prizes
  - Cool movie
  - Separate movie for older kids
- Cost: \$14.95/\$24.95 per family**  
**Sign up Now!**

# Krav Maga Street Course

Wednesday March 24th  
7:00-8:00pm



- Practice your self defense outside
- Prepare yourself for different scenarios
- Open to all krav maga and adult karate students

We will be outside so please dress accordingly.

### March Birthdays

Nicholas Carino, Kate Carson, Tina Dayes, David Fairbairn, Isabel Granatier, Carter Hawkins, Korey Louwerse, Brian Murdock, Julianna Palcik, Julianna Putrone, Carmela & Juliana Restivo

### February Student's of the Month

Dragons: Janelle Crawshaw  
Kids: Kyle Nikolaou

**You Rock!**

	Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		1 Karate seminar 6:30-8pm	2	3	4	5 Dodgeball Movie night 6:30-9:30	6	
	7	8	9	10	11	12 Graduation 6:00-7:00pm	13	
		←----- Belt testing -----						
	14	15	16	17	18	19 BBC MMA style work out 6:30-7:15	20	
		←----- March Break Camp -----						
	21	22	23	24 Krav street course 7-8pm	25	26 BBC Team Building workshop	27	
	28	29	30	31				

**March**

**2010**