



EVOLUTION MARTIAL ARTS

THE REVOLUTION #41 – FEBRUARY 2011

Introducing CAGE CONDITIONING!

Cage Conditioning will be EMA's new fitness program. A MMA inspired workout for men and women of all fitness levels. No martial arts experience needed! Split into 2 half hour classes that you can do separately or back to back. One will focus on cardio, and the other on strength and core. Cage Conditioning will start off February 1st. Please check the schedule or website for new times.

There will be lots of classes to choose from so come and try it out. All EMA parents will receive the month of February for FREE!

Important Dates for 2011

Friday March 11th, 6:00pm – Graduation
March Break Camp – March 14^h – 18th
Friday June 10th, 6:00pm – Graduation
Saturday June 11th- Ancaster Heritage Days Parade
July 11th - 15th Summer Camp.
July 25th - 29th Leadership Camp.
August 1st - August 6th EMA closed for summer break and Civic holiday.
August 18th - 21st Dundas Cactus Fest.
August 22nd - 26th Summer Camp.
Friday September 9th Graduation at 6:00pm.
Tuesday December 6th Banquet and Graduation.

Please don't forget EMA will be celebrating our 5th anniversary in 2012!

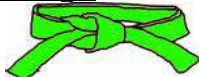
We are planning a trip - in which the whole school is invited to come and celebrate with us.

This will be in the middle of February 2012.

The plan will be to go to the Occidental Grand Xcaret in the Mayan Riviera.

Please try to make it - we will have a karate class on the beach and have lots of fun at this very family friendly resort.

Stripe Testing- February 7th-12th



Next Weapon starts March 14th

Nunchuks!

Dragon- \$12.99 Basic (cord)- \$19.99

Chain- \$24.99 Fancy- \$ 29.99

Valentines Party Movie Night!

Friday February 11th, 6:30-9:30



Valentines Games, Pizza and cool movie!

\$19.95/ \$29.95 per family

Sign up now!

EMA Closed

Saturday Feb. 19th, Sunday Feb. 20th
& Monday Feb 21st

For Family Day

BJJ Seminar!

Wednesday Feb. 16th, 6:45-8:30



With Professor Dan Moroney
Members Cost \$10.00/person
(No regular Krav or Adult karate this night)

Family Day!

Saturday February 26th

8:00-8:45 – Regular adult karate, fitness and Krav

Family Karate class
Ninjas, Dragons & Kids – 9:00-9:45
(to participate in this class you must have at least 1 parent present)

(no regular classes)

Family Snow Day!

Saturday February 5th, 11:30am
Meet at the hill at Spring Valley Arena

Karate Tournament

Sat. Feb. 26th
Hamilton Convention Center

Come and cheer us on!

January Students of the Month

Dragons: Joseph Stetchey
Kids: Robby Jewiss

Happy Birthday!

Sofia Bialach, Don Bourguignon, David Cioch, Haig Jamkodjian, Kauri Krishnar, Jamie Morris, Tyce Slack, Spencer Thompson, Ryan Turner, Salaiman AlMusawi

February	Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4	5 Family Snow day 11:30
	6	7	8	9	10	11 Val. Party Movie night 6:30-9:30	12
	13	14 Valentines Day	15	16 BJJ Seminar 6:45	17	18	19 Closed
	20 Closed	21 Closed Family Day	22	23	24	25	26 Family class Tournament
	27	28					

2011