



EVOLUTION MARTIAL ARTS

THE REVOLUTION #42 – MARCH 2011

Black Belt Consistency:

Making a commitment and giving 100% Black Belt effort will lead to success. There are no short cuts. We tell our new students and parents the importance of commitment. We explain that karate should be the #1 activity right behind school. If they are too busy with other activities then they may not succeed. Many other martial arts schools use this as an excuse to have contracts- that commitment and contracts are the same thing. They are not. Your commitment is not to us, but yourself.

Martial arts is not a sport, but a way of life. While it is not a sport we like to think of ourselves as a team or family. Many of us need a boost from time to time. Parents you don't say "ok" when your child says that they "just don't feel like going to school." You send them because it is good for them. Although we spend a lot of time and effort to make classes fun while maintaining integrity, every now and then someone needs a push. Be that push and know that they will have a blast once they are here. There is not a single Black belt who did not need this at some point!

Belt Testing- March 7th- 10th



Nunchucks start March 14th

Dragon- \$12.99 Basic (cord)- \$19.99
Chain- \$24.99 Fancy- \$ 29.99

Black Belt Test

Sat. March 5th, 11:30am start

Brown and higher may attend

GRADUATION!!!

Friday March 11th, 6:00pm start here at EMA!



Pizza, awards, belts, New Black belts!

March Break Camp

Monday March 14th- Friday March 18th

Sign up Now!



Special March Break Schedule:

Monday to Thursday

Dragons & Ninjas - 4:45 - 5:15

Children's open class- 5:15 – 6:00

Adult sparring (Tue)/Grappling- 6:00 – 6:45

Krav/Karate- 6:45 – 7:30

Cage Conditioning Tues & Wed – 6:00 & 6:30

Friday- no classes

Saturday regular schedule

Beach Party Movie Night!

Friday March 25th, 6:30-9:30



Games – Prizes – Pizza – Cool Movies!

\$19.95/\$29.95 per family

White, Yellow, Orange Kids!

March 21st – 26th
Bring a buddy to class!

February Students of the Month

Dragons: Ryan Turner
Kids: Duncan Turner

EMA "in house" Grappling Tournament!

Thursday March 31st, 7:30-8:15



For Teens and Adults, gi required

(Social after)

Adult Karate & Krav

March 21st – 26th
Bring a buddy to class!
(Not for Sparring or Grappling)

Happy Birthday!

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

March
2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4 BBC Grappling Seminar 6:30-7:00	5 Black Belt Test 11:30
6	7	8	9	10	11 Graduation 6:00pm	12
	←----- Belt testing -----					
13	14	15	16	17	18 BBC Advanced Kicks 6:30-7:00	19
	←----- Special Schedule -----					
	←----- March Break Camp -----					
20	21	22	23	24	25 Beach Party Movie Night 6:30-9:30	26
	←----- WYO & Adult Buddy Week -----					
27	28	29	30	31 Adult Grappling Tournament		