



EVOLUTION MARTIAL ARTS

THE REVOLUTION #69 – NOVEMBER 2013

Highs and Lows

Everyone experiences highs and lows in their martial arts training (and our lives in general). We have all had days when we fall backwards into success and days when - no matter how hard we try, we seem to mess up. What we perceive is important - I have seen students struggle and get better. Even if they don't realise it themselves. I have never met a person who had quit or whose parents had let them quit- be happy about it later. It's always " I wish I had stuck with it. " or " I could have been a black belt. "

As Instructors, parents, class mates and friends - it's our duty to help each other through the lows (perceived or real). Our martial arts training helps us to also overcome those "lows" that come along in life as well. Everything we learn in our martial arts training can also be applied to our everyday lives as well. That is why martial arts will Never be a sport - it's why it is a way of life. Learning dedication, to overcome, to "stick with it", to not give up seems to be rare these days. Real self confidence, respect, focus, discipline, determination etc., cannot be "mastered" over night. Parents you know what is best for your children. That's why we don't just let them stop going to school. In our opinion their martial arts training is just as important as school. Just as students get fit and learn to defend themselves from what may come. Equally important is the life skills that come from martial arts. Making a habit of success, confidence, discipline, respect etc., for life!

Pre- Testing Nov. 18th-26th



Belt Testing

Wed. Nov. 27th, Thurs. Nov. 28th, Sat. Nov. 30th
& Mon. Dec. 2nd

Board Break Movie Night!

Friday Nov. 8th, 6:00-9:00pm
-Board for breaking
(additional boards \$2.00 each)
-Pizza & Cool Movie!



Cost \$19.99 / \$29.99 per family

EMA Holiday Banquet & Graduation!

Tuesday December 3rd, 6:00-9:00pm
Marquis Gardens Banquet Centre
- 6 course meal, Martial arts demos
-Door prizes
-See the new EMA movie S.M.A.S.H 3!
- Gifts, Belts and Awards
Tickets \$35 each

Space is limited
Deadline to get tickets is November 22nd

Next Weapon – Foam Bokken!



\$27.99 + tax
Order yours now – Starts Wed. Dec. 4th!

<p align="center"><u>Teen/Adult Knife Seminar</u></p> <p>Tues. Nov. 12th 7:00-8:00pm</p> <p>Bring- A plain white T-shirt</p> <p>Social after at Montanas</p>	<p align="center"><u>Team Evolution!</u></p> <p>Our next tournament will be Tournament of Martial Arts Champions Fri. Nov. 22nd-Sat. Nov. 23rd Toronto</p> <p align="center">EMA will be closed on Fri. Nov 22nd and Sat. Nov 23rd (we will be with the team for this competition)</p>
<p align="center"><u>Open Forms Championships!</u></p> <p align="center">Tuesday Nov. 26th 5:45-6:15 (no sparring)</p> <p align="center">Divisions: WYO, GPB, BRR/B, Jr. Black, Teen/Adult class</p> <p>An open form is a form that you make up! It can have traditional, modern and tricking in it. Put some cool music to it and perform!</p>	<p align="center"><u>Holiday Sale!!!</u></p> <p>Our annual EMA Holiday sale will take place on Saturday December 7th 8:00am – 11:15am</p> <p align="center">Check out some cool Holiday gifts for your martial artist!</p>
<p><u>Students of the Month</u></p> <p>Dragons: Jack Fletcher Way to go Jack, keep up the hard work!</p> <p>Kids : Aidyn Bhatia- Aidyn is in both our karate and BJJ program, and works very hard in both! Keep up the great work Aidyn, we are proud of you!</p>	

November	Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1	2
	3	4	5	6	7	8	9
			Teen/Adult Knife seminar 7:00-8:00	13	14	15	16
	17	18	19	20	21	22	23
		←-----Pre- testing-----				Tournament Closed	Tournament Closed
	24	25	26	27	28	29	30
		Pre-testing	Open forms 5:45-6:15 No sparring Pre-testing	Belt Testing	Belt testing		Belt Testing
	2013						