



EVOLUTION MARTIAL ARTS

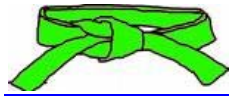
THE REVOLUTION #73 – APRIL 2014

By some estimates toddlers are told "NO" well over 100 times per day! When we teach at EMA we believe in positive re-enforcement. Noticing a student doing and acknowledging it can be huge. We have awards every three months, and student of the month awards. When we teach it is necessary to correct, and when we do we try in the most positive way. Yes, we do have to say a firm no as well! Try to find ways to say no without having to actually say it. For example, your 12 year old daughter asks to go to the high school dance. Answer: "Yes, when you are in high school."

The last thing you should do is punish by taking away a "commitment" that is a positive or educational influence in your child's life. Like karate, swimming lessons, music etc. Instead, take away the iPad, Xbox and other privileges. Be fair but firm. If you say no iPad for a week, don't cave after 2 days.

Now try finding ways to praise your child. "Great form today, wow you did great on that spelling test" etc. (This also works great with co-workers, spouses etc) But it has to be REAL! Make your attitude worth catching!

Stripe Testing April 7th-12th



Team Evolution!

A reminder that our next tournament is on Saturday May 3rd in Kitchener!

FREE BJJ Seminar!

Wednesday April 16th

Kids: 7:00-7:45pm

Adults: 7:00-8:15pm

With Professor Danny!
(Must be in BJJ to participate)

Easter Egg Hunt & Movie Night!

Friday April 11th, 6:00-9:00pm

Easter Egg Hunt
Pizza & cool movies!



\$19.99 /\$29.99 per family

Zombie Survival / Night!

Kids – Monday April 28th

WYO/GPB – 5:00-5:45

BRR/B / Jr. BLK - 5:45-6:30

Adults – Tuesday April 29th – 7:00-8:00



A fun way to practice our self defence!
Can you survive the Zombie Apocalypse?

Students of the Month

Dragons – Andrew Graham
Andrew has been working hard in Dragons class. Keep up the great focus!

Kids – Jacob DeYoung
Jacob has been improving his skills. Keep up the awesome work Jacob!

Closed

EMA will be closed for the
For the Easter long weekend
Friday April 18th – Monday April 21st

Please note:

April 22nd – no noon karate class

April 23rd – No BJJ Classes

April 24th – No krav or noon karate and no BJJ class

	Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		New BJJ and comp. team schedule starts	1	2	3	4	5	
	6	7	8	9	10	11 Easter Egg Hunt movie Night 6:00-9:00	12	
		←----- Stripe testing -----→						
	13	14	15	16 Free BJJ seminar	17	18 Good Friday Closed	19 Closed	
	20 Closed	21 Closed	22 No noon class	23 No BJJ classes	24 No krav or noon class, No BJJ class	25	26	
2014	27	28 Kids Zombie night	29 Adult Zombie night	30				