

EMA

EVOLUTION MARTIAL ARTS

THE REVOLUTION #79 – NOVEMBER 2014

What is Brazilian Jiu Jitsu (BJJ)? Why is it offered at EMA?

BJJ is a martial art/self defense system that focuses on grappling/ground fighting. It is so effective that a smaller or weaker person can successfully defend against a bigger/stronger assailant.

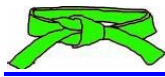
BJJ does also have a "sport" aspect like other martial arts, with sparring or rolling as it is commonly referred to. This is usually compared to a physical game of chess.

At EMA we are one of only a few schools in Canada to be a licensed Gracie Jiu jitsu affiliate. The Gracies are considered to be the originators of BJJ.

We believe that knowing how to defend and escape on the ground is just as important as on the feet, and that's why we put so much time, effort and resources into this program.

Kids (8 & up) come to try out the BJJ class in November for FREE and see why it is so awesome!
Teen and Adults you too! Just like your regular classes the approach is friendly with respect for each other!

Belt Testing Nov. 26th, 27th, 29th, & Dec. 1st



EMA Holiday Sale!

Friday November 28th – 5:00-7:00pm

Clearance items, special Holiday items

Find that special gift for your martial artist!
(Want a friend to try karate? Ask about our Karate for Christmas pass!)

Next weapon – Kamas!!

Starts Dec. 3rd

Dragons – Blue - \$24.99 + tax

Kids – red- \$29.99 + tax

Black Belts – metal - \$49.99 + tax

Competition Team – custom - \$99/\$109 + tax

Air Blaster Movie Night

Friday Nov. 14th , 6:00-9:00pm

-Air blaster fun
(please bring your own)!

- pizza & cool movie!

\$19.99 per person

\$29.99 per family

Black Belt Test!

Saturday November 29th, 11:30am

Brown Belts and higher may come and watch & cheer on.

EMA Holiday Banquet & Graduation!

Tuesday December 2nd, 6:00-9:00pm
 Marquis Gardens Banquet Centre

- 6 course meal, Martial arts demos
 - Door prizes
- Gifts, Belts and Awards
- Tickets \$35 per person
- Space is limited



Royler Gracie Seminar

Sunday Nov. 23rd, 11:00am

At RGDA Woodbridge

Cost \$125 – Please speak with Sensei Gord
 (Adults only)

Students of the Month

Dragons- Jocelyn Sherbino- Jocelyn just moved up to dragons and works hard every class!

Kids – John Kerr- John has been very focussed and his skills show it!

Adults -

November	Sun	Mon	Tue	Wed	Thu	Fri	Sat
	2	3	4	5	6	7	8
	9	10	11 Remembrance Day	12	13	14 Air Blasters Movie Night 6:00-9:00	15 Team Evolution at Montanas!
	16	17	18	19	20	21	22
	23 Royer Gracie seminar	24	25	26 Belt Testing	27 Belt Testing	28 Holiday Sale 5:00-7:00	29 <u>Belt Testing</u> Black Belt Test 11:30am
	30	1 Belt Testing	2 Holiday Banquet!	3			
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