

# EMA

EVOLUTION MARTIAL ARTS

## THE REVOLUTION #88 – SEPTEMBER 2015

### Why Martial Arts is not a "sport."

- No one "sits on the bench", everyone gets equal time on the mat.
- Gender equality- we train together as equals. Not many sports would have a brother & sister on the same "team."
- Self confidence, discipline, respect and more. Yes they sometimes get this through sports as well but this is something that is instilled in them as martial artists.
- There is no "season"- We are martial artists for life! This consistently helps with all the mental as well as physical benefits of training.
- Belts & testing- recognition for a student's effort & progress. Helping to set goals and working to achieve them.
- Self defense- learning to defend yourself against an aggressor or bully, and learning how to deal with an abductor.

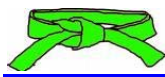
### BACK TO SCHOOL SPECIAL!

September for FREE !

Have a friend or family member interested in trying martial arts or Brazilian Jiu- jitsu? Invite them to come and try September for FREE!

(new members only)

### Belt Testing August 31<sup>st</sup>- September 2<sup>nd</sup>



Graduation Thursday September 3<sup>rd</sup>!

### EMA Closed

Friday September 4<sup>th</sup> -Monday September 7<sup>th</sup>  
Classes resume Tuesday September 8<sup>th</sup>

Nunchucks and new curriculum starts September 8<sup>th</sup>!

### Graduation!

Thursday September 3<sup>rd</sup>, 6:00-7:00pm

Demos, awards, belts, pizza and goodies!

On the side grass- bring your lawn chair or blanket! Family and friends welcome!

### **BUDDY - DEMO** **Movie Night**

Friday September 11<sup>th</sup>  
6:00-9:00



-Demo performances! **Perform for your friends!!**

- pizza & cool movies!

\$19.99 per person / \$29.99 per family

(Bring 1 BUDDY for FREE! – siblings are not buddies)

# Paintball!

Teens and adults  
 Saturday September 19<sup>th</sup>  
 12:00-3:00



Crazy Bills  
 380 Sour Springs Rd

## Team Canada Meeting

We will be representing Team Canada at the  
 U.S Open Martial Arts Championships  
 in July 2016!!!

For all those who are interested in being part  
 of this amazing experience, we will be having  
 a meeting on Friday Sept. 11<sup>th</sup> at 5:30pm.  
 Please come to learn more about how you can  
 be part of TEAM CANADA!

## Ancaster Fair!

Come out and support EMA at the  
 Ancaster Fair!  
 We will be performing at 12 noon!  
 See you there!

SEPTEMBER	Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4	5
			←-----Belt testing-----		Graduation! 6:00-7:00 (no classes)	Closed	Closed
	6	7	8	9	10	11	12
		Closed	Chucks & new curriculum start!			Team meeting 5:30 Buddy-Demo Movie night! 6:00-9:00	
	13	14	15	16	17	18	19
							Paintball 12:00-3:00
20	21	22	23	24	25	26	
						Ancaster Fair!	
27	28	29	30				
2015							