



EVOLUTION MARTIAL ARTS

THE REVOLUTION #94- MARCH 2016

Make Cystic fibrosis History!

Please join us on the walk to make CF History! As many of you know, our son Chance has Cystic Fibrosis. CF is the most common fatal genetic disease affecting children and young adults in Canada. It causes various effects but mainly affects the lungs and digestive system. Chance already takes about 20-25 pills a day to absorb his food and does breathing treatments with a mask and nebulizer followed with chest physio twice a day.

We want to spread the word and hopefully find a cure for CF! We need your help! Please join our team "Chance's Evolution" and walk with us on Sunday May 29th, at the Hamilton Bayfront Park.

Our demo teams will also be performing at the walk!

To join our Team and raise funds, or sponsor Gord or Ashley (Chance) go to:

www.cysticfibrosis.ca/walk

- click on "search for a Team" (bottom left corner)
- Search for **Chance's Evolution** (Gord Wood is the team captain)
- Scroll down and click on our team- from there you can join our team and raise funds yourself, or make a donation. Every little bit helps!

Thank you for all your love and support. You can make a difference in Chance's and many others lives!

Black Belt Test

Saturday March 5th, 11:30am

Brown Belts and higher to watch, black belts helping full uniform please.

Belt Testing

Monday March 7th

Tuesday March 8th

Wednesday March 9th

Graduation!

Thursday March 10th, 6:00-7:00

Here at EMA! (No classes this night)

Belts, awards, new black belts, amazing demos, goodies and more! All family and friends welcome!

Bokkens!

Starts Sat. March 12th!

Easter Egg Hunt & Movie Day!

Saturday March 26th

11:30-2:30



- Easter Egg Hunt!!
- Pizza!
- Prizes!
- Cool Movie!

\$19.99 per person / \$29.99 per family

Attention: Special Schedule

Sensei Gord and Sensei Ashley will be away March 17th-24th. There will be a special Schedule for these days.

Mon. March 21st

5:00-5:30- Dragons

5:30-6:00 - sparring

6:00-6:45 - All Kids

6:45-7:30 - Adult/Teen

Tues. March 22nd

5:30-6:00 - Dragons/Ninjas

6:00-6:45 - All Kids

6:45-7:30 - Adult/Teen

Wed. March 23rd

5:30-6:00 - Dragons

6:00-6:45 - All Kids

6:45-7:30 - Adult/Teen

Thurs. March 24th

5:30-6:00 - Dragons/Ninjas

6:00-6:45 - All Kids

6:45-7:30 - Adult/Teen

March Break Special Schedule

Mon. March 14th

12:00-12:45- Adult/Teen
 5:00-5:30- Dragons
 5:30-6:15 – All Kids
 6:15-7:00 – BJJ
 7:00-7:45 – Adult/Teen

Tues. March 15th

12:00-12:45- Adult/Teen
 5:00-5:30- Ninjas/Dragons
 5:30-6:15 – All Kids
 6:15-7:00 – BJJ
 7:00-7:45 – Adult/Teen

Wed. March 16th

12:00-12:45- Adult/Teen
 5:00-5:30- Dragons
 5:30-6:15 – All Kids
 6:15-7:00 – BJJ
 7:00-7:45 – Adult/Teen

Thurs. March 17th

12:00-12:45- Adult/Teen
 5:30-6:00- Ninjas/Dragons
 6:00-6:45 – All Kids
 6:45-7:30– Adult/Teen

Fri. March 18th

No Classes

Sat. March 19th

8:00-8:45 – Adult/Teen
 8:45-9:30 – All Kids
 9:30-10:00 – Ninjas/Dragons

Please check out the special Seminars for
 March Break!

Everyone have a fun and safe March Break!

Special Seminars!!!

We will be doing special seminars during March Break!
 Sign up for one or all of them! Improve your skills this
 March Break!

Mon. March 14th

3:00-4:00 – **BJJ with Sensei Gord!** – learn cool secret techniques that will up your BJJ skills!

4:00-5:00 – **Swords with Sensei Robby!** – learn Swords from our double sword master!

Tues. March 15th

3:00-4:00 – **Open/Musical forms with Sensei Ashley!** – exciting and innovative open forms techniques and skills!

4:00-5:00 – **Kamas with Sensei Chris!** – New kama techniques with the Kama Champion!

Wed. March 16th

3:00-4:00 – **Sparring with Sensei Gord!** – learn cool new sparring techniques that will give you the extra edge!

4:00-5:00 – **Tricking with Sensei Robby!** – Advanced kicks and tricks with a World Champion!

Individual 1hr Seminar - \$20.00 per person each
 Pay for 4 or more seminars only \$15.00 each!
 (We must have at least 3 people per seminar to run)

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4	5 Black Belt Test 11:30
	6	7	8	9	10 Graduation 6:00-7:00 No classes	11	12
	13	14 Day!	15	16	17	18 No classes	19
	20	21	22	23	24	25 Closed Good Friday	26 Easter Egg Hunt Movie Day! 11:30-2:30
	27	28 Closed	29	30	31		

March

2016