

EMA

EVOLUTION MARTIAL ARTS

THE REVOLUTION #97 – JUNE 2016

The Family that Kicks together sticks together....

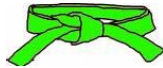
Is a fun martial arts saying but can mean a lot. That's why we are offering martial arts training for all parents/children or siblings of any of our active members for half price for the rest of the year!

What children and adults learn and get from martial arts training are skills for life. It is just as important as regular school/education. Martial arts is not an "activity", confidence, discipline, focus, perseverance and real practical self defense. Developing lifelong qualities and skills will never just be an activity.

Challenge yourself!

It's such an amazing thing to have in common with a spouse, sibling or child!

Belt Testing June 6th, 7th and 8th
during your regular class



Graduation!

Thursday June 9th, 6:00-7:00pm

Demos, awards, belts, pizza and goodies!

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

Ancaster Parade!
Saturday June 11th

Come walk with us! Full uniform and good walking shoes!

Drop off – Lodor St – 9:30am

Pick up – Fortinos parking lot – 11:00am
(No regular classes this day)

**Water Fun
Movie Night**

Friday June 17th
6:00-9:00



- Bring your super soaker, bathing suit and towel!
 - Pizza!
 - Cool Movie!
- \$19.99 per person / \$29.99 per family

EMA Family Special!

1 Free week, sign up and get the rest of the year for half price!
(For parents and siblings of current EMA students)

FREE BJJ Seminar!

Wednesday June 22nd
 Kids – 7:00-7:45
 Adults – 7:00-8:15



With Professor Danny!

Elite Team Classes

June 4th – Kamas with Sensei Chris
 June 18th – Sparring with Sensei Gord
 June 25th – Traditional forms with Sensei Holly

EMA Tournament!

Thursday June 2nd, 6:45

Demo Team Challenge!
 -Maximum 3 people per team
 -Under belt and separate Black belt divisions!
 Music can be used!
 \$10 per team

Friday June 10th, 5:30

Forms, weapons, open forms, BJJ and sparring!
 - Divisions: Ninjas/Dragons, Beginner, intermediate, advanced, Jr black belts, adults and adult black belts
 \$25 for all divisions!

Start practicing now!

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3	4 Elite- Kamas BJJ – 10:30-11:15 BB Test 11:30-1:00
	5	6 Parents self defense Belt Testing	7 Belt Testing	8 Belt Testing	9 Graduation! 6:00pm	10 EMA Tournament! 5:30	11 Ancaster Parade (no classes)
	12	13 Parents self defense	14	15	16	17 Water Fun Movie night! 6:00-9:00	18 Elite- Sparring
	19	20 Parents self defense	21	22 BJJ Seminar 7:00	23	24	25 Elite- Trad. Forms BJJ – 10:30-11:15
	26	27 Parents self defense	28	29	30		

June

2016