

November 2017




WEAPON OF THE MONTH: NUNCHAKU

WEAPON NEXT MONTH: BOKKEN



QUOTE OF THE MONTH

WHEN A MISTAKE IS MADE: CORRECT IT, LEARN FROM IT, AND CARRY ON. THERE IS NO BETTER WAY TO TAKE A POSITIVE STEP FORWARD, THAN THIS. NOT ONLY FOR OURSELVES, BUT FOR ALL THOSE AROUND US. IMAGINE IF EVERYONE WERE TO DO THIS ALL THE TIME...

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>P.A. DAY CAMPS 2017 & 2018</u> MARTIAL ARTS, GAMES, PARKS ARTS & CRAFTS & MOVIES & MORE GREAT DAYS & GREAT FUN BOOK YOUR SPOTS NOW!  		1 Black Belt Prep 9 of 10 5:30 (S)	2 Youth Sparring 6:15 (S)	3 Youth Sparring 5:30 (P) Adult Sparring 7:45 (S)	4 Black Belt Prep 5 of 10 @ 8am (P) Youth Sparring 8:45am (S) Adult & Youth Sparring 11:00am (P)
6 Black Belt Prep 10 of 10 5:30 (S) Youth Nunchaku 5:30 (P)	7 ATTENDANCE STRIPE WEEK YOUTH BEGINNER Youth Nunchaku 6:15 (S) Adult Nunchaku 7:00 (P)	8 Black Belt Prep 1 of 10 5:30 (S)	9 Youth Nunchaku 6:15 (S)	10 Youth Nunchaku 5:30 (P) Adult Nunchaku 7:45 (S)	11 Adult (TNT) Program Scarborough 11:00am Black Belt Prep 6 of 10 @ 8am (P) Youth Nunchaku 8:45am (S) Adult & Youth Nunchaku 11:00am (P)
13 Black Belt Prep 2 of 10 5:30 (S) Youth Nunchaku 5:30 (P)	14 Youth Nunchaku 6:15 (S) Adult Nunchaku 7:00 (P)	15 Black Belt Prep 3 of 10 5:30 (S)	16 Youth Nunchaku 6:15 (S)	17 P. A. DAY CAMP TORONTO DSB & CDSB DURHAM DSB & CDSB Youth Nunchaku 5:30 (P) Adult Nunchaku 7:45 (S)	18 Black Belt Prep 7 of 10 @ 8am (P) Youth Nunchaku 8:45am (S) Adult & Youth Nunchaku 11:00am (P) Belt Examinations (see below)
20 Black Belt Prep 4 of 10 5:30 (S) Youth Sparring 5:30 (P)	21 PRACTICE STRIPE WEEK (BRING YOUR PRACTICE SHEETS BACK PLEASE) Youth Sparring 6:15 (S) Adult Sparring 7:00 (P)	22 Black Belt Prep 5 of 10 5:30 (S)	23 Youth Sparring 6:15 (S)	24 BLACK BELT EXAM PICKERING 8AM-2PM Youth Sparring 5:30 (P) Adult Sparring 7:45 (S) Ribbon and Medallion Day!!! (during open)	25 Youth (TNT) Program Scarborough 11:00am Black Belt Prep 8 of 10 @ 8am (P) Youth Sparring 8:45am (S) Adult & Youth Sparring 11:00am (P) Ribbon and Medallion Day!!! (during open)
27 Black Belt Prep 6 of 10 5:30 (S) Youth Sparring 5:30 (P)	28 Youth Sparring 6:15 (S) Adult Sparring 7:00 (P)	29 Black Belt Prep 7 of 10 5:30 (S)	30 Youth Sparring 6:15 (S)	AFTER SCHOOL PROGRAM GREAT DAYS, TRANSPORTATION, HEALTHY SNACKS, HOMEWORK & MARTIAL ARTS! A FEW SPOTS LEFT SIGN UP NOW!	EXAM SCHEDULE NOVEMBER 18 SCARB ACADEMY YOUTH WHITE BELTS 12:45 YOUTH YELLOW & ORANGE 1:30 YOUTH GREEN & BLUE & RED 2:30 ADULT ALL LEVELS 3:30
-MARTIAL ARTS BIRTHDAY PARTY !!! -WE SET UP AND CLEAN UP!! -CAKE CUTTING WITH SWORD! -MINI-MARTIAL ARTS CLASS, FOOD & DRINKS! -BIRTHDAY CHILD IS A SUPER STAR ! 		WINTER BREAK CAMP JAN 2-5 Youth and Adult - Save the Date! Fun & Focus & Discipline ● Supremely Awesome Time Half & Full Day ● Morning & Afternoon			Pickering 905-250-4444 Scarborough 416-286-1600 WWW.ENERGYMARTIALARTS.COM