

October 2017

WEAPON OF THE MONTH: SAI



WEAPON NEXT MONTH: NUNCHAKU

QUOTE OF THE MONTH

IT IS TRUE, THAT MASTERING OTHERS IS STRENGTH, BUT MASTERING YOURSELF IS TRUE POWER. THE MOST DIFFICULT AND REWARDING PART OF LIFE, IS ONE'S JOURNEY TO SELF-MASTERY. MARTIAL ARTS IS A GREAT WAY TO TAKE A CONSCIOUS STEP ON THIS PATH. THIS MONTH LET'S MAKE POSITIVE AND DEFINITIVE STEPS IN OUR JOURNEY OF SELF CONTROL.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 Black Belt Prep 1 of 10 5:30 (S) Youth Sparring 5:30 (P)	3 Youth Sparring 6:15 (S) Adult Sparring 7:00 (P)	4 Black Belt Prep 2 of 10 5:30 (S)	5 Youth Sparring 6:15 (S)	6 P. A. DAY CAMP TORONTO DSB TORONTO CDSB DURHAM DSB Youth Sparring 5:30 (P) Adult Sparring 7:45 (S)	7 ACADEMY CLOSED HAPPY THANKSGIVING
9 ACADEMY CLOSED HAPPY THANKSGIVING	10 ATTENDANCE STRIPE WEEK YOUTH BEGINNER & INTERMEDIATE			13 Youth Sai 5:30 (P) Adult Sai 7:45 (S)	14 Adult (TNT) Program Scarborough 11:00am Black Belt Prep 2 of 10 @ 8am (P) Youth Sai 8:45am (S) Adult & Youth Sai 11:00am (P)
16 Black Belt Prep 4 of 10 5:30 (S) Youth Sai 5:30 (P)	17 Youth Sai 6:15 (S) Adult Sai 7:00 (P)	18 Black Belt Prep 5 of 10 5:30 (S)	19 Youth Sai 6:15 (S)	20 P. A. DAY CAMP DURHAM CDSB Youth Sai 5:30 (P) Adult Sai 7:45 (S) Ribbon Day!!! (during open practice)	21 Black Belt Prep 3 of 10 @ 8am (P) Youth Sai 8:45am (S) Adult & Youth Sai 11:00am (P) Belt Examinations (see below) Ribbon Day!!! (during open practice)
23 Black Belt Prep 6 of 10 5:30 (S) Youth Sparring 5:30 (P)	24 PRACTICE STRIPE WEEK (BRING YOUR PRACTICE SHEETS BACK PLEASE)			27 Halloween Party at Pickering Academy 6:45pm Please note: Classes end at 5:30 (both Academies)	28 Youth (TNT) Program Scarborough 11:00am Black Belt Prep 4 of 10 @ 8am (P) Youth Sparring 8:45am (S) Adult & Youth Sparring 11:00am (P)
30 Black Belt Prep 8 of 10 5:30 (S) Youth Sparring 5:30 (P)	31 Youth Sparring 6:15 (S) Adult Sparring 7:00 (P)	• BOOK YOUR MARTIAL ARTS BIRTHDAY PARTY TODAY! • MINI-MARTIAL ARTS CLASS, FOOD & DRINKS! • CAKE CUTTING WITH SWORD, WE SET UP AND CLEAN UP! BIRTHDAY CHILD IS A SUPER STAR			EXAM SCHEDULE OCTOBER 21 SCARB ACADEMY YOUTH WHITE BELTS 12:45 YOUTH YELLOW & ORANGE 1:30 YOUTH GREEN & BLUE & RED 2:30 ADULT ALL LEVELS 3:30
P.A. DAY CAMPS 2017 & 2018 MARTIAL ARTS, GAMES, PARKS ARTS & CRAFTS & MOVIES & MORE GREAT DAYS & GREAT FUN BOOK YOUR SPOTS NOW!	REGISTER NOW!	ATTENTION ALL BROWN BELTS! NEW BLACK BELT PREP COURSE MON & WED 5:30, SCARBOROUGH GET READY FOR THE BLACK BELT EXAM! IMPROVE ALL YOUR TECHNIQUES FROM START TO FINISH. REGISTER NOW!		AFTER SCHOOL PROGRAM GREAT DAYS, TRANSPORTATION, HEALTHY SNACKS, HOMEWORK & MARTIAL ARTS! A FEW SPOTS LEFT SIGN UP NOW!	Pickering 905-250-4444 Scarborough 416-286-1600 WWW.ENERGYMARTIALARTS.COM

FIRST CAMP OCT 6