

# December 2019



## 12 Days of Christmas Challenge

1. Make a list of positive things about someone and give it to them
2. Do someone a favour
3. Offer Help to someone
4. Set 3 goals for 2020
5. Go a day without complaining
6. Share your lunch/snacks with someone
7. Make a new friend
8. Clean up someone else's mess.
9. Stretch for 30 minutes
10. Call someone you haven't spoken to in a long time
11. Do 50 awesome pushups in a row or 25 everyday!
12. Sit quietly and reflect about all the good things in your life

Challenges do not have to be done in order. You can do more than one in a day. Be **HONEST** with yourself – try not to do all of them with only your family and close friends!

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
1	2	3	4	5	6	7
Week 3		Kobudo Class: Yawara Stick	No throw Tuesday	Randori: Sparring bring your equipment	Variation night	Awards Night Stittsville Come out and Cheer our WINNERS
Week 4		9 Kobudo Class: Nunchakus bring your own or ask Santa	10 Review Class During Family class	11 Randori: Sparring Class	12 Review Class During Family class	13 Kickin' it Old School Parents on the Mat ALL students
Week 5		16	17	18	19	20
Stripe Week						
Dojo Closed		23	24	25	26	27
Dojo Closed		30	31	1	2	3
						4



## Dates to Remember

### Belt Test

- Dec 21 @10:00 am  
\*\*classes after Little Champions cancelled on test day

**Dojo Will be closed from Dec 23 to Jan 5. RE-OPEN JAN 6<sup>th</sup>!**

**A Modified schedule will be happening on Dec 28 and Jan 4**

### Dec 28<sup>th</sup> and Jan 4<sup>th</sup>

9:00 am -9:45 am Little Champions  
9:45 – 10:45 All Students (Children and Adults)

**Having problems with some techniques?  
Missing a couple of classes for your stripe?  
Getting ready for a big test?**

**Ask about the private lesson packages.**

**New Merchandise is coming! It's NOT too early to order it for Christmas!!**

**Join our Facebook Members Group - "Manotick Martial Arts"**

### Did You Know?

We are changing our website to reflect the change in location. More social media information – Instagram, facebook and a more mobile friendly site. Members only area and MORE!

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