

**December 2018**



**Highlight/Awards Night**

Come join us on Saturday, December 8 for our annual Highlight/Awards Night at our Stittsville dojo.

Cheer on our newest black belts as they receive their promotions.

The title of "Sensei" will be awarded to black belts who have fulfilled their requirements.

The overall winners of our annual tournament series will be announced.

Demonstrations, pizza and drinks, and enjoy part of the evening with the rest of the "Cooligan Family"!

Doors open at 5:00 pm

| Stances        | Dachi          |
|----------------|----------------|
| Ready Stance   | Hachiji Dachi  |
| Horse Stance   | Kiba Dachi     |
| Forward Stance | Zenkutsu Dachi |
| Guard Stance   | Goshin Dachi   |

| Sun.   | Mon.                   | Tues.                   | Wed.                      | Thurs.                | Fri.  | Sat.  |
|--|------------------------|-------------------------|---------------------------|-----------------------|---|---|
| Core Week 2  |                        |                         |                           |                       |   | 1<br>Christmas Parade                           |
| 2<br>Week 3  | 3<br>Ninja Classes<br> | 4<br>Kickboxing Basics  | 5<br>Weapon Wednesday<br> | 6<br>Grappling Rounds | 7   | 8<br>Highlight Night<br>*Evening in Stittsville |
| 9<br>Stripe Week 4   | 10                     | 11                      | 12                        | 13                    | 14  | 15  |
| <b>Stripe Week Stripe Week Stripe Week Stripe Week Stripe Week</b> |                        |                         |                           |                       |   |   |
| 16<br>Stripe Week 5  | 17                     | 18                      | 19                        | 20                    | 21  | 22<br>Kids Belt Test Day<br>Kids Party @12:30pm |
| <b>Stripe Week Stripe Week Stripe Week Stripe Week</b>             |                        |                         |                           |                       |   |   |
| 23   | 24                     | <br>Closed for Holidays |                           | 26                    | 27<br>LC<br>500-530<br>All kids<br>530-630<br>Adults<br>630-730 | 28<br>Closed-Reopen Jan. 3                      |
|  |                        |                         |                           |                       |   | 29  |

**Join our Facebook Members Groups** - "Cooligan Martial Arts: Stittsville"  
- "Cooligan Martial Arts: Manotick"

**Did You Know?**

Frequently requested documents such as Discipline Stripe forms and Change of Membership forms can be downloaded at [www.cooliganmartialarts.com/cma/documents](http://www.cooliganmartialarts.com/cma/documents)

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**Dates to Remember**

**Kids Belt Test**

- Sat., Dec 22 @ 9:30am

\*Classes cancelled after 9:30 am

**Adult Open Training**

- Every Thurs. 8:00 – 8:30 pm

**Jr. Open Training**

- Every Sat. at 11:45 am

\*except on Belt test day

**You Asked**

**"I am new to the dojo... where can I find the rules of the dojo?"**

In addition to outlining the Little Champions and Junior Achievers programs, you will find a section on the "Rules of the School and Etiquette" at our student welcome website which can be found at

<http://www.cmawelcome.info>

On this site, you will also find a mobile friendly schedule of class times, downloadable files such as discipline stripe forms and useful links.

**Kids Christmas Party**

December 22<sup>nd</sup> @ 12:30pm  
Shidojin Josh will be running a Kids Christmas Potluck Party! Please come sign up at the desk!

**Final Black Belt Test**

Sat., Dec 8 @ 1:00 pm

**Highlight/Awards Night**

Sat., Dec 8 @ 5:00 pm