

# January 2019



**Ted Theelen Shihan Seminar**

Chief Instructor of Rideau Lakes Karate with over 30+ years of Martial Arts . A 6<sup>th</sup> Dan in Shotokan Karate, the organizer and promoter of the popular Kingston Kicks training weekend. He will be running classes here at the Manotick Dojo on Jan. 17<sup>th</sup> !! Details at the counter.

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
30 Core Week 1	31	1	2	3 LC 5-5:30p pm All kids 5:30-6:30pm Adults 6:30-7:30pm	4	5
Closed			Closed			
6 Core Week 2	7	8	9	10	11	12
Back to Basics: Full belt review						
Core Week						
13 Week 3	14 Kickboxing Basics and Sparring	15 Hold escapes <b>WITHOUT</b> hitting	16 Weapon Wednesday Bo Kata Strikes Blocks	17 Ted Theelen Shihan Seminar	18 Ground Defense	19 Grappling
20 Stripe Week 4	21	22	23	24	25 Shiverfest	26
Stripe Week						
27 Stripe Week 5	28	29	30	31 Pre-Test with Shihan Brian	Feb 1	2 Kids Belt Test Day
Stripe Week						

## Dates to Remember

### Kids Belt Test

- Sat., Feb 2 @9:30 am
- Sat., Mar 9 @9:30 am

**\*Classes cancelled after 9:30 am**

### Open Training

- Every Sat. at 11:45 am
- \*except on Belt test day**

## Looking forward into 2019

*Mark your calendars*

### Spring Black Belt Test

- Apr 27 – Black Belt Pre-Test #1
- May 25 – Black Belt Pre-Test #2
- June 22 – Black Belt Final Test

### Fall Black Belt Test

- Oct 12 – Black Belt Pre-Test #1
- Nov 9 – Black Belt Pre-Test #2
- Dec 7 – Black Belt Final Test

### Annual Tournament Series

- July 20 – Technique Tournament
- Sept 14 – Sparring Tournament
- Nov 23 – Grappling Tournament

### Highlight/Awards Night

Saturday, Dec 7

*\*\*dates subject to change*

**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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