

March 2019



## The big move!

The rumour is true! We are moving to our new location soon!

Brand new look!  
More space!  
New classes being added.  
HEAT AND A/C!

## Details to follow.

March Break 11-16, 2019  
To help burn off some energy and share some good times. Classes are free for that week; but we ask that you have a gi. (new from the dojo for \$20 or a used one!)

### 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)

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Stripe Week 4	Feb. 25	26	27	28	Mar. 1	2
Stripe Week						
3	4	5	6	7	8	9
Stripe Week 5	Stripe Week					Kids Belt Test Day
10	11	12	13	14	15	16
Core Week 1	Family members on the Mat WEEK!					
17	18	19	20	21	22	23
	Core Week 2 – Self Defence Techniques and Grappling Focus					
24	25	26	27	28	29	30
Week 3	Weapons Training	Sparring	Parent's on the Mat! All classes	Seminar Sensei Paula Vaz	Grappling	

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

**Black Belt Pre-Test #1 April 27<sup>th</sup>**

**Kingston Kicks April 26-28<sup>th</sup> Seminars and Tournament**

## Dates to Remember

### Kids Belt Test

- Sat., Mar 9 @9:30 am
- Sat. April 13 @ 9:30 am
- \*Classes cancelled 9:30 am**

### Open Training

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

### You Asked

How does my Little Champion get stripes?

Blue stripes at the Little Champions level are a measure of steady training and black belt attitude. During week 4 of the rotation (noted in the Sunday column on the calendar), students who have been attending regularly, will receive homework with tasks demonstrating a black belt attitude outside of the dojo.

Homework should be completed and returned to the desk, the following week.

### Teaching Course

Open to advanced students (BBC and up)  
*Minimum age requirement 14*

Registration at the desk

Day 3 – Sat, March 23  
Day 4 – Sat, March 30  
Day 5 – Sat, April 27

*All classes run from 12-4pm*