

February 2018



March Break Camp

We are now registering for our March Break Camp Black Belt!

In addition to the awesome in-house fun including Jiu Jitsu skills and drills with some of your favourite instructors, campers will be enjoying out-trips including bowling, Xtreme Trampoline and more.

A pizza lunch will be provided on the last day of the camp

Dates: March 12-16, 2018

Time: 9:00am to 4:00 pm

**early drop off and late pick up available by request*

Cost: \$269 full week
\$62 per day (Mon, Thur, Fri)
\$72 per day (Tues. Wed.)

Registration and more information at the desk.

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

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Week 5				1	2	3
					Last day to hand in homework	Teaching Course Jr. Belt Test
4	5	6	7	8	9	10
Week 1	Little Champions – Parents on the Mat	Masters and Adult Bo	PMC Sport Jiu Jitsu	BBC Grappling	BBC Sparring	Night of the Ninja @ 6:00 pm
11	12	13	14	15	16	17
Week 2	Masters Sandan Material	Masters Takedowns	PMC Bo Class	Masters and Adult Grappling	Storm Team Meeting @ 7:30 pm	Masters Sparring
18	19	20	21	22	23	24
Week 3	Family Day Dojo Closed	Masters and Adult Yawara Stick	Bring a Friend to Muay Thai	BBC Takedowns	Fun Friday	PMC Takedowns
25	26	27	28			
Week 4	Masters Sandan Material	PMC Variations	Masters and Adult Kali Stick			

Join our Facebook Members Group - "Cooligan Martial Arts: Manotick"

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Dates to Remember

Jr. Belt Test

- Feb 3
- March 10
(Classes are cancelled except Little Champions)

Open Training

- Every Sat. @ 12 pm (except on Belt test day)
- Every Friday @ 7:30pm

STORM Team

- Feb 16 @ 7:30 pm

You Asked

When should we be submitting the forms for discipline stripes?

Discipline stripes should be earned before earning each black curriculum stripe. As a rule of thumb, students should be attaining their green discipline stripes, some time during weeks 1, 2 or 3. There should only be one discipline stripe earned during each 5-week module.

Teaching Course Dates:

All classes run from 12-4pm

Day 3 – February 3
Day 4 – March 3
Day 5 – March 31
Day 6 – April 28