

January 2020




New Years Bingo

To help kick start your training in 2020, we are running a contest in January with some awesome prizes. The contest is open to all children in our Junior Achievers, BBC and PMC programs (ages 6-12)

Download (link in e-mail) and print out your card. Complete a line, have it verified and hand in your card.

All students who hand in a completed card will receive a "Future Black Belt" bracelet and will be entered into a draw for one of the following prizes:

- 1st – One week of March Break/Summer Camp
- 2nd – Cooligan Hoodie
- 3rd – Cooligan T-shirt
- 4th – Cooligan Toque

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
			1 	2 Closed	3 Closed	4 Closed
5 Week 1	6 First Day Back	7 BBC lesson of the month: MOTIVATION	8 FILL OUT YOUR BINGO CARD	9 BROWN BELT Sport Jiu Jitsu	10 Parents on the Mat for White Belt Warm-Up	11 MASTERS Punch Defence Class
12 Week 2	13 BROWN BELT BIT class	14 ADULT Grappling Tuesdays all month	15 ADULT Weapons Class	16 ADULT DAY Class Grappling	17 BBC Grappling	18 LITTLE CHAMPIONS Parents on the Mat
19 Week 3	20 BROWN BELT Sport Jiu Jitsu	21 WHITE BELT 2 for 1 Tuesday	22 ADULT Weapons Class	23 BROWN BELT BIT class	24 BBC Sparring	25 Bring a friend to WHITE BELT Class
26 Week 4	27 ADULT Sparring	28 WHITE BELT 2 for 1 Tuesday	29 ADULT Weapons Class	30 ADULT DAY class Weapons	31 Bring a sibling to White/ Yellow Belt Class	

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

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

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Coming up

Children's Belt Test
- Feb 8 @10:30 am
***classes after Little Champions cancelled on test day*

Adult Belt Test
- February 12 @6:00 pm

Adult Open Training
- Every Thurs. 8:30 – 9 pm

Jr. Open Training
- Every Fri. at 6:15 pm & Sat. at 9 am **except on Belt test day*

Dates to remember in 2020

March Break Camp
March 16-20

Black Belt Assessments
April 25

Black Belt Pre-Test
May 23

Black Belt Test
June 20

Summer Camps Begin
July 6

Grappling Tournament
September 12

Technique Tournament
October 10

Black Belt Assessments
October 10

Black Belt Pre-Test
November 7

Sparring Tournament
November 21

Black Belt Test/Highlight Night
December 5