

September 2019



Sparring Tournament

On Saturday, September 14 beginning at 10:00 am, we will be holding the second of our three tournaments in the annual series.

All students, white belt and up, are encouraged to take part.

White and yellow belts will compete in a sparring skills competition while orange belts and higher will compete in point sparring.

Registration and more information at the front desk

**Registration deadline is Friday, September 13*

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
1 Week 5	2 CLOSED	3 Tournament Prep White Belt classes and up	4 Adult Weapons Class	5 Tournament Prep White Belt classes and up	6	7 CHILDREN'S BELT TEST DAY EDGED WEAPON & BATON SEMINAR
8 Week 1	9 Tournament Prep White Belt classes and up	10 Adult Weapons Class	11 Tournament Prep White Belt classes and up ADULT Belt Test	12 Adult Grappling Class	13	14 Sparring Tournament (*Classes after Little Champions are cancelled)
15 Week 2	16 Junior BBC Nunchuku Class	17 Adult Grappling Class	18 Brown Belt Takedowns	19 Adult Weapons Class	20 BBC Grappling Class	21 Brown Belt Bo
22 Week 3	23 Brown Belt Sparring	24 Adult Weapons Class	25 Brown Belt – BIT Class	26 Adult Grappling Class	27	28 Brown Belt – BIT Class
29 Week 4	30 Adult Sparring	OCTOBER 1	2	3	4	5

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

Dates to Remember

Children's Belt Test

- Sept 7 @10:30 am
**classes after Little Champions cancelled on test day

Adult Belt Test

- Sept 11 @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

You Asked

Does my child automatically move up from the Little Champions program when he/she turn 6?

All children grow and mature at different rates, so age is not the only determining factor.

During the private introduction, six-year-old children are assessed as to which program would be the best fit for them. If they are in the Little Champions program and turn 6, we will look at a few factors including safety in determining if they are ready to try the next program.

AFTER SCHOOL PROGRAM

Having trouble getting your children to class with your busy schedule? How about the Cooligan Martial Arts After School Program?

Your children come directly from school, have a snack, do their homework, have some free time and do their class. If you are interested in finding out more, come see us at the desk, the next time that you are in.

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

12 Cedarow Ct. ❖ Stittsville, ON ❖ K2S 1V6
613-831-3622 ❖ info@cooliganmartialarts.com