

October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26 Testing	27 Testing	28 Testing	29 Testing	30 Testing	1 Orientation
2	3	4	5	6	7	8 Fight Club
9	10 Parents Train FREE	11 Parents Train FREE	12	13	14	15
16	17	18	19	20	21	22 Fight Club
23 30	24 Costume Night No Classes 31	25 Dodgeball	26 Neon Night	27 Buddy Self Defense	28 Trunk or Treat	29

Orientation

Saturday, October 1st

All students advancing in levels please attend orientation. We'll be going over your new class requirements.

10:00am - New Orange Belts

11:30am - New Purple Belts

12:15pm - New Red Belts

Parents Train FREE

October 10th and 11th

We believe that if your child sees you training with them, they will take classes more seriously and will put more effort in to their martial arts training.

We promise you'll enjoy class and you'll love seeing the smile on your child's face.

Self Defense Class

Thursday, October 27th

Regular Class Times

Buddy Night - Bring a friend to class to learn self defense moves

One of the best ways to avoid and deal with bullies is to learn how to cope physically and mentally with their attacks. While self-defense should be a last resort, a martial arts practice will help with all of the skills you need plus so much more. Awareness, education and communication are the best tools we have against any problem like bullying

Trunk or Treat

Friday 28th - Trunk or Treat

All kids are welcome to join us on from 4:30pm - 6:30pm for our third EMA trunk or treat event. Families can join us in back of the EMA studio and enjoy Halloween with us.

Mr C's Birthday Week

Monday 24th - Costume Night

Wear your Halloween costume to class

Tuesday 25th - Dodgeball

Working on our dodging, ducking, dipping, diving, and dodging

Wednesday 26th - Neon Night

It's a glow in the dark class. Make sure to wear white or glow in the dark clothes to class.

Thursday 27th - Self Defense

Bring an buddy to class and learn some self defense moves

Friday 28th - Trunk or Treat

4:30pm - 6:30pm

****No Regular Classes****

**Closed: Monday, October 31st
Halloween**