

November 2009

Traditional Belt Exam (plus a Black Belt Grading) – Friday Nov. 6th

Those who have qualified to attend the Belt Exam may attend this testing at their appropriate time. This is a traditional testing and will not result in students being awarded a belt, or even feedback until the belt ceremony the following week. **Testing Times for Friday November 6th - Junior White to Orange Belts 6:00PM to 6:30PM; Junior Green and Up 6:30PM to 7:15PM; All Adult Levels; 7:30PM to 8:30PM.** (Let us know if you cannot attend). This month we are also testing a student for his black belt during the adult exam on Friday & the 2nd phase on Monday Nov. 9th at 8:30pm. Come out and support your fellow martial artist and learn what is expected at a black belt grading!

Traditional Ceremony – Friday Nov. 13th

The BELT CEREMONY is back! It is a celebration where you will witness student's performances as well as a performance from the Demonstration Team. Students who graded the week before will come out and perform and those who passed will be presented with their belt and certificates. Spectators are welcome and encouraged to attend.

All Junior students: 6:30PM SHARP! All Adult Levels: 7:30PM SHARP!

Introducing GRAJUKABO!!

GMAA welcomes Sensei Shawn H. who will be introducing a new adult program on Monday, Tuesday, and Thursday evenings. Grajukabo is the integrated art of Shinto Ryu JiuJitsu, Grappling Basics, Karate-Jiutsu, Bo-Jiutsu, Goshin Budo, & Self-Defence. The first class will commence on Tuesday November 10th from 9:30 to 10:30pm. Free adult trial class! Inquire at the front desk for more information.

Holiday Pro-Shop Sale – Monday 16th to Friday 20th

Start your Christmas shopping now! Order an extra uniform, training equipment for home or required training equipment for your program. Pay for your order this week and save!! **YBC members save 10%, BBC members save 20%, and SWAT members save 30%** off all in-stock and ordered products! **Note: There is no guarantee all items ordered from the catalogue will be available for the holidays.*

Weapons (Kobudo) Seminar! --Friday November 27th 6:30pm to 8:00pm

Time for another weapons seminar! Sensei McDougall will lead us through kali drills and techniques using two escrima sticks. Sign up now to learn exciting stick fighting methods. Two escrima sticks will be required. This 1 ½ hour seminar is \$15 per student if you have your own two sticks; \$30 per student if you need to buy one stick; or \$45 per student for seminar & both

Weapons Training This Month

SAI -Sai Basics & Sai Kata

November is Sai Month! Learn a new weapon for only \$15 per class. Personal Sai's are required (79.99).

Weapons classes are **FREE for BBC & SWAT members!**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6 Belt Exam! 	7
8	9 2nd Phase Black Belt Test	10 NEW GRAJUKABO Program	11	12	13 Belt Ceremony	14
15	16 	17	18	19	20 Holiday Pro-Shop Sale! 	21
22	23	24	25	26	27 Kali  Weapons Seminar	28
29	30					