



GUARDIAN MARTIAL ARTS & FITNESS, INC.

GUARDIAN MARTIAL ARTS & FITNESS MISSION STATEMENT

Our mission at Guardian Martial Arts & Fitness is to share the life enhancing benefits of martial arts and fitness with those we are privileged and dedicated to serve.

**NOVEMBER,
2015**

BROTHERHOOD OF KENPO SEMINAR

On Friday and Saturday November 13th & 14th Modern Martial Arts in London, Ontario will be hosting Kenpo greats to teach new aspects of the great art of American Kenpo. There will be sessions available for children and adults. The seminar will begin Friday evening and finish with a special dinner reception Saturday night.

ALL MARTIAL ARTISTS WELCOME

This event is likely to be the biggest one in Canada this decade (at least this far)! Guest instructors are coming in from all over the United States and Canada. We are pleased to announce the following line up for the classes. Mr. Mark Lawler 8th degree , Mr. Angelo Collado 8th degree , Mr. Steve Stewart 8th degree , Mr. Dan Meck 7th degree , Mr. Dave Medina 7th degree , Mr. Brian Sahl 6th degree , Mr. Jason Arnold 6th degree , Mr. Sebastian Snow 5th degree , and the highest ranked active female kenpoist in Canada Mrs. Christine Snow 5th degree.

Mark this weekend on your calendar November 13th and 14th 2015 at the London Delta Armouries Hotel London Ontario.

THIS IS ONE EVENT YOU WON'T WANT TO MISS !

Adults \$119.00 plus HST includes 10 training session , camp t-shirt and dinner Saturday evening.

Adult program starts Friday 5:00PM Saturday 9:00am to 5:00pm

Kids \$49.00 plus HST includes 4 training session , camp t-shirt , pizza lunch



**See page 2 for
information
about our
Holiday events!**



**INSTRUCTORS CLASS
FRIDAY
November 20, 2015
@ 6:30 P.M.**



Guardian Martial Arts & Fitness, Inc.

November 2015

GUARDIAN TO MARCH IN GARDEN CITY THANKSGIVING WEEKEND PARADE!

For the first time in many years Guardian will be marching in the Thanksgiving Weekend Parade. The parade starts at 10:00 a.m. and runs till about 12:00 p.m. This parade is one of the last holiday parades held in local communities. The theme for this years parade is "Christmas in the Mitten." Ideas for a float combing Kenpo and this theme are appreciated! Santa is available for a visit following the parade. We will march even if we do not have a float.

For the first time ever, Garden City will also be hosting a Craft Show and Business expo right near Santa. This is also Small Business Saturday so combine your holiday shopping and create a great family tradition!



Congratulations, October Graduates!

Merry Christmas, Happy Everything!

It is hard to believe we are already talking about Christmas and New Years' but there it is! It's that time of year again. Christmas music is even playing in the stores and on the radios already. I guess we need to make our plans, too!

In the past, GMA has done a few different things for the Holiday party here. This year, I thought we could have a Family Pot Luck with a Cookie Walk and Gift Exchange. I think this would be a lot of fun, something a little different and give us a chance to spend a little time together.

The Pot Luck will be on Saturday, December 12th from 4:30 till 7:30 p.m. We are asking everyone to bring a main dish. Then, we will go by alphabet for our sides and desserts. A dozen cookies per cookie walker will be needed (what a great way to get some cookies!). We will have our gift exchange via a name draw. Mrs. Bunting will help with this. It will be **VERY IMPORTANT TO SIGN UP FOR THIS EVENT!** WE WILL BE COUNTING ON YOUR ATTENDANCE IF YOU DO SIGN UP, AND WE HOPE YOU WILL!

A past favorite has been the Adult White Elephant, and I haven't quite decided about that. More info to follow! Please join us for this wonderful celebration!



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November 2015

GRADUATION

Congratulations to all our **October Graduates**. **Lil' Dragons:** Brayden Baugher; Domenick Myftiu; Sebastian Myftiu. **Juniors:** Ethan Casler; Cole Clark; Griffin Kozlo; David Ormsby. **Adv. Juniors:** Zachary Fulton; Mario Popescu; Malliek Watkins. **Brown Belts & Jr. Black Belt:** Lincoln Loisselle; Sean Thompson; Shannon DeHart. **Probationary Black Belts:** Ariel Fretter. **Adults:** Bill Allen; Theoren Morton. **GCFRC:** D' Angelo Contesso; Dequoya Hartwick; Cassidy Smith; Saevion Taylor; Jacob Willsey.

GREAT JOB, STUDENTS! Each step takes you closer to the goal of Black Belt!

GRADUATION FOR NOVEMBER, 2015

Graduation for November will be on Saturday November 21, 2015. Grading will be at 10:00 a.m. for Junior and Adult students Good luck!

BIRTHDAYS IN NOVEMBER, 2015 _Its time to celebrate! Griffin Kozlo (11-04); Zachary Fulton (11-11); Conner Brugger (11-20). HAPPY BIRTHDAY!

THANK YOU & WELCOME!

Thank you to everyone who has helped out these last few weeks! We had a great demo for the Garden City Chili Cook-Off! Thank you to Doug Ozdarski, Sean & Alex Arning, Shannon DeHart, David & William Ormsby, Jessica Gronda and Brayden Baugher for participating in the Demo! It turned out great! Thank you to everyone who brought guests to Buddy Week. This was our best attended Buddy Week ever! It is important to bring in new students to keep GMA moving and to share the awesome martial art of American Kenpo.

Welcome to our new students that came to GMA this last month! We are happy you are here and look forward to sharing the awesome art of American Kenpo with you!



HALLOWEEN TRUNK OR TREAT AWARDS!

Congratulations to our Trunk or Treat award winners! Best costume went to Malliek Watkins, Best decorated vehicle went to Griffin Kozlo's family and Best carved pumpkin went to the Arning Family! Way to go! Thanks to Ink Addiction and the Hair Hut for your participation in Trunk or Treat! Cash was won, cupcakes were eaten and trick or treating was great. It was too bad it rained out our hay rides, but we still had fun with musical chairs indoors. It may sound hokey, but it seems kids and adults still love musical chairs. It is a little more interesting at a martial arts studio, but it was a blast nonetheless! A great night! Thank you everyone!





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**We're on the Web:
Guardianmartialarts.com**

**SPECIALIZING IN YOU
AND EXCELLENT AT IT!**

SCHEDULE OF EVENTS

NOVEMBER

11-20 Instructors Class 6:30

11-21 Grading 10:00

11-26 thru 11-29 Studio Closed

Thanksgiving Weekend

11-28 Garden City Santa Parade

Holiday Craft & Business Expo

DECEMBER

12-12 Grading

Studio Holiday Pot Luck, Cookie Walt
& Gift Exchange 4:30 till 7:30 p.m.

12-24-Jan 2, 2016 Studio Closed

JANUARY 2016

01-02 Studio reopens—Special Training session

01-15 Instructors Class 6:30

01-16 Grading 10:00

FEBRUARY 2016

02-19 Instructors Class 6:30

02-20 Grading 10:00

