



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.

**JANUARY
2016**

GMA RE-OPENS STUDIO WITH SPECIAL WELCOME NEW YEARS WORKOUT



Crazy days, crazy nights, crazy days turn into crazy months! We're all crazy! This year is going to get off to a calm, centered start! GMA will be hosting a WELCOME New Year Workout when we re-open on Saturday, January 2, 2016. This special workout will feature Yoga and Tai Chi along with a light brunch following the workout. Guest instructor Vincent Spadacini from the Maplewood Center will teach 45 minutes of Yoga and Sifu's Julie & Mark Herbert will teach the Tai Chi portion of 45 minutes. There will be some history of martial arts and Tai Chi's connection to the arts. Bagels and fruit will be served after the workout.

This workout is open **ONLY TO STUDENTS 10 OR OLDER, OR ARE ADVANCED JUNIOR STUDENTS AND UP.** It is also open to **ALL** parents. **SIGN-UP WILL BE REQUIRED.** The work-out and brunch are free.

Come join us and get the year off to a calm. Centered start. Let's carry inner peace through the year!



Happy New Year!

*Here's to a Healthy,
Safe, Prosperous
2016!*

*A wish for all! May 2016 bring us
all good health, safety for our loved
ones and prosperity for our families!
Be blessed!*

2016



Instructor's Class
Friday, January 15, 2016
6:30 p.m.

Black Belt Candidate Meeting
5:30 p.m.

Instructors Class is for ALL Brown Belt & up students. This class is mandatory.



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JANUARY 2016

TOURNAMENT PREP WORK-OUT

I am encouraging students to plan on attending and competing in the upcoming tournament detailed on Page 3. This is a great opportunity to have fun and test your skills with other Kenpo students. Also, you will get to meet fellow Kenpo students from other schools. It is nice to have Kenpo comrades!

To help students prepare, there will be tournament prep workouts scheduled in February and March. There are customs and courtesies at tournaments that students need to know as well. By attending the prep workouts, you will go to the tournament at your best and ready to rock!

Students wanting to compete need to plan on being at these workouts. There will only be five workouts so it is highly recommended you attend.

Remember, too, that students need to participate in three tournaments as a Black Belt requirement.

Workout Dates:

Saturday, February 6th 11:00 a.m.

Saturday, February 13th 11:00 a.m.

Saturday, February 27th 11:00 a.m.

Saturday, March 12th 11:00 a.m.

Thursday, March 31st at 8:00 p.m.

Black Belt Candidate Invitation Letters To Be Mailed Out Soon!

The long worked for goal of Black Belt is about to be realized for some students in 2016! Invitation to Grade letters are soon to be mailed! Those individuals receiving the letters will attend a Black Belt Candidate meeting on January 15th at 5:30 p.m. This will be a mandatory meeting for all candidates.



**IF YOU DON'T
PRACTICE
YOU DON'T
DESERVE TO WIN**

— ANDRE AGASSI



Guardian Martial Arts & Fitness, Inc.

JANUARY 2016

GRADUATION

Congratulations to all our **DECEMBER Graduates**. **Lil' Dragons:** Cody Bluebaugh; Domenick Myftiu. **Juniors:** Drake Brown;. **Adv. Juniors:** See You Next Month. **Brown Belts & Jr. Black Belt:** Lincoln Loiselle; Sean Thompson. **Probationary Black Belts:** Ali Dabaja; Ryan Demarest. **Adults:** See You Next Month. **GCFRC:** Mark Brothers; Tyrese Jones; Nic Montoya; Trent Tayler.

Congratulations for all of our Tipton Graduates: Kassandra Ortiz; Lilith Ortiz.

Congratulations to all our ABT Graduates: **Juniors:** See You Next Month.

Congratulations to our Bright Futures Graduates: JayJohn Clark; Cheyenne Kittel.

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

GRADUATION FOR JANUARY 2016

Graduation for JANUARY will be on Saturday JANUARY 16, 2016. Grading will be at 10:00 a.m. for Junior and Adult students Good luck!

BIRTHDAYS IN JANUARY 2016

Its time to celebrate! Blessing to: Aidan Collins (01-11); Brayden Baugher (01-12); Jessica Gronda (01-23); Leelan Devers (01-30). HAPPY BIRTHDAY!

EVENTS TO PLAN FOR:

***TOURNAMENT IN CANADA IN APRIL, 2016**

There will be a tournament in London, Ontario on Sunday, April 3, 2016. This is a Kenpo tournament with over 146 Divisions. GMA will be planning to attend. For those interested, we will do extra training. Those competing may want to plan to stay the night in London, to avoid a long drive the morning of the tournament. There are special rates that will be available at a local hotel.

***15 YEAR ANNIVERSARY ARNIS SEMINAR**

July 30, 2016, Livonia

***NATIONAL WOMENS'S MARTIAL ARTS GATHERING**

July 21, 2016—July 24, 2016 at Northwestern University in Illinois.

IMMAF CANADA
PROFESSOR STEVE STEWART AND GRANDMASTER FRANK TREJO
ARE PLEASED TO PRESENT THE:
2016 IMMAF
Karate Championships
April 3rd, 2016
"WHERE CHAMPIONS ARE CROWNED AND LEGENDS ARE BORN"

21 DIVISIONS!
Youth to Adult
ALL BELTS
ALL AGES

\$50 Entry Fee
Includes All Events

'A' Rated Event
Best Western Lamplighter Inn,
Crystal Ballroom
591 Wellington Road South,
London, ON.
9:00 AM - 6:00 PM

Trophies for top three
in all categories!

GRAND CHAMPION TROPHY

BLACK BELT
Grand Champion Belt
REGISTER ONLINE!
For more information: 519-438-5425
Email: Melanie@SSMMA.ca

www.LondonMMAA.com/champions.html



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

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

SCHEDULE OF EVENTS

JANUARY 2016

01-02 Studio reopens—Special Training session 10:00
01-15 Black Belt Candidate Meeting 5:30
Instructors Class 6:30
01-16 Grading 10:00

FEBRUARY 2016

02-19 BB Candidate workout 5:30
Instructors Class 6:30
02-20 Grading 10:00

MARCH 2016

02-18 BB Candidate workout 5:30
Instructors Class 6:30
02-19 Grading 10:00

APRIL 2016

04-03 Tournament in London, Ontario

