



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.

OCTOBER 2015

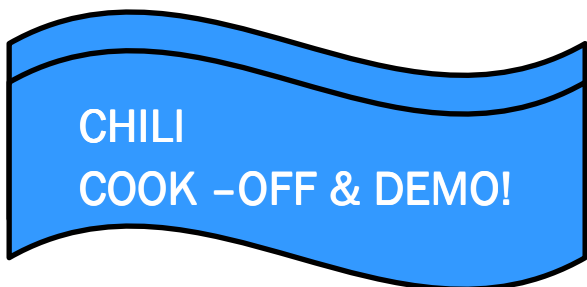
BUDDY WEEK!

WOW! It's going to be a great week! Bring your friends to Guardian for **FREE AMERICAN KENPO** the week of October 19th through October 24th! YOU know martial arts is fun and helps develop skills like leadership, how to handle a bully, adds to physical fitness and develops self-confidence! **SHARE** these great skills with your friends and both will receive a **FREE** Light up karate wrist band **AND WE WILL PRACTICE BOARD BREAKING WITH YOU AND YOUR GUESTS!** Invitations to share with your friends will be distributed the week of October 12, 2015.



*To hear is to doubt;
To see is to be deceived;
To feel is to believe.*

**Ed Parker*



Garden City is hosting A Chili Cook Off on Saturday, October 3, 2015 from 12:00 p.m.–5:00 p.m. It will be held at the Kroger parking lot area. In addition, there will be an After Burn for adults. The After Burn will run 5:00–9:00 p.m. and will have a live band and beer tent.

Guardian will be performing a Demo at 2:00 p.m. During the Chili Cook off. Please, please, we need YOU TO COME TO THE DEMO AND HELP SHARE AMERICAN KENPO. This also helps the public learn about Guardian Martial Arts. We will be having a practice at 6:00 p.m. Friday, October 6th to get ready. PLEASE PLAN TO ATTEND!



INSTRUCTORS CLASS
FRIDAY
October 15, 2015
@ 6:30 P.M.



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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.

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!

ANNUAL TRUNK OR TREAT

On Wednesday, October 28, 2015, GMA will host it's Annual Trunk or Treat. The Trunk or Treat will run from 6:00 p.m. till 8:00 p.m.

There will be costume judging, carved pumpkin judging, and best decorated trunk judging. Prizes will be awarded. As usual, we will have our hay ride, which is always a favorite. There will be no regular classes that evening.

Guardian will provide cider and donuts. A sign-up sheet will be posted. Please sign up so we have an idea of how many to expect! This is a very fun evening and we hope you can attend!

W B Z P E R S E V E R A N C E N
V H E N I L P I C S I D G H E R
O L T P R S U Y E S X Y W S V O
B D Y V A W M C U K K U N L W X
I A I Q W O L H A O B E Q O V I
U I E K N R Y P B B F Y D S N Y
N K Z U I D N U G E K I I T G Y
W I U J Q A D C D H H L E H T V
M J A U T O F F A S H G I S U K
N U R J B N L F U O R E E U T I
N J E U F E B B N I S N F M C H
K U S T S F C O T N O C H U U S
D T P S G W R Y E H J B N X G V
K S E U M U C S H P X P K T G B
Z U C X I S T O D U B N A S V B
U P T M S L K A R A T E M L Y R

**AIKIDO
AIKI JUJUTSU
BUSHIDO
DISCIPLINE
HONESTY
HONOR
INTEGRITY
JUJUTSU**

**KARATE
KOBUDO
PERSEVERANCE
RESPECT
SAN BUDO
SELF DEFENSE
SENSEI
SWORD**



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GRADUATION

Congratulations to all our September Graduates. **Lil' Dragons:** Brayden Baugher; Cody Bluebaugh; William Ormsby; Lilith Ortiz; Ali Zorkot. **Juniors:** Danielle Neumann; Kassandra Ortiz. **Adv. Juniors:** Zachary Fulton. **Brown Belts & Jr. Black Belt:** Alex Arning; Shannon DeHart; Jonah Ostella. **Probationary Black Belts:** Mariam Dabaja; Ryan Demarest. **Adults:** Trevor Morton. **GCFRC:** See You Next Month !!!

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

GRADUATION FOR October, 2015

Graduation for October will be on Saturday, October 17, 2015. Grading will be at 10:00 a.m. for Junior and Adult students Good luck!

BIRTHDAYS IN OCTOBER, 2015 Alex Arning (10-06); Malliek Watkins (10-08); Zena Alyasiry (10-20); Ryan Demarest (10-25); Theoren Morton (10-25); Trevor Morton (10-25); Randy Smith (10-25); and Zachary Baker (10-28). Its time to celebrate! HAPPY BIRTHDAY!

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



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

SCHEDULE OF EVENTS

OCTOBER

10-3 Demo at GC Chili Cook-Off (?)
10-16 Instructors Class 6:30
10-17 Grading 10:00
10-19 - 10-24 Buddy Week

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

DECEMBER

12-12 Grading
Studio Christmas party
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

