



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.

March/April, 2006



Mr. Luke Staley with Mr. Perkins at a recent breaking Seminar. Of course, Luke broke successfully! Way to go Luke!



SEE INSIDE FOR EXCITING EVENTS
AT
GUARDIAN MARTIAL ARTS & FITNESS

Dr. Steve Stewart attempts an energy pull when he was here this past March. Dr. Stewart, Mrs. Perkins instructor, got the students swaying, although this time, he didn't pull them off their mark. Many of us have seen Dr. Stewart move people on the other side of walls. GMA enjoyed his visit on March 4th, and he is already booked for February 10, 2007. Not too soon to plan ahead!





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GMA GLITZ AND GEAR FUNDRAISER



GMA is proud to announce the “GLITZ AND GEAR FUNDRAISER.” As you may know, the outside awning is torn to bits due to age and high winds. This awning is fifteen years old, and we knew we were on borrowed time when GMA moved in four years ago. At the moment, the awning technically “belongs” to no one and is not covered under any insurance. We want to make it our own and add some glitz to the studio. In addition, the sparring gear in our box is getting worse for the wear and needs to be replaced.

To add some GLITZ AND GEAR to GMA, we will be selling Little Caesars Pizza Kits to raise some dough. The sale will begin on April 18th and end on May 1st. Delivery date will be approximately May 8th. This is a busy time of year, and its always a help to have something easy and yummy to throw in the oven.

The 1st Place winner will receive **2 months FREE TUITION** (a \$150.00 value!), 2nd place will receive **1 month FREE TUITION** (a \$75.00 value!) and 3rd place will receive a **CATALOG GIFT CERTIFICATE FOR \$50.00** (from the Century Catalog).

If there are additional funds raised, extra money will go toward a Portable Automatic Defibrillator Fund. I would like to have one on hand in case of emergencies.

Thanks for your participation and for helping to add GLITZ AND GEAR to GMA!



MOMS NIGHT OUT

In honor of all the hard-working, stressed out, loving, caring Mom's, GMA is proud to announce “Moms Night Out” on Friday evening, May 12th from 5:30 p.m. until 8:30 p.m. Featured will be free a Pilates class, a free Kickboxing class and a free Tai Chi class. In addition, there will be free Trigger Point Massage from Dr. Amanda Afleblat, and free mini-makeovers by Arbonne specialist Toni VonShyuck.

Hors d'ouevres will help keep Mom's stamina going while she enjoys a work-out, massage, and makeovers.

Reserve your spot now by calling GMA at (734) 266-0565.





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GRADUATION

Congratulations to all of **February** Graduates! Keep up the excellent work! **Dragon Tails:**

Lil Dragons: R. Demarest, M. Miller, J. Nance-Suchy, K. Ryan, K. Smith, A. Vanayek, **Juniors:** M. Austin, C. Hill, K. Holmes, M. Huntoon, D. Lee, M. Miller, J. Moss, **Adv. Juniors:** M. Marji, M. Paul, M. Quigley, M. Sayger, M. Smith, N. Smith, **Adults:** D. Anderson, M. Austin, A. Caldwell, A. Cardoso, T. Gabairle, J. Howlin, S. Milne, D. Ozdarski, D. Sundrla and N. Temple. GREAT JOB, EVERYONE! Keep up the good work!

Congratulations to all of **March** Graduates! Keep up the excellent work! **Dragon Tails:**

Lil Dragons: R. Demarest, C. Harris, M. Hooton, C. Kloviski, J. Nance-Suchy, E. Ozdarski, C. Schwochert, A. Vanayek, **Juniors:** G. Goerke, A. Hiles, S. Krzyzanowski, G. Levis, C. Pope, C. Talbot, C. Talbot, **Adv. Juniors:** S. Kelley, S. Ozdarski, **Adults:** L. Buckley, C. Conklin, L. Demarest, A. Dillard, J. Howlin, S. May, and S. Ryan. GREAT JOB, EVERYONE! Keep up the good work!

ABT GRADUATES

Congratulations to our sister school graduates from ABT for **February:** Kyle Brewer, Marlon Carter, Ali Dabaja, Destiny Grimes, Sara Harb, Mohamed Harb, Saadeh Jallad, Fernando Juerez, Jonathon Myles, Nigel Parker, Scott Porter, Jessica Villareal, Victor Villareal, Tyler Wiley, and Anthony Ybrrra -Brewer.

Congratulations to ABT March Graduates: Bryan Pina and Jennifer Pina.

GRADUATION FOR APRIL

Graduation for April will be on Saturday, April 8th at 10 am for Juniors and 11:30 am for Adults. Please submit grading forms by Thursday, April 6th, Graduation for May will be 5-13-06.

BIRTHDAYS IN MARCH AND APRIL:

It is time to celebrate. March birthdays: G. Finch (03-25-74); N. Kaldobsky (03-03-87); M. Miller (03-24-98); C. Rice Jr. (03-12-64); S. Ryan (03-31-92); M. Smith (03-31-96); R. Sopha (03-05-69); N. Temple (03-02-74); C. Trout (03-20-86); K. Woods (03-04-97); and J. Wyn (03-02-95). April birthdays: S. Krzyzanowski (4-9); D. Hornbuckle (4-12); D. Kruse (4-13); C. Westwood (4-15); C. Hill (4-15); R. Conroy (4-16); G. Alcala (4-17); C. Pope (4-17) Congratulations to all for turning a year older. HAPPY BIRTHDAY!

GARDEN CITY FAMILY RESOURCE EXTRAVAGANZA

GMA will be participating in the Garden City Family Resource Extravaganza on April 29, 2006. We will be performing a demo from 10:00 to 11:20 a.m. We will be practicing in class and we encourage all students to participate. The only way to have an awesome demo is with practice and participation and I'm counting on YOU to help make this an successful demo!

LADIES WORKOUT

On Friday, April 28th we will have a Ladies Workout. This Ladies only session is just for the females of the studio. The workout will run from 5:30 till 6:30. This is just a chance for our Dojo Darlins' to spend some time working out and share some time together. Mrs. Perkins will teach this class. Please use the sign-up sheet so we have an idea who will be attending. See you then!





Guardian Martial Arts & Fitness, Inc.
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**We're on the Web:
Guardianmartialarts.com**

**Serving all your martial arts and fitness
needs**

SCHEDULE OF EVENTS

April

- 4-8 Grading 10:00 Juniors; 11:30 Adults
- 4-15 & 4-17 GMA closed for Spring Break
- 4-18 New Fitness Sessions begin with GMA
Glitz and Gear Fundraiser begins
- 4-24 New Fitness Sessions begin with Garden City
- 4-28 Ladies Work-out 5:30 p.m.
- 4-29 Demo at Maplewood Center for the GC Family Resource Center 10:00 a.m. till 11:20 a.m.

May

- 5-1 Glitz and Gear Fundraiser ends
- 5-12 Moms Night Out 5:30 p.m. till 8:30 p.m.
- 5-13 Grading 10:00 Juniors; 11:30 Adults
- 5-20 Tournament - Novi
- 5-27 & 5-29 GMA closed for Memorial Day

June

- 6-3 Junior Black Belt Pre-Test 12:30 p.m. (PRIVATE SESSION)
- 6-12 Spring Fitness Sessions end
- 6-10 Junior Black Belt Graduation 1:00 p.m.
Relay for Life Demo
- 6-17 Graduation 10:00 Juniors; 11:30 Adults
- 6-19 Summer Fitness sessions begin
- 6-30 & 7-1 Adult Black Belt Graduation. London, Ontario