



Cumberland Martial Arts Academy Newsletter



Hello everyone,

Here is the January-February 2018 edition of the Cumberland Martial Arts Academy Newsletter.

If you have any feedback or if you wish to remove your email from the mailing list, please contact us by email at bgervais76@gmail.com.

Enjoy!

Wing Chun grading — December 16th, 2017

Congratulations to **Jim Lennon** and **Sean Lennon** for being promoted to Brown Sash at the grading on December 16th, 2017. We also wish to congratulate **Josh Teske** for being promoted to Black Sash on December 16th. Your dedication and hard work were well recognized. Keep up the great work.

The next Wing Chun grading will take place in March 2018.

Toronto International Tournament of Champions – December 8-9-10, 2017

The Toronto International Tournament of Champions was held in Markham, Ontario on December 8-9-10, 2017. A number of CMAA students participated in various event at the tournament. Congratulations to **Michäel Côté** for winning gold in Sanda Class E 185, **Jordan Branker** for winning gold in Sanda Class B 185, **Keegan Fall** for winning silver in Sanda Class B 155 and **Josh Teske** for winning silver in Para Weapons and Gold in Traditional Kung Fu Short Weapon. Jordan, Keegan and Josh have all qualified for the 2018 Ontario Winter Games in Orillia.

2018 Classes Begin

Classes in 2018 began on Monday, January 8. Please consult the schedule for class time.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 - 10:00						Boot Camp	9:30 - 11:30 Women's Ving Tsun
10:00 - 11:00						Ving Tsun	
11:00 - 12:00						BJJ	
12:00 - 1:00	Muay Thai	BJJ	Muay Thai	BJJ	No Gi	Muay Thai	
1:00 - 2:00						MMA	1:00 - 3:00 Training camp
2:00 - 3:00							
3:00 - 4:00							
4:00 - 5:00							
5:00 - 5:45							
6:00 - 6:45	Kids Muay Thai	Kids BJJ	Kids Muay Thai	Kids BJJ	Kids Muay Thai		
7:00 - 8:00	Boot Camp	BJJ	Boot Camp	BJJ	Kids BJJ		
8:00 - 9:00	Muay Thai	Ving Tsun	Muay Thai	Ving Tsun	MMA		
9:00 - 9:30					(No Gi) Open Roll		

Qualifying Event for Ontario Winter Games – January 27, 2018

There will be a Foundation of Sanda Free Fighting-Single Elimination Bouts & Kung Fu Qualifying Auditions for the 2018 Ontario Winter Games in Orillia. The event will take place on Saturday, January 27th from 3:00 pm to 6:00 pm at the Wushu Ontario Headquarters (2370 Midland Avenue #B23, Scarborough, Ontario). For more information, please click on the following link or inquire at the club:

http://martialartswushu.com/?tribe_events=foundations-of-sanda-free-fighting-single-elimination-bouts.

MuayThai at the Museum – Art of War – February 24th, 2018

Coach **Nick Seguin** will be fighting at the Muaythai at the Museum: Art of War event on Saturday, February 24, 2018, at the Canadian War Museum. We encourage all students to come and encourage Nick during the event. Visit the following link for more details:

<https://muaythaicanada.org/event/muaythai-at-the-museum-art-of-war/>.

Welcome Coach Eric Séguin – Bootcamp

The CMAA welcomes Coach **Eric Seguin**. Coach Eric will lead the Strong Body System Bootcamps on Mondays, Wednesdays and Saturdays. Coach Eric has 14 years of Martial Arts experience and is an OFC certified Personal Trainer (level 3). Please consult the schedule for class times.

Motivational Quote:

*“The only time **“success”** comes before **“work”** is in the dictionary.”*