



Cumberland Martial Arts Academy Newsletter



Hello everyone,

Here is the 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!

Our condolences

On January 16, 2018, Bob Dolan, twin brother of long-time CMAA student Betty Dolan, passed away after a five-year battle with cancer. The Cumberland Martial Arts Academy offers its condolences to Betty and her family.

CMAA Chinese New Year Celebration — February 17th, 2018

The CMAA will be celebrating the Chinese New Year on Saturday, February 17, 2018 at 7:00 pm. The celebration will be held at Sifu's house (574 Pocono Cres.) and is a pot luck. Please R.S.V.P. by February 10th.

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

Coach **Nich 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 Nich during the event. Visit the following link for more details:

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

CMAA Kids March Break Camp — March 12 – 16, 2018

Coach Nich will be offering a March Break Camp for kids from 8:00 am to 5:00 pm. Please forward this information to anyone who might be interested. If you have any questions, please see Coach Nich at the club.



CUMBERLAND
MARTIAL ARTS ACADEMY

“Don't LIMIT your challenges, CHALLENGE your limits”

BILINGUAL INSTRUCTORS!

- COORDINATION SKILLS
- SELF DEFENSE SKILLS
- IMPROVE SELF CONFIDENCE
- RESPECT FOR SELF AND OTHERS
- INCREASED ENDURANCE
- LEADERSHIP SKILLS

- BOOTCAMP
- BRAZILIAN JIU JITSU
- MIXED MARTIAL ARTS
- MUAY THAI
- ARTS AND CRAFTS
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MARCH 12TH - 16TH www.cumberlandmartialartsacademy.com

Canadian National Martial Artist Lifetime Achievement Award — May 20th, 2018

This upcoming May, Sifu will be presented with the **Canadian National Martial Artist Lifetime Achievement Award**. At this event, practitioners of Chinese martial arts from around the world and across Canada will be recognized for their outstanding achievements and contributions.

In addition, Sifu, has the privilege of nominating a deserving student of his choice who has demonstrated unwavering commitment in the promotion of Chinese Martial Arts in our community. He is very proud to nominate Gold sash, Harry Szuto, Ving Tsun Disciple, from our club, the Cumberland Martial Arts Academy.

The event will be held on May 20, 2018 at the Grandeur Palace restaurant, 2301 Brimley Rd. Scarborough. Since this is a once in a life time opportunity, I would like to invite the entire CMAA family to participate and share this honour. The tickets for the dinner are \$65.00 per person and will seated 10 people per table.

I would need your reservation and payment by March 1st, 2018. I look forward to your reply, this will certainly be a great party!

Simo

Motivational Quote:

“It’s not about how bad you want it...it’s about how hard you’re willing to work for it.”