



Cumberland Martial Arts Academy Newsletter



Hello everyone,

Here is the May 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.

Let's get cracking!

50% Rebate for the month of May

We are offering a 50% rebate for new students for the first month of any program during the month of May (Wing Chun, Brazilian Jiu Jitsu, Muay Thai, Boot Camp, Kids Programs)

If you have any questions, please inquire at the club.

Women's Only class suspended

The Women's Cumberland Martial Arts classes are suspended until further notice. All women who have been training with Coach Joanna are welcome to attend the regular Wing Chun classes on Tuesdays, Thursdays and Saturdays at no additional cost until Coach Joanna returns.

Wing Chun grading – March 29, 2018

Congratulations to **Michaël Côté** for being promoted to Blue Sash at the grading on March 29, 2018. Your dedication and hard work were well recognized. Keep up the great work.

The next Wing Chun grading will take place in June 2018. Any students who wish to participate in the next Wing Chun grading should consult the requirements sheets posted on the wall and speak to one of the coaches if you require any help in training and reviewing material.

Schedule change — Kids Muay Thai classes

Please note the following changes in the kids Muay Thai classes schedule. The Junior Kids Muay Thai class will be held **Monday, Wednesday and Friday from 5:30 pm to 6:15 pm.** The Senior Kids Muay Thai class will be held **Monday, Wednesday and Friday from 6:15 pm to 7:00 pm.** Please see Coach Nich if you have any questions.

CMAA 2018 Summer Camps

Coach Nich will be offering Kids Summer Camps during the summer. The camps will be held five times during the summer: June 25 to 29, July 9 to 13, July 23 to 27, August 6 to 10 and August 20 to 24. Times are from 8:00 am to 5:00 pm. Family discounts are available and space is limited. Please share this information with anyone you think may be interested.

If you have any questions, please see Coach Nich at the club.



SPACE IS LIMITED! → AGES 5 AND UP

SUMMER CAMP

Cumberland Martial Arts Academy

MEMBERS \$180.78/week	JUNE 25th-29th
NON MEMBERS \$203.38/week	JULY 9th-13th AUGUST 6th-10th
	JULY 23rd-27th AUGUST 20th-24th

- Boot Camp
- Muay Thai
- Brazilian Jiu Jitsu
- Mixed Martial Arts
- Pizza lunch on Friday
- Arts and Crafts
- Sports/Games
- Movies

8 A.M. to 5 P.M.

FAMILY DISCOUNTS AVAILABLE

BILINGUAL INSTRUCTORS

- Coordination Skills
- Self Defense Skills
- Improve Self Confidence
- Respect For Self And Others
- Increased Endurance
- Leadership Skills

EXTENDED PICK UP/ DROP OFF HOURS AVAILABLE

REGISTER NOW

613-668-5122

www.cumberlandmartialartsacademy.com ■■■ 1970 TRIM ROAD

Bootcamp Summer Special

The CMAA is offering a special for its Bootcamp sessions from May to August. 50% off for 3 sessions per week. Please share this information with anyone you think may be interested. If you have any questions, please see Coach Eric at the club or contact him at seguin.ericpt@gmail.com.



The graphic is a vertical rectangle with a grey background. At the top, the word "BOOTCAMP" is written in large, bold, red capital letters, with "SUMMER SPECIAL" in smaller, bold, white capital letters below it. In the center, there is a large yellow sun with a black silhouette of a person performing a bicep curl, with a red heart and pulse line above the arm. Below the sun, the text "50% OFF" is written in large, bold, red capital letters. Underneath that, "May to August" is written in bold black text, and "3 sessions/week" is written in bold white text. At the bottom, the schedule is listed: "MONDAY, WEDNESDAY 7:00PM" and "SATURDAY 9:00AM" in red text. Finally, a price list is shown: "MEMBERS ----- \$160" and "NON-MEMBERS ----- \$180" in red text.

2018 Wushu Festival and National Team Selections — May 19-20, 2018

The 2018 Wushu Festival and National Team Selections will take place on the weekend of May 19 and 20, 2018, at the Markham Pan Am Centre in Toronto. Events include Wushu Taolu, Sanda Free Fighting, Taijiquan and Traditional Kung Fu forms. Several CCMA students will be participating in this event: **Brandon** and **Denzel** will be making their Sanda debut and **Josh** will be defending his gold medal in the Pah Chum Dao (knives) form. Any students who would like to participate in an event should talk to coaches at the club as soon as possible. For more information, you can visit the Wushu Canada website (<http://wushucanada.ca/event/nationals/>) or inquire at the club.

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

This upcoming May, **Sifu Robert Teske** 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. We have currently reserved two tables. If you are interested in attending this event, please let us know a.s.a.p. Additional tickets are available on the Wushu Canada website: <http://wushucanada.ca/event/2018-wushucanada-martial-artist-achievement-awards-gala/>.

Simo

Summer on the patio

In order to strengthen the bonds at the club (and to enjoy tasty beverages), we will try to go out to a patio on the last Thursday of every month during the warm weather season (May to September). Anyone can come along after the Wing Chun class on the last Thursday of the month.

CMAA Hoodies

We are currently tracking orders for anyone who would like to purchase a CMAA hoodie. Prices will be determined by the number of units required. If you have any questions, please see Sifu at the club.

Mook Jong for sale

New condition. Price: \$800. If interested, please contact Mikal Massey at jdmk4@hotmail.com or 613-302-8863.



Motivational Quote:

“Failure is the opportunity to start over, this time more intelligently.”