

Little Ninja's

- Children's Workshop December 8th
- Please review Holiday Hours
- Kids Santa Party December 15th

Jr Martial Arts

- Children's Workshop December 8th
- Kids Santa Party December 15th

Family Martial Arts

- December 15th kids Party is a great way to sneak in some Christmas shopping time while the kids enjoy the festivities!(siblings welcomed)

Adult Martial Arts

- Christmas Party and Black belt celebrations on December 8th everyone is invited to train leadership that day!

Kickboxing

- Abs night December 5th
- Christmas Party December 8th

Kickboxing Pro Kick

- Abs night December 5th
- Christmas Party December 8th
- Fighter workout Friday 's(Ottawa)
- Advance workshop Dec 8th

MMA

- Special MMA Class (Barrhaven) December 5th with Sensei Aksell
- Christmas Party December 8th

BJJ

- Open training during holiday hours in the bjj lab
- Christmas Party December 8th

BJJ/MMA Combat Athlete


- No team Practice
- Christmas Party December 8th
- Open training during holiday hours in the bjj lab
- Abs night December 5th
- Fighter workout Friday 's(Ottawa)
- Advance workshop Dec 8th

Leadership

- BB test Nov 30th & Dec 1st
- December 5th Kama Jr.LD
- Christmas Party and Black belt celebrations on December 8th
- CIT Meeting Tuesday's at 5 pm(CIT)
- Acrobatics and Agility Module(JR)
- "Zero Position" Gun defense Module (ADULT)

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DECEMBER 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				29	30	1
	Sneak-Peek: For January '12 <ul style="list-style-type: none"> • January 2nd first Class of New Year • NEW YEAR FITNESS CHALLENGE!!! 				BLACK BELT EXAM! Nov 30th 5:30to 8 pm(Barrhaven) Dec 1st, 1 to 4pm(Parkdale)	
2	3	4	5	6	7	8
	ULTIMATE FITNESS TEST (PRO-KICK ONLY) 6:15 pm Ottawa Dojo	C.I.T. Tuesday's 5PM	Kama Training for JR LD	BELT TESTING APPLICATION DEADLINE	Fight Training 6pm	Chanukkah Dojo Christmas Party! @ Lone Star 12pm
9	10	11	12	13	14	15
	MMA with Renshi Aksell (Barr)	Stripe III Week		BELT TESTING 6PM (SUBMIT APPLICATION BY DECEMBER 6TH)	 Fight Training 6pm	Children's Party With Santa and Dojo Friends December 15th, 1:30 to 3 pm Ottawa (guest welcomed)
16	17	18	19	20	21	22
Special Holiday Schedule		Nunchaku WEEK(Junior leadership) Gun Defense WEEK (Adult leadership)			REGULAR SCHEDULE Last day of regular schedule classes	HOLIDAY SCHEDULE NO CLASSES
23	24	25	26	27	28	29
HOLIDAY SCHEDULE NO CLASSES	Christmas Eve HOLIDAY SCHEDULE NO CLASSES	Christmas Day HOLIDAY SCHEDULE NO CLASSES	Kwanzaa begins HOLIDAY SCHEDULE Thai-Jitsu : 6pm Holiday Boot Camp: 7pm OTTAWA location with Renshi Scott	HOLIDAY SCHEDULE Thai-Jitsu : 6pm Holiday Boot Camp: 7pm	HOLIDAY SCHEDULE NO CLASSES	REGULAR SCHEDULE Great classes as usual!
30	31	1	2	3	4	5
HOLIDAY SCHEDULE NO CLASSES	New Year's Eve HOLIDAY SCHEDULE NO CLASSES	New Year's DAY HOLIDAY SCHEDULE NO CLASSES	January HOLIDAY SCHEDULE Thai-Jitsu : 6pm Holiday Boot Camp: 7pm	January HOLIDAY SCHEDULE Thai-Jitsu : 6pm Holiday Boot Camp: 7pm	January HOLIDAY SCHEDULE NO CLASSES	January REGULAR SCHEDULE Resumes today

Join us!!!

December 8th 2012

Find out more at [facebook.com/martialartsOttawa](https://www.facebook.com/martialartsOttawa)

Christmas Party