

Complete Martial Arts Academy

Presents:

Summer Blast 2018



Complete Martial Arts Academy
295 Daniel Webster Highway
Nashua, NH 03060
(603) 888 - 0010

Dear Parents and Students,

This **July** and **August**, we are offering an OUTSTANDING summer program for our students! Our **CMA Summer Blast** program is our unique way of teaching the Martial Arts during the hot days of July and August. Through this program, we are also mindful of our commitment to Martial Arts Excellence!

Starting **Thursday, July 12th**, we will combine curriculum with fun. Check out the calendars in this packet to see when days like Silly Sock Days, CMA Tie-Dye Days, and Backward Days fall.

During our classes, our emphasis is on technique and Martial Arts training, but we also realize how summer can affect a child's attention. Keeping focus on the Martial Arts when the sun is shining is a challenge for any child, especially when it's so much fun to just stay home and run through sprinklers, but we are up for the challenge! That is why during our **CMA Summer Blast** program, we add a heavy dose of fun to our training.

Here at CMA, we work on the **5 Key Areas of Progress** which are:

Attendance/Commitment to classes & training, **Spirit/Energy**, **Basics/Knowledge**, and the **Fitness Triangle** (Strength, Flexibility, Endurance) and **Protocol**. These **5 Key Areas of Progress** are how we keep our valued students on track and moving forward. We can't stress the importance of consistency in training and how detrimental "taking a break" can be in your child's motivation and progress. Many highly motivated children are forced to take a break by their parents; and due to this forced break, at the end of the summer, these children feel they are behind the rest of the class and these children don't want to come back. We are service oriented here at CMA and will be more than happy to try to accommodate your needs.

Please look at the attached calendars and schedule. We hope the calendars explain what we have planned, but if not, we'll be happy to answer your questions. Please note that we are adding morning karate classes for all levels on Tuesdays and Thursdays.

This summer, bring your children to class and watch them have a blast!

Sincerely,

Kyoshi Eric Menard

SUMMER UNIFORM

Beginning on June 4th and continuing through Labor Day wear your Complete Martial Arts Short Sleeved T-Shirt along with your Gi pants and your belt to class!

Short Sleeved T-Shirts are available now and are \$15 each. We have many sizes and designs to choose from.

Long Sleeved T-Shirts are also available now and are \$18 each. These are great to wear as a cover-up at the beach or for playing outside and showing your CMA Pride!





Morning Class Schedule

**Beginning Thursday, July 12th the following
Morning Classes will be added to the schedule.**

All other classes will remain the same.

Tuesdays and Thursdays:

9:00 am - 9:30 am	Lil' Dragons
9:35 am - 10:15 am	Junior Beginners
10:20 am - 11:10 am	Junior Advanced
11:15 am - 11:55 am	Teen - Adults

PARENT'S NIGHT OUT

TIE DYE EXTRAVAGANZA

When: Saturday, June 30, 2018
5:00 pm - 8:00 pm

Where: Complete Martial Arts Academy
295 Daniel Webster Highway

What: We are hosting a very special PNO for the month of June! Drop your child(ren) off at the dojo for an evening where we will make Tie-Dye T-Shirts they can wear during our **Summer Blast** program!

On Mondays and Thursdays during our Summer Blast program, your student(s) can wear the tie-dye shirt they make at this PNO instead of their regular CMA T-Shirt as part of their summer uniform! Sign-up on the Kickwall!

Cost: \$25 per child includes the Drop Off Fee, T-Shirt, Tie-Dye Materials, Pizza & Drink.





Karate Camp

Every other Friday we are offering KARATE CAMP!

Drop your child off to enjoy a full FUN day of:

Karate Games
Crafts
Movies

No two camp days will be the same!!

Please pack a lunch for your child(ren).

Sign up on the kickwall!

Dates:

7/13

7/27

8/10

8/24

Cost:

1 Camp: \$50

2 Camps: \$95

3 Camps: \$140

4 Camps: \$185

Family Member Add-On Special!

Add your family member(s) to the CMA family and they will train ALL SUMMER for only \$69

This price includes classes from July 12th through Labor Day and a FREE Gi!



VACATION DAYS

We will be **CLOSED** for the 4th of July
Wednesday **July 4th** through
Wednesday, **July 11th**.

We will Re-Open for our
CMA Summer Blast Program
On Thursday, **July 12th**.
Please have a Safe and Happy Holiday!

We will also be **CLOSED**
Saturday, **August 25th**
For our **End of Summer Cookout**
(see flier for more details!)

We will be **CLOSED** for Labor Day
Friday, **August 31st** through
Monday, **September 3rd**.
On Tuesday, **September 4th** we will
Re-Open for classes and will return to our
regular class schedule and full Gi uniform.



Bring a Friend to Class Week

Monday, July 16th
Through Saturday, July 21st

When: During YOUR Regular Karate Classes

Bring your friend to class and teach them the martial arts and break a board!

Summer Uniform Required





Bring a Friend to Class Permission Slip

(Must be filled out to participate in Bring a Friend To Class Week)

Name: _____

Parent/Guardian's Name: _____

Address: _____ Participant DOB: _____

City: _____ State: _____ Zip Code: _____

Daytime Phone: _____ Home Phone: _____

Email: _____

Buddy of: _____

In consideration of being allowed to enter into this academy and participate in any parties or programs at Complete Martial Arts Academy, the undersigned on his or her own behalf of the minors agree that:

1. I will agree to comply with the rules and terms of this academy.
2. I recognize that CMA Academy reserves the right to dismiss any student at any time for misconduct.
3. I hereby acknowledge the CMA Academy is not responsible for any injury suffered on the premises.
4. I understand also, that I do not have to participate in any activity or training that I feel is not on mine or my child's best interest.
5. I grant to CMA Academy, the right to take photographs of me and my family in connection with the above-identified event. I authorize CMA Academy, its assigns and transferees to copyright, use and publish the same in print and/or electronically. I agree that CMA Academy may use such photographs/videos of me with or without my name and for any lawful purpose, including for example such purposes as publicity, illustration, advertising, and Web content.

By signing below for my children, myself or spouse, I agree to above conditions, should I decide to participate.

Parent/Guardian Signature: _____ Date: ____/____/____



Silly Sock Day

The students may wear their favorite pair of socks to class. Proper summer uniform and belt required.

Backward Day

The students may turn themselves and their clothes backwards. Proper summer uniform and belt required.

Crazy Hair Day

The students can come to class with their favorite wacky hair do. Proper summer uniform and belt required.

Tie-Dye Day

If you participate in the PNO on 6/30 and make a tie-dye shirt, you may wear your tie-dye shirt in place of your CMA shirt. Gi pants and belt required.

Hat Day

The students may wear their favorite hat to class. Proper summer uniform and belt required.

Bring a Friend to Class Week

For the week of July 16th, through July 21st, students may bring a friend to class every day. Permission slip is required. There is one permission slip in this packet. If you need more, please ask.

A - Sparring
B - Bag Work
C - Material

July 2018

Complete Martial Arts Academy

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 C	3 A	4 **Closed for Holiday** B	5 **Closed for Holiday** A	6 **Closed for Holiday** B	7 **Closed for Holiday** C
8 **Closed for Holiday**	9 **Closed for Holiday** B	10 **Closed for Holiday** C	11 **Closed for Holiday** A	12 C Tie-Dye Day	13 A	14 B
15	16 **Bring a Friend to Class Week** A Tie-Dye Day	17 **Bring a Friend to Class Week** B Silly Sock Day	18 **Bring a Friend to Class Week** C	19 **Bring a Friend to Class Week** B Tie-Dye Day	20 **Bring a Friend to Class Week** C	21 **Bring a Friend to Class Week** A
22	23 C Tie-Dye Day	24 A	25 B Crazy Hair Day	26 A Tie-Dye Day	27 B	28 Backward Day C
29	30 B Tie-Dye Day	31 C Hat Day	<div> <div> Jun 2018 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 </div> <div> Aug 2018 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 </div> </div>			

A - Sparring
B - Bag Work
C - Material

August 2018

Complete Martial Arts Academy

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																											
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WIN AWESOME PRIZES!

- 1st Prize: Fliker Scooter**
- 2nd Prize: Extreme Outdoor Gaming Package**
- 3rd Prize: Canobie Lake Tickets**
- 4th Prize: Kicking Shield**
- 5th Prize: Focus Mitt**
- 6th Prize: Uniform with Patches**
- 7th Prize: Gear Bag**
- 8th Prize: \$20 Karate Dollars**
- 9th Prize: \$20 Karate Dollars**
- 10th Prize: \$20 Karate Dollars**

All you have to do is earn tickets! The more tickets you earn, the more chances you have to WIN!

- | | |
|-------------------|--|
| 2 Tickets | Attending Class |
| 5 Tickets | Sponsoring a Friend for an Intro Lesson |
| 25 Tickets | Sponsoring a Friend for Enrollment |

Prizes will be drawn at our

END OF SUMMER COOKOUT
Scheduled for Saturday, August 25th
At Greeley Park in Nashua, NH
From 12:00 pm - 2:00 pm

In order to win any of the prizes, you must be present at the cookout!

Complete Martial Arts Academy

Presents:

End of Summer Cookout

When: Saturday, August 25th

Where: Greeley Park in Nashua, NH

From: 12:00 pm - 2:00 pm

Bring your **Family!**

Bring your **Friends!**

We will have karate games and a pot-luck. Sign-ups will be posted on the kickwall as the date gets closer.

This is where the **Prize Drawings** will happen - you must be present to win!



All classes will be cancelled on this day so everyone can enjoy the cookout together!