

WINTER 2015

More Black Belt Pride

Proof that our club is strong! Veterans promoted to higher Dan levels, and rookies to Black Belt. All gradings conducted by EMAC's National Grading Board in May and October.

EMAC National Gradings, 2014



Mijra Gulley, Barry Gulley, Joel Malm, Richard Welsman, Lance Schonberg, Brian Lowry, April Gastle, Dan Granger, Ed Gastle, Li Silva. Absent, and really missed from this picture: Ryan Calver.

Good Friends



Laura Sywyk, Ottawa, and Roger Mabee, Woodstock, model pink belts at EMAC's Fall Gasshuku, October 4, 2014 at NDSS in Napanee. The pink belts are to be worn in October. Donations to the Canadian Breast Cancer Foundation are welcome. Check it out elsewhere on this site.

WELCOME NEW STUDENTS!

Remember when you were a new student? Help these new people get a good start to their training by setting the best possible example: **Jakob, Clara, Blythe, Carl, Lois-Ann, Hannah, Rachel, Cooper, Matthew, Alex, Edmund, Trena, Leland, Isabelle, Ayden, Tyler, Brady, and Jeff.**

WINTER WEATHER!

"We doze, we never close!" If you are not sure about the weather, stay home & train harder the next night! If the weather is uncertain, please stay at the club with your children, instead of dropping them off. Your child's safety is our # 1 concern.

Real Men Wear Pink!



And real women as well! Some of our EMAC Chief Instructors : **Brian Lowry, Laurie Winter, Phil Boyer, Ken Jacobs, Conrad Messier, Mike Sywyk, Laura Sywyk, Roger Mabee, Bob Davis, Trevor McLaughlin, Pierre Labranche.**

NOTES & CALENDAR

Thank you to our faithful Black Belt Instructors: **Ed Gastle, Jim Gounelas, Richard Welsman, Mijra Gulley, Barry Gulley, Li Silva, Ken Dunphy, Ryan Calver, and Dan Granger.** These Instructors know the value of training and growing in the Martial Arts. We have many other senior students and volunteers who donate their time and effort so that others may learn. Your help with our children's classes keeps our club alive!

TOURNAMENTS & SEMINARS

All belts are invited to attend **Tournaments & Seminars** at any of our affiliated clubs. Your paid **EMAC** membership is included with your Napanee Karate Club membership, and gives you a wide variety of training opportunities.

EMAC FALL GASSHUKU October 3 & 4, 2014

Napanee again hosted this event, with gradings at the dojo and seminars and tournament at NDSS. MorningStar Mission provided the BBQ lunch, and did a great job. Special thanks to all our club volunteers who worked to make the weekend a success. You are appreciated!

YOUR FEES

Your fees keep the club alive! Recent updates include new AC, eavestroughs, insulation, lawn and parking upgrades. Please note your auto-pay monthly fee is the lowest fee we offer. You receive about 2 1/2 months free at this rate. You can make up any classes you miss by training alternate nights.

We are open year-round, and have expenses all 12 months. If you wish to train for part of the year, we have a three or a six month fee available, at a higher rate.

For questions concerning your payments to PPS/Member Solutions, call toll free:

1-888-277-4408