



# The Olympian Newsletter

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**Olympian Martial Arts**  
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## Our Mission Statement

We believe that every person has a special talent. A talent that can be unfold or enriched through physical and mental training. We encourage our students (children and adults) to learn the skills that will empower them to believe in themselves. We provide a safe, rewarding and team building environment that meets the needs of our clients.

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*May the beauty and peace of the season remain with you throughout the New Year.*

*Thank you for your business, support and contribution to our success.*

*Best Wishes*

## A Message From The Management Team

It's the Holiday Season and this is such a joyous time of the year. A year that has certainly gone by really fast. We have made progress and have had a rewarding year. These achievements were made possible due to dedicated students, parents, staff and joint community efforts.

We encourage our students to continue working hard and to fine-tune their techniques and training. We will continue to do our part by ensuring that the training and the programs offered are stimulating and provides the opportunities for motivation and advancement. As students advance at different level it is important to remember that we need to recognize their potential and ability and as such provide the format needed to encourage self-confidence and discipline.

## Holiday Celebration

Our Christmas Party was a BLAST and definitely what a party it was..... we all had fun! Everyone shared the holiday spirit with gift exchange, games, fun, food, African drumming and the jolly fellow himself (Santa) was a special treat that added such excitement to our celebration.

Special thanks to all the parents and students who participated and volunteered their time to make this party successful.



## Holiday Closure

There will be no classes scheduled during the Christmas and the New Year Holiday. This closure is effective starting Monday December 25th, 2006 ending Wednesday January 3rd, 2007.

The last day of class is Saturday, December 23, 2006. Classes begin on Thursday, January 4<sup>th</sup>, 2007. Additional classes are being offered on Saturday December 9<sup>th</sup> and 23<sup>rd</sup>.

11:00 a.m. – Group 2 & 4      12:00 noon – Group 3 & 6      1:00 p.m. – Group 1 & 5

## Olympian Track Suits, Sweat Tops & Hats.....

**Now On Sale.** These are special orders with our school name and logo. Order forms will be sent home in January. Please stay tuned for more details.



## Inclement Weather - Call First (416) 366 - 6661

When bad, snowy weather hits....please call our number to know if classes are cancelled. In some cases classes may be cancelled when the snow accumulation reaches 10 cm or more within the last 4 – 6 hours. Please remember to keep the number handy and call. There will be a recorded message informing you if classes are cancelled.

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## Awards and Recognition

Over the past months we have provided awards and recognition to our students based on different criteria. Some of these criteria include most improved, team leader, consistent progress, attendance, academic excellence and participation. The intent is to provide positive reinforcement and recognition for achievements at home, school, community and here at the studio. It is not intended to exclude any of our students or to create a negative competitive setting. We encourage parents and students to share their “good news” with us. We are all stars ...let them shine!

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## Helpful Tips

### General:

- Arrive at class at least ten to fifteen minutes before the scheduled start time
- Uniforms must be clean, belt tied, finger and toe nails trimmed
- Students should use washroom before class – breaks will also be given
- Practice at least fifteen to twenty minutes (depending on belt level) on off days
- Inform us of changes that may affect student performance and participation

### Formation & Techniques:

- Focus your eyes, your ears, your mind and keep good posture.
- Perform with power and control.
- Movements should accelerate and decelerate at proper points.
- Ensure that your stances, strikes, blocks look sharp.
- Loud kiap during or at the end of your performance, this shows confidence.

We apologize for any errors or omissions.