

### **Upcoming Events**

**February 19<sup>th</sup> – Sparring Seminar  
with Master Robert Goins**

Cost: \$50 + gst

Time: 5:30pm-8:30pm

**February 24<sup>th</sup> – Colour Belt  
Testing**

3:30pm – Tigers

4:30pm – Karate Kids

7:00pm – Juniors and Adults

**February 25<sup>th</sup> – Black Belt Testing**

4:30pm – Karate Kids

6:30pm – Juniors and Adults

**March 6<sup>th</sup> – Canadian Regional  
Tournament**

Lord Tweedsmuir Senior  
Secondary

**March 7<sup>th</sup> – Brazilian Jiu Jitsu  
Seminar with Heitor Abrahao**

Cost: \$60

Time: 9:00am-1:00pm

**March 20<sup>th</sup> – Regional  
Tournament**

Albany, Oregon

**March 24<sup>th</sup> -27<sup>th</sup> – Spring  
Nationals**

Las Vegas

**April 2<sup>nd</sup> – Good Friday**

CBBA Closed

**April 5<sup>th</sup> – Easter Monday**

CBBA Closed

**April 16<sup>th</sup> – Certification Camp,  
Albany, Oregon**

### **CANADIAN REGIONAL TOURNAMENT March 6<sup>th</sup>**

**Lord Tweedsmuir Sr Secondary**

8:00am – Doors Open

8:30am – Judges Meeting

8:45am – Line Up

9:00am – Opening Ceremonies

**Forms & Sparring** \$40

**Weapons** \$30

**1, 2, or 3 X-treme or** \$30

**Creative Martial Arts**  
(per event)

**Or enter all 7 events for** \$150

We are in charge of the concession and hospitality room. If you would like to volunteer to help us out, we would gladly accept your assistance!! ☺ Thank you!

**IF YOU WOULD LIKE TO BE ON  
THE EMAIL LIST, PLEASE LEAVE  
YOUR EMAIL ADDRESS WITH  
ONE OF OUR INSTRUCTION  
STAFF OR EMAIL:**

[BENNETTFAMILY@TELUS.NET](mailto:BENNETTFAMILY@TELUS.NET)

**AND YOU WILL BE ADDED TO  
THE LIST.**

### **Warrior X-Fit**

The ATA has begun a new fitness program called Warrior X-Fit. It is a free workout that takes less than 20 minutes a day. Check it out on line at [www.warriorxfit.com](http://www.warriorxfit.com).

It works on the principle of muscle confusion and the workouts are different every day!

Sometimes motivating yourself to workout can be a problem, so if you want to workout with a group, you can buy an X-Fit pass for \$40 +gst and do 10 workouts with us on Monday and Wednesday nights at

### **Advanced Sparring Seminar with Master Robert Goins**

Master Robert Goins is coming to our school to teach advanced sparring strategies to prepare you for successful tournament competition!

Date: February 19<sup>th</sup>

Time: 5:30-8:30

Cost: \$50 + gst

**ATA Extreme & ATA Creative** Thursdays at 7:00pm is the Xtreme and Creative classes. You do not have to be able to do backflips or 540's to be able to do creative forms in competition. ATA Creative is growing in participation as it is a great way to make your own forms and perform to music – freestyle forms and weapons! If you are interested, the cost \$20 + gst. Leadership member qualify for Canadian Champion Status.

### **BRAZILIAN JIU JITSU**

Mr. Heitor Abrahao will be teaching a Brazilian Jiu Jitsu seminar at our school. He will be teaching the basics in BJJ and how to put those techniques into practice. All belt levels, 10 years old and up. He will be focusing on grappling and ground fighting with the goal of gaining a dominant position using Joint Locks and Choke Holds to force opponents into submission. Emphasis on proper techniques to defend against bigger and stronger opponents.