

It's Nearly Summer!

And Collingwood Martial Arts Summer Program is fast approaching. **Keep up with your classes** throughout the summer, and participate in some of the great activities we have planned - come dressed in red and white for Canadian week, indulge in a freezee, design your own t-shirt, participate in Olympic competition, and best of all - get one up on the instructors during instructor payback week!

For those who have never attended Collingwood Martial Arts before, there is a special **Summer Program Special**. For only **\$89.99** (+ tax), new students receive a uniform and can participate in twelve classes over 6 weeks during the summer break, and join our own students in all the fun!! If you know of someone who might like to join us over the summer, please recommend our Summer Program.

Pick up your **Summer Newsletter** at the office, which contains details of all the fun of our Summer Program.

See you there!!!!

Reminders

★ **Group runs** have started! Please be ready to go at 9am on Saturdays, from the school. Cardio Kicks is still on for those who don't need to run.

★ **Buddy Days** will now be every Saturday, be sure to pick up a permission sheet if you have a friend who would like to join you in a class

Collingwood Martial Arts Centre

20 Balsam Street, Unit 16
Collingwood, ON L9Y 4H7
(705) 444-0240
info@collingwoodmartialarts.com

VIP Program

(4 weeks of classes plus uniform)

Martial Arts Trail Program Curriculum:

1. Respect for teachers and parents
2. Guidance on setting and achieving goals
3. Training to say 'NO!' to unhealthy peer pressure
4. Three exciting self defense techniques
5. Introduction to child emergency situations
6. Advice on 'How To Defeat The Bully Without Fighting'

CALL TODAY TO SET UP AN INTRODUCTORY LESSON
Bring in this coupon for a 1 month VIP program. Includes Uniform. No obligation!

Collingwood Martial Arts Centre

Fastbreaks Newsletter

www.collingwoodmartialarts.com

June 2005

Annual Self Defense Check Up

Summer is such a wonderful time of year no matter where you live. People go outside more and enjoy evening outings. Guess who else loves the warmer weather? Criminals love to use this time of year to exercise their nefarious skills. Below are a few self-defense reminders. How many more can you remember?

The elbow is the strongest point on your body. If you are close enough, use it!

If you are thrown into the trunk of a car, kick out the back tail lights and stick your arm out the hole and wave like crazy. The driver won't see you, but everybody else will. If you believe someone is following you, turn around and look. Looking at a person, especially if you make eye contact, gives you important information about his or her appearance and intent. It also signals that you are alert and will not be an easy target.

If a thief asks for your wallet, don't hand it to him. Toss it away from you. The thief is probably more interested in your wallet than you and will go for the easy money. Run in the opposite direction!

When you get in your car, lock the door and drive away. Don't get in and do things like check your make-up or look through bags. An attacker can use this opportunity to get in the passenger side, put a gun to your head, and tell you where to go.

Before getting in your car, look in your car, at the passenger side floor and in the back seat. If someone grabs you, you might not be stronger but you can be smarter. If you are grabbed from behind, around the waist, pinch the attacker either under the arm between the elbow and armpit or on the upper inner thigh—HARD! Try pinching yourself; it hurts!

Of course the usual common sense things still apply. Always be aware of your surroundings, take someone with you if you can, and if you see any odd behavior, don't dismiss it, go with your instincts. You may feel a little silly at the time, but you'd feel much worse if the guy really was trouble.

Quotes to Ponder

I had never cared about acceptance as much as I cared about respect.
Jackie Robinson

Do you know what my favorite part of the game is? The opportunity to play.
Mike Singletary

You've got to do your own growing, no matter how tall your grandfather was.
Irish Proverb

It is the will that makes men -- success takes perseverance.
Bruce Lee

The secret in education lies in respecting the student.
Ralph Waldo Emerson

It is not enough to have great qualities, we should also have the management of them. Francois de La Rochefoucauld

Everybody has different problems, but everyone has some kind of problem.
Justine Randal

Judge Any Book Covers Lately?

"Oh my, gosh! Where did she learn to drive?" my daughter yelled. A pick-up flew into the parking space next to us at the grocery store. Out hopped two loud, tattooed, body-pierced, young women with two kids. We would have liked to have driven away, but our car was dead. We looked at them and joked about how they would be the last people on earth to help us.

I tried to move every cable and wire to get the car to start, but it wouldn't spark at all. No one offered to help, not even the young man who parked directly in front of us. It was almost 9:00 p.m. as my two daughters and I sat in the car laughing about how at least we had groceries. I got out and looked under the hood again, hoping to see something different, when the women from the pick-up approached.

One woman was getting the kids in the truck when the driver came over to see if there was anything she could do to help. Yes, I felt ashamed, but the worse was yet to come. We tried to jump it, but it wouldn't turn over. I thanked her and told her we would just leave it and walk home since it was only two miles.

"No, you won't," she said. "It's too dark and dangerous. My sister can take the kids in the store and I'll drive you three home." Just then, before we removed the jumper cables, my car started. As we were collecting everything, I discovered that it was her sister's first night home after having served overseas for the past year. They had stopped to buy flowers before going to their parents' house.

My daughters and I were very quiet until the younger one said, "Well, I guess we learned a lesson tonight. We always complain about people judging others and that is what we just did. Boy, were we wrong!" Perhaps old adages, like judging a book by its cover, stick around, because we still need to be reminded of those ageless lessons.

It's Time To Celebrate!!

Yes, there's another belt ceremony on the way, and this time it's going to be huge!! We have several people who will be awarded their Black Belts, along with our other students who will receive their new belts - what an awesome reason for a celebration!! Please join us for a fantastic night of Martial Arts.

**St Mary's School Gym, 18 Saunders St, Collingwood
Friday June 24, 2005
6pm start**

June 2005

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 Cardio Kicks & Group Run 9am
5	6	7	8	9	10	11 Cardio Kicks & Group Run 9am Demo Dream Team Black Belt Power Day 1pm
12	13	14 Weapons Class BBC: Nunchaku MC: Bo	15	16 Weapons Class BBC: Nunchaku MC: Bo	17	18 Cardio Kicks & Group Run 9am Demo Dream Team
19 S	20 I	21 M	22 S	23 A	24 Belt Ceremony 6pm	25 Cardio Kicks & Group Run 9am
26	27	28	29	30		