



MAMBEC (Martial Art Mind Body Education Centre) Inc. 2003 News for September to January 2024

DATES TO REMEMBER:

Parents keep this newsletter for your records, all dates are included up to January 2024. Return **Belt Advancement Re-Registration Form** included with this newsletter with your child's correct name spelling, and current belt level after online registration is completed. Complete online registration before **Saturday December 2, 2023**, for our staff to correctly process belts, badges, and certificates to ensure children/parents enjoy the ceremony. If your child is not going for belt-advancement this session, we ask that you re-register for January 2024. If your child will not be attending MAMBEC for the January 2024 session and you do not want to belt-advance him/her, Parents' Day will be your child's last day.

Online registration only - www.mambec.com see options below.



STATUARY HOLIDAY NO CLASSES:

Remembrance Day – Monday November 13, 2023

INSERVICE DAY ONLINE REGISTRATION

November 17 and 23rd, 2023

December 4, 2023



PARENTS DAY- put on your work out duds, come in, join the class, and learn how your child (children) have advanced during the current session in the MAMBEC program. For this **Special Day** we do a complete overview, including all technical, kata and life skills. Join us in helping your child be the best they can be!

PARENTS DAY DATES:

CHP Location, MAMBEC Studio

Saturday December 2, 2023

Class - 12:00PM - 1:00PM

Class - 1:00PM - 2:00PM

Class - 2:00PM - 3:00PM

Before/After School Specialty Program - Parents if you wish to see the program in action with your child, speak to the instructor about which parent's day above would be best for your child.

BELT ADVANCEMENT, come join us to end September to December 2023 session (last class until January) with our belt-advancement ceremony. Students wear clean uniforms and their current belt.

CHP Location, MAMBEC Studio, Saturday December 9, 2023

Class - 12:00PM - 1:00PM, this advancement will include students who train regularly from 12:00PM – 1:00PM and students who train Monday's from 6:00PM – 7:00PM.

Class - 1:00PM - 2:00PM, this advancement will include students who train regularly from 1:00PM – 2:00PM and students who train Tuesday's from 6:00PM – 7:00PM.

Class - 2:00PM - 3:00PM, this advancement will include students who train regularly from 2:00PM – 3:00PM, and students who train Saturday's 3:00PM – 4:00PM, and Students who train Wednesdays from 6:00PM – 7:00PM.

Before/After School Specialty Program - Belt-Advancement - 4:00PM - 5:00PM

Monday December 11, 2023, for the younger children

Tuesday December 12, 2023, for the older children.

Parent invited, closed to the public, pictures allowed no video.





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BLACK BELT GRADING

Date: Sunday May 19, 2024

Time: 11:00AM Sharp, clean uniforms

Following students are eligible for testing:

- Connor Kloucek
- Zoe Awalt
- Jordan Myers-Barron

Parents invited, (others by invitation only) closed to the public, pictures allowed no video.

CHRISTMAS IS COMING

Below Are Some Gift Ideas from Mambec!

CHRISTMAS SPECIAL - **\$199.00**

Packaged for under your tree with a January Start Date

INCLUDES:

- 3 Months Tuition
- A signed Copy of J's Bad Day
- Uniform

ONLINE REGISTRATION www.mambec.com

WEEKEND/EVENING PROGRAM STUDENTS AGES 4 AND UP

MAMBEC™ is a contemporary martial arts centre that teaches physical and mental martial arts. Our objective is to teach students safe skills to deal with conflict, focusing on life lessons, self-protection, leadership skills, respect and values in addition to the physical program. Mental martial arts use reason and intelligence to cope with aggression before it becomes physical.

We focus on peace and defence rather than fighting and offence and teach conflict prevention by understanding the root causes. Our students learn skills to prevent, resolve, and control conflict and are encouraged through peer-mentoring and confidence building games and activities.

CHRISTMAS SPECIAL

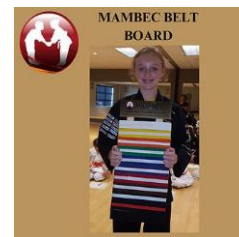
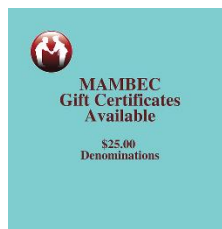
\$199.00

Includes:

- 3 Months Tuition
- MAMBEC Uniform
- A signed copy of J's Bad Day (A Safety Tale)
- All packaged for under your tree with a January start date
- New Students Only!
- Online registration available www.mambec.com

Cole Harbour Place
51 Forest Hills Parkway
Elmsdale
Strides Health & Fitness

Life Skills with a Martial Art Connection
MAMBEC™
Are your Children Prepared for Dealing with Conflict?
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