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OMAC HELPS KICK JUVENILE ARTHRITIS!

As a Martial Arts school, OMAC recognizes that our daily practice is one not only of mind and spirit, but of physical growth and endurance as well. Needless to say, that physical demand and focus is easier for some than others.

Our Burlington location student, Ayden Soares lives everyday with the often painful and debilitating realities of Juvenile Arthritis. Yet, on a regular basis and with the support of his family, he and his little brother Gavin make regular class a part of their lives.

Ayden's focus is strengthening his body and ensuring that even though there are struggles and inevitable pain, life will not pass him by.

The Soares family participate in many fundraising activities to help in the fight for an eventual end to this nightmare that afflicts roughly 1 in every 1000 Canadian children under the age of 16.

OMAC wants to help instill in our students some of the morals that they will require to grow to be happy and respectful young adults living life with integrity and self-discipline. Ayden, Gavin and his parents show us every class they attend what it means to live the words: faithful, persistent, cooperative, appreciative, and insightful.

OMAC HELPS KICK JUVENILE ARTHRITIS!

Don't miss out on our Summer Sales! See pg. 1, 2 & 4 for all your OMAC SAVINGS!

OMAC WORLD CLASS MARTIAL ARTS

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FAITHFUL to one another, they support and remain true to their goals as a family and as members of their larger community and family, both here at OMAC and with the Arthritis Society. PERSISTENTLY, they never give up on one another and encourage that strength to carry forward even in hard times—no matter the challenge, they will overcome it together.

COOPERATIVE can only describe the measure of effort it takes when one family member struggles every day, relying on family and friends to help him in every thing from daily chores to his ultimate dream of BLACK BELT EXCELLENCE.

APPRECIATION can be difficult at times when the world is a hard and painful place. Yet, on a regular basis and with the support of his family, he and his little brother Gavin make regular class a part of their lives.

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We can say that we are proud of many things at OMAC - our students, our schools, our awesome programs - but in the end, we could have none of it without the support of all the families that have become our family.

Five days a week, we travel to many neighboring schools to pick up our students after a long day of studying and hard work. We bring them back to the Dojang where there is time to study, complete homework or eat a snack as well as enjoy Tae Kwon Do lessons.

This year, many additional costs have raised the expenses of such a program, and in order to continue offering a quality after-school care program to our loyal families, we find it necessary to raise, ever so slightly, our weekly rates by $6.

We know that if you compare this to any competitive pricing, we are still well below the market rates.

We are happy and honored to be trusted with your most precious loved ones and our goal is to help you in guiding them through their formative years - offering guidance by teaching life skills as well as Martial Arts skills, confidence and dignity. We see ourselves as more than just after-school care, but your children’s home-away-from-home, and we sincerely hope they feel the same.

It is sometimes said that change can be a difficult thing and in order to continue offering a quality program, we bring our Burlington location to our loyal families, we find it necessary to raise, ever so slightly, our weekly rates by $6.

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Have you really met Instructor Dorijan? If not, you’re missing out!

At our Burlington location, we are assembling a brilliant team and as with any team, there needs to be a leader who can keep the wheels turning — or in this case, keep the students kicking!

Instructor Dorijan brings with him extensive experience in weapons training and has been happy to share his knowledge with his students — enhancing our curriculum and offering yet another reason why OMAC is THE PLACE to study Martial Arts!

Q: What made you want to be an Instructor?
A: I wanted to have the same affect on students that martial arts had on me growing up. Martial Arts helped me through being bullied and many other touch stages in life growing up. It was so much more than just punching and kicking.

Q: If you weren’t a Martial Arts Instructor, what other profession would you have chosen and why?
A: My degree is in Criminology & Forensics. If I wasn’t an instructor I would have gone into detective/ forensic investigation. As a child, I loved Sherlock Holmes and always thought it would be amazing to be a real life detective, looking for clues and solving crimes!

Q: Is school important? Even for a Martial Arts Instructor?
A: School is so very important! Practice what you preach! We teach students “Finish what you started, Sir!” - this not only applies here in the dojang, but to every aspect of our lives. There is no greater power or strength than KNOWLEDGE.

Q: What were your favourite foods, colour and movies growing up?
A: Growing up and even to this day my favourite food is PIZZA! My favourite colour is ORANGE. Favourite movie by far is the original Ninja Turtles. As a child, I always wanted to be like Donatello – I guess my dream came true!

Q: Who is the most important person in your life and why?
A: This is a hard choice! Both my parents are super important to me. Having come to Canada as war refugees when I was only 6 yrs. Old, they worked 3 jobs each to provide the life my sister and I had growing up. In my eyes, there will never be anyone stronger or more deserving of my love and gratitude than them. They

Q: Favourite quote:
A: If A through Z were numbered 1—26, the word KNOWLEDGE would add up to 96%. HARD WORK would equal 98%. Both important but fall short of 100%. ATTITUDE equals 100%. Everything is possible with the right ATTITUDE!

For our first article under this heading, we send out the challenge to all you students, hungry to be heard, waiting to pounce, yearning for knowledge or just simply those who like to write and have something great to share!

Do you have a question? Ask it!
Do you have a comment? Let us know!
Do you have a special dream or goal? Share it and be an inspiration to others!
Do you have a challenge you’d like to put to your fellow students or schools?
Whatever you’re insight, your goal or your opinion,

...we want to hear from you!

The only ‘rules’ for these articles are that they be maximum 125-150 words, and that you include a photo and short biography of yourself and experience at OMAC (age, belt rank and favourite teacher). No last names will be published or what school you attend during the day.

Do you have a question you’ve always wanted to ask Master Harrison?
Have you always wanted to wear a ninja suit or your pajamas to class?
Do you think that Instructor Ki must sleep in horse stance in order to train his legs to jump as high as he does?
Do you have a great Martial Arts joke you’d like to share? Let us hear about it!

Please send your revised questions, comments, creative ideas and inspirational anecdotes to:

omacfamily@omacmartialarts.ca
(Subject Line: “Newsletter”)

Stay tuned for our next issue — you could be the one chosen to be highlighted in the “STUDENTS VOICE”, and maybe even win a “cool” prize, just in time for Summer! Get those pencils sharpened!

Are you new to OMAC? Do you remember what the colour of each belt tape means? This is where you’ll find the answers!

Yellow Tape: Proper execution of One Step Sparring
Red Tape: Proper execution of Kibon
Orange Tape: Proper execution of Dae Mang
Green Tape: Proper execution of Tae Guk
White Tape: Patience, effort and listening
Blue Tape: Proper kicking technique

Do not get discouraged if you have not yet received your 2 Black Tapes (indicating readiness for testing). Your instructors want to be sure that you are comfortable with all curriculum and skills required to move you forward to the next level.

Remember to practice and ask as many questions as you need to. Our instructors are always happy and willing to work with every child in order to help them attain their goals — persistence and discipline, heart and dedication — we will work together to achieve together.


“Do you think Instructor Ki must sleep in horse stance in order to train his legs to jump as high as he does?”......?

TESTING HIGHLIGHTS AND TAPE TIPS ANNOUNCEMENT

MARK YOUR CALENDARS!
BLACK BELT TESTING IS COMING SOON!
JUNE 13, 2015!!
We would like to wish all our Mothers a belated Happy Mothers Day!
We hope you enjoyed a relaxing and joyful day!

ARE YOU SIGNED UP YET??

MAKE SURE YOU’VE SIGNED UP WITH US ON OUR WEBSITE!
WWW.OMACWORLDCLASSMARTIALARTS.COM

Get all your up to date information about school hours, schedules and closings due to weather. Use your Student Login to study patterns and improve quicker with practice at home! Be sure to also check out our Pro Shop, (coming soon!) where you can buy all your gear, training and gift items at great prices.

Dear Parents,

If you have trouble staying in your seat while watching your child during class and have a secret fantasy of becoming the next Martial Arts expert, why not see if you could be our next Staff Superstar? (or consider joining an adult class!). Maybe you’re a soon-to-be Black Belt and you’ve just been waiting for the right time to talk to us about that perfect Part Time/ Camp/ SUMMER JOB you’ve been dreaming of here at OMAC! Come talk to us!

We are always looking for talented individuals who can offer an additional level of experience to our team. Your many skills might only begin with a love of Martial Arts and you know your contributions and dedication will help us grow to new levels. Would you like to help us ensure only the best quality of experience, within all facets of the business?

We have developed a new section to our webpage that highlights Career Opportunities available within the OMAC family!

We look forward to hearing from you!

CAREERS AND COMMUNITY

OMAC PRO SHOP - COMING SOON TO BURLINGTON!!

Finding the right gear in the right place at the right time should never be an issue for a serious and dedicated student.

OMAC is dedicated to bringing superior quality education together with superior quality learning environments and part of that is always having reliable access to the tools required for your art.

Our Burlington location will be the proud, first site of our new Pro Shop format.

Displayed in the front lobby will be a sampling of what we will be offering as well as photos of colour options and some of those very “special order” items that require sizing and/ or may be too dangerous or costly for open display.

We encourage all parents of children participating in Tae Kwon Do classes to please properly outfit your child with protective gear.

From even some of the lower belt ranks and up, children can be harmed accidentally with some of even the simplest of kicks. Everything from chest protector, helmet and mouth guard (think future $ for braces and missing teeth) to groin, elbow and shin pads—these are an essential part of Tae Kwon Do sparing for a reason. An ounce of prevention today will save many future injuries.

We know that cost is always a factor and in reworking our pricing and offering a broader range of product we hope that our new selection and price points make it possible for parents to outfit each child with the proper protective gear they need for the first two weeks of class, every month. Our goal is not margin, but ensuring a safe and educational environment, with as few bruises as possible!

Hockey players can’t play without skates, as per the rules of the ice and bicyclists of all ages should be sporting helmets, as per the rules of safety for the road – so let’s make sure that our Tae Kwon Do students understand the need and importance of safe and properly fitted protection while perfecting their moves on the mat.

Please send us your feedback and tell us what you think of our new Pro Shop format and anything else you might like to see us carry!