



Student of the Month

Josy Fierro-Roxas has taken the lead to teach our Women's Self-Defense Class. She has been a dedicated student of WCMAA and is committed to empowering women and girls to find their confidence and develop their skills to defend themselves!

Sifu's Corner

How can I get better?

Show up to class → Train hard for every minute → Take notes → Repeat

Remember the 5 stages of learning:

Memorization → Visualization → Form → Speed / Power → Application

Did you know?

Did you know that "Sifu" is a Chinese term for instructor?

"Sihing" is a senior male classmate and "Sije" is for a female classmate.

"Guro" is a Filipino term for instructor

"Sensei" is a Japanese term for instructor which also often relates to the one with the most experience.

At WCMAA we use the terms "Sifu" and "Guro", because we teach Chinese and Filipino Martial Arts.

Health, Wellness and Hygiene

Parents and students we would like to request that we all work together to keep each other healthy!

It's FLU Season! Help us STOP the spread of GERMS! Wash your hand before and after class! If you are sick, please stay home!

Going bare feet in class is not the most hygienic, we recommend that students wear training socks to protect your feet from harmful bacteria! You can get one from <https://www.unitedfistfightstore.com/collections/ring-to-cage> or ask Josy or Quent.

Parents of Little Dragons:

Please remind your children to wash their hands often especially every after washroom breaks and prior to starting class.

Important Notice

For safety and liability reasons, parents/guardians, younger siblings and spectators are to *stay off the mats while class is in session*. We would also ask for your cooperation to keep the noise level down during class to show respect to our instructors and students.

Upcoming Events

Changes to adult classes: Effective Immediately

Tuesdays:

6:30pm - 7:30pm: Jun Fan JKD

7:30pm - 8:30pm: FMA

Thursdays:

6:30pm - 7:30pm: Jun Fan JKD

7:30pm - 8:30pm: FMA & Majapahit Silat

Saturdays:

10:00am - 11:00am: Jun Fan JKD

11:00am - 12:00pm: Majapahit Silat

March 24 and 25

XTMA 2018 with Guro Daniel Lonero & Simo Marie

8 hours of training

Jun Fan JKD, FMA, Silat and Muay Thai

Venue: WCMAA

Early Bird until March 14

\$100.00 - 1 Day / \$160.00 - 2 Days

After March 14

\$120.00 - 1 Day / \$180.00 - 2 Days