



Sifu's Corner

The biggest barrier to learning is yourself. Empty your cup. When you come to class, check your Ego outside the door. Every class is a different learning experience. Empty your mind so that it may be filled again. When you get home, filter and make it your own.

Did you know?

The Filipino Martial Arts represent the most well-rounded and practical fighting techniques in the world. They're well-rounded and they cover all distances in which combat takes place: long range (kicking), middle range (boxing, elbowing, kneeing) and short range (grabbing, poking, biting, grappling). The movements are practical and they don't focus on fancy or complicated moves that are likely to fail under duress. Even the forms (*anyo*) used by some Filipino systems are composed of actual fighting moves. Historically, those components were hidden in a dance (*sayaw*) for a variety of reasons. **The Inosanto Kali blend, which is the primary Kali system at WCMAA is often regarded as the most complete martial art**

Health, Wellness and Hygiene

Hygiene is one of the most important factors to be a successful martial artist. If you aren't healthy you can't train which prevents you from improving your skills! It's not only important to wash your training gear after each session but to also wash/scrub your body.

Another important hygiene factor is clipping toe and finger nails. This is where bacteria like to hide! Clipping your toe and finger nails are also for your training partners- it is very common to get small cuts and nicks on your skin from a training partner's long finger or toe nails. These little nicks and cuts can become infected if not kept clean. Make sure to keep your gear and yourself clean so that your training partners want to train with you!

Important Notice

Parents of Little Dragons:

For health and safety reasons; parents are responsible for cleaning up after their children use the bathroom.

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.



Student of the Month

Cynthia has been with WCMAA for less than a year. She has shown determination and the commitment it takes to apply herself to learning. She shows up to every class ready to challenge herself and has proven that putting in the work pays off. Congratulations and keep up the good work!

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 Lonerio & 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