

Second Edition

EKE ACADEMY OF MARTIAL ARTS NEWS AND MORE...



GREEN BELT WHO GOT PROMOTED THIS MONTH?



KICK'N KETTLEBELLS HAVE YOU BEEN OUT TO A CLASS YET?



GURO'S CORNER THINK OUTSIDE THE BOX

EAMA JOURNAL

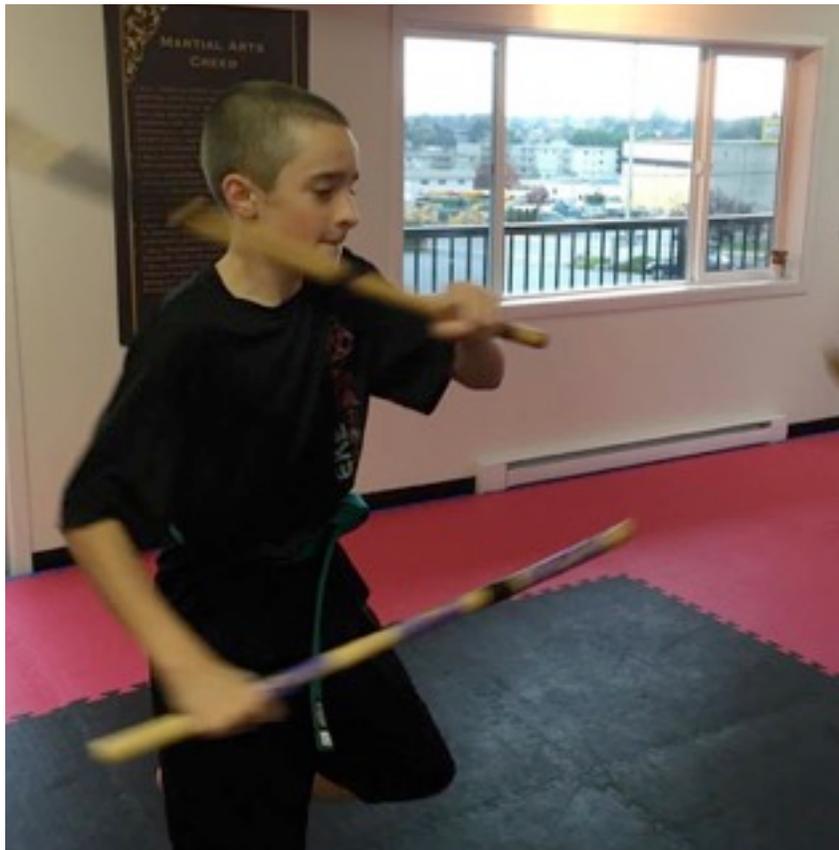


Putting the 'fun' in functional martial arts

At Eke Academy of Martial Arts (EAMA) we are constantly working at making ourselves the best we can be. This means working the body in ways that makes sense. Guro James Eke, chief instructor and founder of EAMA points out that Martial Arts “should be fun, creative and intelligent, you’re training for a purpose and you need to make sure your training matches those goals and purpose.”

“Martial Arts should be fun, creative and intelligent, you’re training for a purpose”

Around the Academy



There are always amazing things going on at EAMA and October has been a busy and really amazing one so far.

PROMOTED

Zander Eke not only got his green belt (after about 10 years of training) but left the red shirt behind and was graduated from the EAMA Dragon Kids program into the one-year adult class probation period. During the next year expect to see Zander taking part in a few of the adult classes as well as maintaining his training in the Dragon Kids classes.

Chris Knight has been wowing us for a while now with his awesome Silat skills and after a year of training, Guro James awarded the hard work with a yellow Ikat. Keep up the good work Chris, you make us all proud!

HAPPY BIRTHDAY!

EAMA turned three years old this month and we celebrated with a night of almost all the classes we train in — in one night!

*Kindness counts
in more ways
than one*



EAMA students raised about \$101 for the Fort Street Kindness Meters recently.

Throughout the summer, Mel and Joseph were drumming up support and collecting money through a coin drive at the Academy to help raise money for the Kindness Meters (located downtown Victoria). The meters are hard to miss but serve a great purpose, raising money for the homeless in the Capital City.

Like Guro James always says, “training in the martial arts is more than about punching and kicking” and Mel, Joseph and the whole EAMA family that supported the coin drive showed just that.



Guro Dan Facts

Guro Dan Inosanto's Kali system is one of the top 10 self defence systems according to Black Belt Magazine. Inosanto's system is one of the most sought-after and imitated arts in the world when it comes to self defence. It has also been used in countless movies and television shows.



KICK'N KETTLEBELLS NEEDS YOU!

We are looking for a few brave women to come out and join us for our Kick'n Kettlebells class held Tuesdays and Thursdays from 9am to 10am.

The class is sure to get your heart pumping and your muscles strong with a combination of EAMA's own PMK Kickboxing and a great Kettlebell workout combined.

This is a women's only class. See Guro our register via the MindBody Connect system.



WHY YOU NEED TO THINK OUTSIDE THE BOX

GURO'S CORNER
BY JAMES EKE

Not comfortable grappling? Think kickboxing is too hard?

Usually in life and training the thing we fight the most is what we likely need. If you think grappling isn't your thing but you have never been to a class you don't even realize the world of awesomeness you are missing.

Imagine if you had never stepped foot in the Academy and started training. The easiest

thing to do in life is nothing. To give up. To get a bad attitude. To just coast. What you need though is the ability to see things creatively and with a passion that will only serve to make you amazing and enrich your life.

We are capable of far more than we realize and we will only get as much from life as we are willing to let ourselves get.

Next time you hear yourself say 'no I can't' ask yourself why not and better yet, do it.