



BLACK BELT EXPRESS

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Feature Student

Johnny Danigelis



Johnny has made a significant improvement over the last year of training. At first he was confused with the material, but through diligence and support from his parents and instructors Johnny has made a great leap forward! We are really pleased with his progress! Good job, John!

Corner Quote

Focus on remedies, not faults.

Watch for Our Spring Special Events!!

Spring is always a busy time of year at Villari's, with lots of exciting events that you will not want to miss. We are introducing a series of mini-seminars focusing of the 5 Shaolin Animals and specialty skills like Ground Grappling, Advanced Kicking, and weapons. The first of these is the Tiger Clinic scheduled for April 14th.

And starting now, we are in preparations for our Annual Dojo Tournament! This event is set to take place on Sat May 5th, so be sure to hurry and get registered soon! There will be medals for everyone, food, demos from our STORM Team, and much more. Every Year it is a great success and a fantastic way to keep your skills sharp!

Then a really special treat for everyone! Grandmaster Villari himself will be coming to conduct a seminar in Richmond Hill on Saturday

June 23rd! This is a great opportunity for students of all levels and ages to learn directly from the founder of our style!

So don't miss out on all of these great events! All information will be posted in the dojo, on our Facebook page, through Twitter, via emails and on the webpage. We also have an online event registration system set up on the main page of our website.

See Master Tim for details!



Hey Gang! Go to www.villarismartialarts.ca Like us on and click the links to:



follow us on



and see videos on the VillarisMartialArts Channel



Where are the Online Training Videos?

If you have been to our new website and attempted to log in to see the online training videos, you probably noticed that your access ID and Passwords no longer work.

This is due to a change /update in our software platform which unfortunately was not designed to accommodate the web-video feature.

While I appreciate that the videos had some useful applications, as a martial artist it has been my observation that today's society is beginning to overly rely on technological conveniences to remember, store and reference information for them. In the long run, this does a dis-service to the training and the students, as we are striving to discipline the mind as well as the body. Therefore deferring knowledge to external storage units instead of engaging in diligent and consistent practice, resulting in both mental and muscle memory, is detrimental to end goal of martial arts training.

When I was learning, (and as it has been for martial artists throughout history) there were no such things as camcorders or internet video streaming or hard drives. We had to practice until we got it. Even if we made mistakes along

the way. In fact, the potential for making mistakes drove us even harder to be sure we paid attention in class in order to practice correctly. This is essential for developing the mental and physical intelligence and discipline of the martial arts.

One of the questions I am often asked is; "How do I help my child in his training?"

Here are some helpful tips:

- Don't correct! This can lead to confusion in the student due to mixed interpretations. The best thing is to provide them opportunities to show you what they are doing. Let them make mistakes and learn from them.
- Always be positive, encouraging and supportive.
- Avoid comparing their performance to other kids! Everyone experiences different challenges in their training.
- Be Patient! Rome wasn't built in a day, and neither are martial artists!
- When in doubt, advise them to ask their Instructors for help, or a private lesson!

Mar & April 2012

COMING EVENTS

- Back to School — Sept 6
- Tai Chi Begins — Sept 10
- Gold Dragon — Sept 10
- Self Def. Workshop — Sept 16
- Make-Up Camp — Sept 17
- Weapon Test — Sept 24
- TEST DAY** Sept 25
- Make-Up Test — Oct 1
- Gold Dragon — Oct 8
- Closed Thanksgiving* Oct 10
- BLACK BELT TEST** Oct 16
- Self Def. Workshop — Oct 21
- Mantis Seminar — Oct 22
- Halloween Party — Oct 30
- Halloween* — Oct 31
- Gold Dragon — Nov 5
- Iaido Jodo clinic — Nov 12
- USA Tourney** — Nov 18-20
- TEST DAY** Nov 27
- Make-Up Test — Dec 2
- EKF Tests — Dec 3
- Self def. Workshop — Dec 16
- Gold Dragon — Dec 10
- Grappling Seminar — Dec 17
- Last Day of Training — Dec 22
- Dec 23 open ASPU only!*
- Christmas* — Dec 24 Jan 2
- Classes Resume* Jan 2, 2012
- School Restarts — Jan 9
- Gold Dragon — Jan 14
- Fai Chi Level 2 — Jan 21
- Weapon Test — Jan 28
- TEST DAY** Jan 29
- Make-Up Test — Feb 4
- Self Def. workshop — Feb 10
- Gold Dragon — Feb 11
- Valentines Day — Feb 14
- Family Day Closed* — Feb 20
- Gold Dragon — Mar 10
- March Break — Mar 12-16
- KOBUDO TEST DAY** Mar 24
- KEMPO TEST DAY** Mar 25
- Make-Up Test — Mar 31
- Tiger Clinic** April 14
- CLOSED-EASTER** April 6-9
- Gold Dragon — April 21
- Tourney Seminar — April 28
- Dojo Tournament** May 5
- Long Weekend — May 18-21
- Mother's Day — May 13
- KOBUDO TEST DAY** May 26
- KEMPO TEST DAY** May 27
- Make-up Test — June 1
- BLACK BELT TEST** June 9th
- Aurora Street Sale — June 3
- Gold Dragon — June 9
- Fathers Day — June 17
- Grandmaster Clinic** June 23

Summer events to be planned. Some events may change without notice due to unforeseen circumstances or conflicts.

Sun	Mon	Tue	Wed	Thur	Fri	Sat
Feb 26	27	28	29	Mar 1	2	3
↔ SELF DEFENSE WEEK ↔						
4	5	6	7	8	9	10
↔ SPARRING WEEK ↔						
11	12	13	14	15	16	17 Tai Chi Begins
OPEN for MARCH BREAK						
↔ SELF DEFENSE WEEK ↔						
18	19	20	21	22	23	24
↔ SPARRING WEEK ↔						
25 TEST DAY!	Cycle 6 Begins	27	28	29	30	31 Make-up TEST!
↔ SELF DEFENSE WEEK ↔						
April 1	2	3	4	5	6	7 Closed for Easter
↔ SPARRING WEEK ↔						
8 	9	10	11	12	13	14
↔ SELF DEFENSE WEEK ↔						
15	16	17	18	19	20	21
↔ SPARRING WEEK ↔						
22	23	24	25	26	27	28 Tourney workshop 4pm-6pm
↔ SELF DEFENSE WEEK ↔						
29	30	1	May 2	3	4	5 DOJO TOURNAMENT DAY
↔ SPARRING WEEK ↔						



Tai Chi
Level 2
Starts
Mar 17th

VILLARIS MANTIS ARTS CENTRES

Aurora Karate Challenge 2012

1st Tourney Division for Beginners!
Participation Medals for all Kids events!

Demos
Forms
Sparring
Weapons
Creative

Saturday May 5th

Aurora Dojo, 10am-4pm
\$35 for 2 events, \$15 each Add. Event

Register with Master Wakefield for this Awesome Event by April 28th!