

## EMA Demo Team

*May 2025*

Based on your abilities, focus, and energy in class, you have been chosen to be a part of our Demonstration Team! This team is hand-selected and new members may only be invited by the EMA Staff. Our demo team takes the concepts learned in regular classes and applies them to put on a show for people to enjoy. Students from Level 1s all the way to Black Belts will be working together to produce a demonstration that will be performed at various Empower Martial Arts & community events.

**Demo Practice Times:** Every Sunday - 8:30am-9:20am

### Performance Schedule

The Demo Team will perform at Dojo events, as well as local Dublin community events, approximately 6-10 times per year. The Team will be notified via email as performances are scheduled. There may be additional practice times based on these performances, which will be communicated at the Demo Team practice sessions or via email.

- EMA Belt Tests 3x/year
- In-House Tournament 2x/year
- Annual Potluck Picnic
- Dublin School/Community Demos

### Guidelines:

- **2x/week Membership**  
Since the Demo Team will be showcasing their martial arts techniques and skills, it's important for members to be sharp in their techniques. Therefore, all members involved in the Demo Team should be enrolled in our Twice-a-Week program. Participation in the Demo Team is offered as a value-added session for our students. Please ensure your membership program is updated by **December 16, 2025**.
- **Attend 75% of Demonstration Performances**  
If you are not attending the scheduled events, we will ask you to be removed from the Team. You must also maintain professionalism and courtesy, especially at any offsite event, as you represent Empower Martial Arts.  
*2025: Must attend 6 Performances*
- **Attend 3 Demo Classes Within a Month from a Performance**  
To ensure that all students are up-to-date with the steps for the demonstration, students must attend 3 of the 4 Demo classes prior to the date of the performance. If a student cannot meet this requirement, they will not be able to perform at the demonstration.
- **In-House Tournament Participation**  
Compete in 1 Kata Division at one of the two In-House Tournaments annually.  
*2025: Must participate in 1 kata division*
- **Demo Team Uniform**  
All participants must purchase a EMA Demo Team Uniform top by **December 15, 2025** for \$45 - please purchase through our app. This uniform top will be worn at all Demo Performances, along with their current gi pants and belt. Students may not wear this uniform in class.

### Contact Info

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