

# EMA

EVOLUTION MARTIAL ARTS

## THE REVOLUTION #21 – MARCH 2009

Internet Safety and your children – With the increasing popularity of My Space, Face Book and the internet as a whole, here are some ways to keep your child safe on-line. Put the computer in a common/family area. Allow use of the computer only at specific times. You can install parental control software that will block unsafe sites. Children should never give out names, addresses, phone numbers or any other personal information. Create safe usernames (don't use real names) and know all your child's user names & passwords. If your child is old enough to be on Face Book, MSN, etc., you should also be on and one of their 'Friends' or 'Contacts'. Make sure you let them know its okay to tell you of any unwanted items they receive – harassment, threats or explicit content, so you can help them and/or report it. Don't let them post pictures that 'give' away information (school uniform, street signs, etc.). Remember you (parents) are the best protection your children have from the internet.

Gord & Ashley



**Belt Testing**  
March 9<sup>th</sup> – 14<sup>th</sup>

**Graduation – Sat, Mar 14<sup>th</sup> – 11:30am at EMA!**

**Sat, Mar 7<sup>th</sup> – BLACK BELT TEST**  
11:30 start



**March Break Camp**

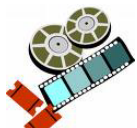
March 16<sup>th</sup> – 20<sup>th</sup>



**Karate Games Pizza Party**  
**Prizes Stranger Danger**  
**Visit from the Reptile Man**  
**and more!**



**Friday, March 13<sup>th</sup> – 6:30-9:30**  
**Free Hawaiian Party & Movie Night**



**Games – Pizza – Movie**  
**Sign up now!**



**Women's Self- Defense Seminar!**  
**Thursday March 26 7:30-8:30 (ages 14 & up)**

**Sign up now!**



### CKM Street Class

Thursday, Mar. 12<sup>th</sup>  
6:30 – 7:30  
Social After



### BBC New Weapons

Starts Mon. March 16<sup>th</sup>  
KAMAS



Foam - \$23.99  
Black belts may order Chrome Kamas - \$56.99

### Students of the Month

Dragons: Cristina Corso  
Kids: Adrian Filice

### March Birthdays

Nicholas Carino, Kate Carson, Kent Carson, Tina Dayes,  
David Fairbairn, Isabel Granatier, Justin Lantaigne,  
Korey Louwerse, Brian Murdock, Julianna Palcik,  
Ryan Proc, Sarah Rabak, Nicholas Stock,  
Evan Torchia, Seth Van Sickle-Gamble

### EMA Birthday Party's



- 1½ to 2 hours of fun
- Cut cake with real ninja sword
- Board breaking
- Karate games
- We supply everything! (except the cake)

Call or email to book now!

March	Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6 BBC Ninja flag	7 Black Belt test 11:30-1:00
	8	9	10	11	12 CKM Street Class	13 Free Hawaiian Movie Night 6:30-9:30	14 Grad 11:30-12:30
	←----- Belt Testing -----→						
	15	16 New Weapon Starts KAMAS	17	18	19	20 BBC Sparring Championship	21
	←----- March Break Camp -----→						
22	23	24	25	26 Women's self-defense seminar 7:30	27 BBC self-defense vs. abductors	28	
29	30	31					

2009