



EVOLUTION MARTIAL ARTS

## THE REVOLUTION #23 – APRIL 2009

Why Martial Arts are better for your kids than team sports. Ok I know we are a little biased on this topic but here are 10 reasons.

1. Self defense – it teaches how to, when to and when not to.
2. Confidence – in everything they do not just self defense but at school, home, etc.
3. Belts – you are thinking “what?” – children learn through hard work and effort they can succeed – a huge life lesson.
4. Discipline – practice makes perfect. Many highly successful people in life may not be the most ‘skilled’ but many are the most disciplined!
5. Individual achievement – most team sports have a bench. There is no bench in martial arts. Each child has a chance to be the best they can be. There are no 4<sup>th</sup> lines in karate.
6. Gender Equality – martial arts is one of the few activities your son or daughter can do together. A girl’s black belt is exactly the same as a boy’s.
7. Fitness – see the kids who get to black belt? WOW!!
8. Healthy competition & good sportsmanship.
9. There is no ‘season’ - martial arts is a way of life. A friend told me after he stopped playing his sport in high school that all he had to say ‘I used to play this’. But his martial arts training stays with him and helps him for life. This is true for your children too.
10. Respect, focus, positive attitude, integrity etc.,

Gord & Ashley

### Free Easter Egg Hunt!

Friday, April 3<sup>rd</sup> – 6:30-7:00



Open to all EMA Students & Siblings

You must register to come.

### BBC Buddy Board Break Friday, April 24<sup>th</sup> – 6:30-7:15



Cost \$2.00/board

Each student may bring a buddy to learn how to break a board.

Please register!

<p align="center"><b>Stripe Testing</b> Saturday, April 4<sup>th</sup> – Thursday, April 9<sup>th</sup></p> 	<p align="center"><b>Closed</b> Friday, April 10<sup>th</sup> until Sunday, April 12<sup>th</sup> Happy Easter!</p>
<p align="center"><b>BJJ Seminar with Dan Moroney</b></p> <p align="center">Wednesday, April 1<sup>st</sup> 7-9 pm (no regular CKM)</p> <p align="center">EMA Members \$10.00 Others \$20.00</p> <div style="display: flex; justify-content: space-around;">   </div> <p align="center"><b>Meet at Jack Astor's afterwards</b></p>	<p align="center"><b>Karaoke Movie Night!</b> Friday, April 17<sup>th</sup> – 6:30-9:30pm</p>  <p align="center"><b>Pizza - Cool Movie - Karaoke!</b></p> <div style="display: flex; justify-content: space-around;">   </div> <p align="center"><b>Cost \$14.95/each or \$24.95 (family)</b> <b>Sign up now!</b></p>
<p align="center"><b>April Birthdays</b></p> <p>Chris Argiropoulos, Val Campbell, Lilly Dekok Grace Kirk, Nicky Leich, Kollin Mustiano</p>	<p align="center"><b>Students of the Month</b></p> <p>Dragons: Coleson Hawke Kids: Oliver Mustiano</p>

April	Sun	Mon	Tue	Wed	Thu	Fri	Sat	
				BJJ 1 Seminar Dan Moroney 7-9pm	2	BBC 3 6:30-7:00 free Easter Egg Hunt	4 Stripe Testing Starts	
	5	6	7	8	9	10 Closed	11 Closed	
	←----- Stripe Testing -----→							
	12 Closed	13	14	15	16	17 Karaoke Movie Night 6:30-9:30	18	
	19	20	21	22	23	24 BBC Buddy Board Break 6:30-7:00	25	
26	27	28	29	30				
2009								