

# EMA

EVOLUTION MARTIAL ARTS

## THE REVOLUTION #29 – NOVEMBER 2009

### "Safety First"

In speaking with several people we have noticed an increase in "Road Rage" and some misconceptions in how to deal with it. Here are some good ideas:

- If someone is following you, don't drive home, call the police on your cell phone (or have a passenger call). If you can, get a description of the vehicle & plate number. Drive to the police station, staying in a populated area as much as possible. Keep your doors locked and do not stop unless you have to. Let the police deal with it. Many times if they see or think you are contacting the police they may leave.
- Don't get into "games", or try to "educate" someone else's poor driving. If they want to pass let them when you can safely. Avoid yelling or giving "hand gestures"- this will also keep your stress down. Be patient.
- If you have a flat or a breakdown, call for help (CAA or towing service) and stay in the car

If we treat other with respect we usually get it back. Drive in a courteous & considerate manner.

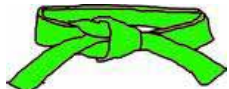
### NEW EMA T-Shirts arriving Soon!

Pre-order special!  
Reg. \$25 + taxes each  
Pre-order 2 or more for  
\$20 + taxes each



(Dragon and logo in red and silver)

Stripe testing  
November 2<sup>nd</sup> – 7<sup>th</sup>



CKM Testing  
November 16<sup>th</sup> – 21<sup>st</sup>

BBC Class  
Friday's 6:30-7:15

Fri. Nov. 6<sup>th</sup> – Fitness Challenge  
Fri. Nov. 13<sup>th</sup> – Sparring Seminar  
Fri. Nov. 27<sup>th</sup> - Open Forms Practice



## **EMA Holiday Banquet & Graduation**



Tuesday December 8<sup>th</sup>, 6:30pm start  
Marquis Gardens  
1365 Sandhill Dr., Ancaster  
Tickets- \$30.00 each and must be purchased  
before Sat. Dec. 5<sup>th</sup> (limited spaces left)

- Martial arts demos
- Belts, certificates
- Door prizes
- 6 course meal
- Cash bar
- Dress casual/smart
- Graduating students in full uniform

<p align="center"><u>Adult Social</u></p> <p align="center"><b>EMA Night at the Movies!</b></p> <p align="center">Thursday Nov. 26<sup>th</sup> Meet at Silvercity Ancaster, approx. 7pm to see the movie "2012" (no adult classes this night)</p> 	<p align="center"><b>Karaoke Movie Night!</b></p>  <p align="center">Friday November 20<sup>th</sup>, 6:30-9:30 Lots of singing Prizes Pizza Cool movie</p> <p align="center">Cost: \$14.95/person, \$24.95/family Sign up Now!</p>
<p align="center"><u>BBC New Weapon</u> "Nunchucks" Starts Dec. 7<sup>th</sup> String \$19.95 Chain \$24.95</p>	<p align="center"><u>Students of the Month</u></p> <p><u>Dragon's</u>: Julianna Putrone <u>Kids</u>: Cassie Campbell</p> <p align="center"><b>YOU ROCK!</b></p>
<p align="center"><u>Happy Birthday!</u> Chris Burley, Megan Campbell, Grady Carson, Adrian Filice, Riley Hawkins, Nick Lehman, Scott Mooney, Shawn Mooney</p>	

<b>November</b>	Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6 BBC Fitness Challenge 6:30-7:15	7
	8	9	10	11	12	13 BBC Adv. Sparring 6:30-7:15	14
	15	16 P.A Day Camp	17	18	19	20 Karaoke Movie Night 6:30-9:30	21
	22	23	24	25	26 EMA Night at the movies Approx. 7pm	27 BBC Open forms prac. 6:30-7:15	28
	29	30					
<b>2009</b>							