

**PRESS RELEASE  
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**Local Martial Arts School Addresses Family Security and  
Community Emergency Preparedness with Family Ready Program**

Barrington, NH: Lynda D. Nelson, owner of Quest Martial Arts Academy, LLC, announced that the academy's new Family Ready Program promotes the importance of family security and community preparedness for emergencies and natural disasters. The school will award its Family Ready Certificate to those students and their families who complete a family "Ready" checklist and create a family emergency plan. The program is available to all families in the community free of charge at the academy.

"Martial arts include a broad range of styles, skills and activities, but self-defense comes first at our school," said Nelson. "Nothing is more important to my staff and me than the personal safety of each student, the security of your family and the preparedness of our community for emergencies and disasters."

Nelson added that the World Disasters Report for 2004, published by the International Federation of Red Cross and Red Crescent Societies, stated that the frequency of natural disasters has increased by 68% during the last 10 years. Although the number of lives lost has declined when comparing the 1970s to the 1990s, the number of people has tripled to 2 billion during the last decade. According to the UN's Bureau for Crisis Prevention and Recovery, some 75 percent of the world's population lives in areas that have been affected at least once by an earthquake, a tropical cyclone, flooding or drought between 1980 and 2000.

"We're giving each student at our school the Family Ready Security and Safety Checklist and the Ready Brochure and Family Emergency Plan from the U.S. Department of Homeland Security," said Nelson. "We are asking families of our students to plan a family activity to complete the checklist and create a family emergency plan. This Family Ready Program is an important lesson in leadership for our students and their families that we expect to spread throughout our community, improving the security and preparedness of all families. We also invite families to visit our school for a free copy of the Family Ready Program."

According to Nelson, Quest Martial Arts Academy, LLC is a member of the National Association of Professional Martial Artists (NAPMA), which developed the Family Ready Program, based on materials from the U.S. Department of Homeland Security. NAPMA is the world's largest association of martial arts instructors and school owners and has distributed this same material to more than 1,500 martial arts schools in 22 countries.

As a member of NAPMA, Quest Martial Arts Academy, LLC strives for the highest standards of age-appropriate curriculum, leadership training, child safety and security, business integrity and professional ethics. For information about our Homeland Security Family Ready Program call (603) 664-2332.