

FullContact

A Monthly Publication of Lifeforce Karate & Fitness

Seven Habits of Successful Martial Artists

By Joseph Galea



lifeline

Words of Wisdom

“Don’t be afraid of constructive criticism. Remember, the Titanic was built by professionals; Noah was an amateur.

--NAPMA Message of the Week, March 2000

Regardless of how old you are or what rank you have acquired in your training, most martial arts students share a common goal...to be the best they can be. Sure, you may never be able to leap five feet in the air, flip, and accurately side-kick your target and land in a full split. But, in reality, that doesn't matter. What does matter is that you are striving toward your personal potential. To get there, follow the seven habits of highly successful students.

HABIT ONE - BE THERE:

Getting to class is important not only to continue your learning but also to provide your body with the routine of utilizing your knowledge physically and mentally. Experts have determined that two classes per week is optimal for beginners and lower intermediate students, while higher intermediate and advanced students may benefit from three or more classes.

HABIT TWO - PRACTICE:

Reviewing at home what you learn in class is critical to enabling you to master your skills. Home practice makes your class experience much more beneficial and comfortable. Practice anything new you learn in class for five to ten minutes as soon as you get home that day. This ensures that you practice your new material properly while it is still fresh in your mind.

HABIT THREE - EAT RIGHT:

You are what you eat. Eat healthfully and your body will pay dividends when you challenge yourself mentally as well as physically. Good nutrition is recognized as a necessity for peak performance. And it's never too late to make nutrition a priority, so forget what may have happened over the holidays!

HABIT FOUR - STRETCH DAILY:

Muscles that are stretched routinely become more flexible. Flexible muscles respond stronger and faster which allows

your body to perform your martial arts techniques with a "superman" quality. An added benefit is an increased metabolism...and we can all use that, right, (Note: warm up your muscles before stretching).

HABIT FIVE - VISUALIZE:

Take five to ten minutes a day to relax and visualize yourself performing martial arts techniques that are hard and challenging. Your mind can be a great asset when it comes time to perform these techniques physically.

HABIT SIX - TEACH:

Help out a fellow student or teach yourself. The teaching process actually helps you learn better. In fact, this is a great way to practice. Stand in front of a mirror and verbally teach yourself how to perform a technique. While speaking out loud, make necessary corrections and positively reinforce yourself with praise. It may sound silly, but it works!

HABIT SEVEN - SET GOALS:

Have you officially set Black Belt as your goal yet? Have you set a specific timeline to achieve that goal? Have you set a goal for your next rank? Would you like to teach some day or have your own school? What are your goals? A goal set is a goal already half completed.

Follow these seven habits of highly successful martial artists to achieve our martial arts potential and you may even surprise yourself at what your potential actually is.



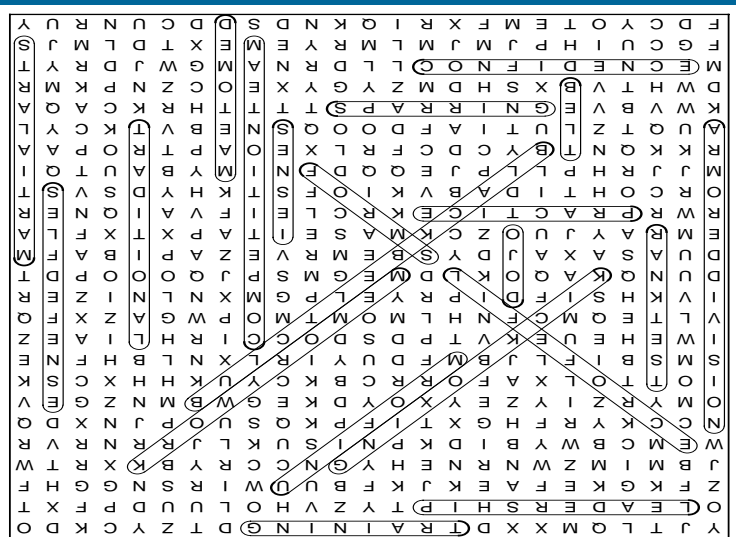
Make Feedback the Key to Your Success By Jennifer G. Galea MS RD

KICKIN' KIDS WORD SEARCH PUZZLE

Circle the words listed below as you find them in the puzzle.
Hint: words may be spelled backwards and diagonally.
Don't peek: Answer key is upside down below.



- | | | |
|--------------|------------------|------------------|
| Dojo | Self Defense | Traditional |
| Sensei | Confidence | Competition Team |
| Martial Arts | Demo Team | Forms |
| Rank Test | Armored Division | Practice |
| Lifeforce | Leadership | Memory Work |
| Uniform | Black Belt Club | Training |
| Sparring | Kickboxing | Belt |



On your road to making positive lifestyle changes, such as eating more healthfully, exercising more, and making healthy choices, you are bound to make a few “mistakes” that require you to make corrections. The global objection is to stay on the path to an overall healthy you.

An analogy of this is a plane heading on a long journey. One of the plane’s navigation systems tells it where it is in relation to where it wants to be. Over the course of a long journey, the plane could be “off course more than 90 percent of the time and still arrive at its intended destination, within minutes of schedule.

According to Stewart Emery’s *Actualizations: You Don’t Have to Rehearse to be Yourself*, “Living involves being constantly off course. But being off course doesn’t matter as long as we’re making the necessary corrections. If an airplane can be in error 90 percent of the time yet still reach its destination, maybe we can look at ourselves with more tolerance as we journey toward better health. Making mistakes, taking wrong turns, and backing up, and re-evaluating are all parts of the journey to optimal health.”



The key here is to be sensitive to feedback, in all forms, and to use it to adjust your course. Don’t interpret feedback as negative, or as criticism, or as being judgmental. Feedback is what allows you to adjust your course, so use it to full advantage.

Be especially in tune with the following forms of feedback:

- How your body feels when you eat too much.
- How your body feels when you eat too little.
- How your body feels when you DON’T get enough exercise.
- How your body feels when you ARE getting enough exercise.
- Comparison of the foods you are eating with healthy foods recommended by food guidelines.
- Internal cues of hunger and satiety.
- Friends or relatives giving you “constructive criticism” or expressing concern over your lifestyle choices.

The goal is to have your “usual” routine include healthy food choices, plenty of physical activity, and other healthy lifestyle choices. Then, by paying attention to all forms of feedback, you can put yourself back on course when you deviate from what is truly healthy. Not only listen for feedback, but also actively seek it out. Feedback is your navigation system on your journey to a healthier you.

Upcoming Events



JANUARY 2007

- JANUARY 01 New Year's Vacation (Studio Closed)
- January 02 Classes Resume Normal Schedule
- JANUARY 06 Armored Division (Christian Fellowship)
- JANUARY 13 Open Saturday
- JANUARY 15 MLK Day (Studio Closed)
- JANUARY 27 Rank Tests (By invitation only. Times vary.)

Think!

Jodie rubs her eyes and looks at the clock. It's ten-thirty, time for her to be in bed. She has been studying for her math final since she got home from school. Jodie has three chapters to go. She can't possibly fit another number into her head. Besides, the ones already there are so jumbled around that it's not making sense anyway. Jodie decides to close the book for now, get some sleep, and get up early the next morning to study the remaining chapters.

What seems like minutes later, her mom is shaking her, "Jodie, you've overslept. You'd better get up now or you'll miss the bus." It can't be true. Now she will have no time to study those last chapters. Jodie is in a panic. How will she ever pass her math final?

During third period, her reading teacher asks if Jodie would mind taking a note to Mr. Simpson, who just happens to be Jodie's math teacher. Jodie takes the note over to his room. Nobody is around, so Jodie decides to leave the note on his desk. As she puts it on his desk, she notices



the final exam -- with answers -- sitting in plain view. No one is around. What do you think Jodie should do? Should she . . .

- A.) Slip the exam under her sweater, take it to the library, make a copy, and return it before anyone notices it is gone?
- B.) Quickly read the exam and try to memorize the answers?
- C.) Walk away without looking at the exam?
- D.) Tear up the exam so Mr. Simpson will have to postpone the final?
- E.) Just look at the sections in the exam covering the material she didn't have time to study?

For help in knowing how Jodie should respond, look up Psalm 101:7.

THINK SMALL IN 2007

Small Steps Lead to Big Results

What you do now can set the tone for the rest of the year. I recently realized it doesn't take big changes to get B-I-G results! I asked our staff at Liferforce to come up with one thing they will change in 2007.

For me it was to put "first things first." In other words, I resolved to do the "must do" things before those things that are "fun to do."

Accomplishing the more important things first, yields more time for the fun stuff. And I enjoy the fun things even more, because I don't have all the important "not so fun" things to do waiting for me at the end of the fun stuff. It might come in the form of homework or

household chores before Karate practice, or nutritious food before dessert.

We start each year filled with the hope that each new year will somehow be better than the last one--more productive, more memorable, more successful. It doesn't matter what words you substitute for the ones I've listed. What's important is the word "more" that comes before each one.

Here are a few tips to help you "spark a start" for the new year by making small changes that bring big rewards.

- Practice your Memory work each time you get in the car. Small bits of time will add up

over the course of a year.



Billee Purvis
Chief Instructor

- Try to include at least one healthy food at each meal. And if you normally eat fast food five days a week, cut back to three or four days.
- No matter what happens, wipe the slate clean at the end of each day and welcome a new beginning each morning. This will help you move closer to the goals you've set for yourself in 2007.

Happy New Year!

MEMORY MINDER

3 P's of Success in Martial Arts

1. **Participate** in class regularly.
2. **Pay attention** during class.
3. **Practice**, at least, 15 minutes everyday you do not attend class except on Sunday. Repetition is essential to the learning process!

DID YOU KNOW . . .

Only 15 minutes a day, four days a week, adds up to an extra hour of practice and makes a BIG difference in your performance?

GET AS FIT AS A FIGHTER*

* Without the Bruises



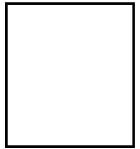
Our Fitness Kickboxing program for adults will jumpstart your fitness goals with classes that are fun, challenging and safe.

These martial arts based classes give you the skills and fitness of a top fighter, but without the contact.

Instead, you'll awaken a powerful confidence within yourself as you gain flexibility, strength, stamina, and coordination. Plus, you will meet other students just like you who are embarking on an exciting quest of personal growth.

Don't wait. Now is the time to get Fit as a Fighter!

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Special Delivery



Resolve to Involve the Whole Family

Make your New Year's resolution for fitness a family activity and make it at Lifeforce Karate & Fitness. We offer more support, more enthusiasm, more fun and more opportunities for your family to grow together.

Our carefully developed curriculum and professional instruction offers the structure, discipline and techniques lacking from ordinary fitness programs.

At our school, children build confidence and develop self-control. Adults renew their passion for life and discover willpower they never thought they had. We provide long-lasting benefits your entire family will enjoy.

So this year, share the joy of achievement and give your family an edge on life with martial arts training. Get started now! Call (803) 783-KICK (5425).



Member: National Association of Professional Martial Artists