

# FullContact

A Monthly Publication of Lifeforce Karate & Fitness

## Learn Something New

By Melody Shuman

**T**he more you learn, the more you grow.

You may have received this advice from a parent, teacher or friend, but do you put conscious effort into learning new ideas or more of what you already know? You may be so consumed with your day-to-day tasks and responsibilities that you forget or do not have the time. Don't be discouraged; the New Year is a great time to tackle this objective.



of their bodies. These people are physically active. If you fit this description, then you may enjoy a physical learning experience that teaches you new skills.

Music, singing, drawing, painting, dancing and sports all require abilities that may be hidden in you or you can learn with good teachers. Take classes in some of these activities and see which ones spark your imagination. Keep in mind that to learn something new takes practice, so be patient; but you know that because of how much you practice your martial arts. You'll never know until you try!

## lifeline

Words of Wisdom

**“Education’s purpose is to replace an empty mind with an open one.”**

**-- Malcolm S. Forbes**

In your martial arts class, you are always learning a new strike, kick, block or self-defense move. That's what makes the martial arts fun and exciting. As your instructor teaches you new moves and helps you build character, you'll develop the “learning” habits or tools to acquire new knowledge and embrace it. With those learning tools, you'll be able to learn more throughout your entire life: school, home, career, friends and even the world.

Your martial arts learning experience should give you a thirst to learn new ideas and abilities. If so, read the following suggestions and put yourself to the test:

1. Learn to sing or play a musical instrument. Are you an auditory learner? Auditory learners are people who learn best by hearing information explained to them. They hear more clearly than others. If you're an auditory learner, then this may be the best way for you learn.
2. Learn to paint or draw. Are you a visual learner? Visual learners are people who learn through images such as graphs, pictures or maps. These people learn differently than others. If you're a visual learner, then you might excel at painting or drawing.
3. Learn to dance or play a new sport. Are you a kinesthetic learner? Kinesthetic learners are people who learn through action or movement



KIDS ZONE

# Martial Arts Success Stories

## Personal Profile

Martial Arts Has Given Me So Much!

By Alyssa Gasasway, Age 13

personal Profiles



My name is Alyssa Gasasway and I have been training in the martial arts for four years. It has been so much fun. I enjoy and treasure every minute of it. The martial arts has given me so much: self-defense, self-confidence, self-control, obedience, respect for others and awesome friends. I feel good when I go places, knowing that I can protect myself physically and mentally.

The martial arts also has given me great self-esteem. It also has taught me how to set goals and achieve them. I know that I am much more aware of my surroundings than I would be if I had not studied the martial arts. The martial arts is not all straight and serious; it's also cheerful and fun! I look forward to every class because it is a great opportunity to learn and become a better person. I am thankful for the friends that invited me to take classes because I will never quit.

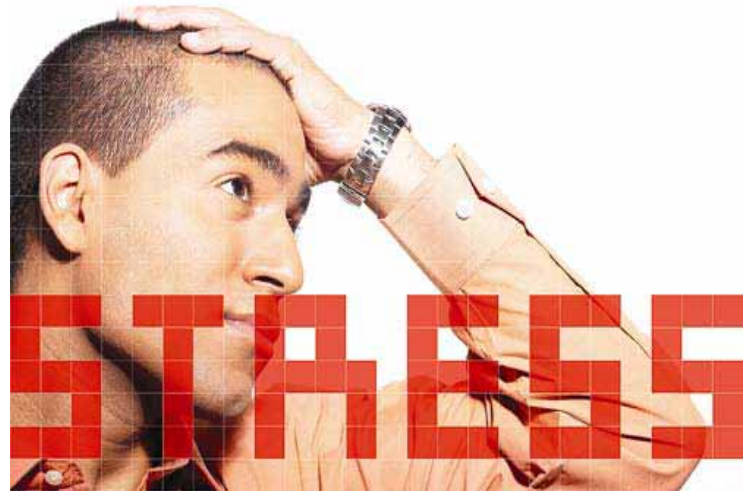
*Alyssa Gasasway trains at Ed Guereña's Ojai Valley Kenpo Karate Studio in Oakview, California.*

# Healthkick

## Another Stress Effect

By Jennifer G. Galea MS RD

It is common knowledge that stress can increase your blood pressure and, therefore, can harm your heart and overall health. Research also shows that stress, by itself, increases your cholesterol. Recently published research confirms previous results that showed an increase in cholesterol immediately following a stressful event. The theory is that the body mobilizes energy-producing (and cholesterol-raising) fats in response to danger. This makes perfect sense. What the new research shows goes one step further: those individuals who had the highest immediate increase in their cholesterol showed sustained higher cholesterol levels three years after the study. This suggests that their bodies became accustomed to mobilizing fat and, during that three-year period, their stress actually caused "permanent" high cholesterol.



The long list of reasons to control your stress (increased blood pressure, decreased immunity, ulcers/digestive disorders, depression, etc.) is now even longer. There are few better ways to control stress consistently than to participate in the martial arts. The martial arts not only provides the stress-control benefits of any physical activity, but also adds relaxation techniques and mental components, making it a complete mind-body experience. Add the social aspects of the martial arts and it becomes an activity that can provide a lifelong contribution to your optimal health.

If you or members of your family lead stressful lives, then you need to address that stress early and completely. Avoiding high-stress situations is certainly important, but it's difficult to do in this complex world in which we live. Your reaction to stress is what causes negative effects, so you must learn how to control your reactions. As research indicates, you should learn good stress-reduction behaviors early in life, since the benefits will be realized immediately as well as later.

# Kickin' Kids Korner

Welcome to Kickin Kids, the mind-boggling, brain-teasing section of Kid's Zone. If you score: 9 or more, you are a Grandmaster; 7 or 8, a Master; 6, an Advanced Student; 5, an Intermediate Student; 4, a Beginner Student; 3 or less, do 10 sit-ups and 10 push-ups.

**Martial Arts Word Scramble: Unscramble the letters to create words that are items you can use to improve your skills. Write your answers in the blank spaces.**

1. DYBO HSELI \_\_\_\_\_
2. PJMU ERPO \_\_\_\_\_
3. EOCREPITVT GREA \_\_\_\_\_
4. NAEPSOW \_\_\_\_\_
5. ANIINGTR STAM \_\_\_\_\_
6. RHTECST CKRA \_\_\_\_\_
7. HNDA TTREGAS \_\_\_\_\_
8. RSOMIRR \_\_\_\_\_
9. HAOC \_\_\_\_\_
10. EAYHV GBA \_\_\_\_\_

Answer Key: 1. body shield, 2. jump rope, 3. protective gear, 4. weapons, 5. training mats, 6. stretch rack, 7. hand targets, 8. Mirrors, 9. coach, 10. heavy bag

# Upcoming Events

**February...10 .... BBFC Grand Championship Awards Banquet - Albany, GA**

**February...14 .... St. Valentines Day**

**February...17 .... Open Saturday**

**February...19 .... Presidents' Day (Birthdays: Lincoln 12, Washington 22)**

**February...24 .... Group Bowling Session**

Lance recently got an after school job at the neighborhood grocery store. It's a small store, and his dad's friend owns the place. Lance comes in three times a week to help stock the shelves.

His parents have agreed to let him work as long as Lance keeps his grades up and participates in other activities. Lance likes it, but it is hard, physical work, requiring a lot of lifting and carrying. When Lance gets home, he is exhausted.

Today, Lance walks into the store already tired. Last night he stayed up late to study for a test, then he went to school early for the student Bible study. He hopes there's not too much to do.

Lance is greeted with the news that a huge shipment just arrived. Lance and the other stock boy have to unpack everything and stock the shelves. The other boy is already getting down to work and enthusiastically tosses him a can. "Hey, If we work hard, we can get this done in no time," he calls out.

## Think!

Lance really doesn't want to work today. He would rather take it easy and let this guy do the work. As long as it gets done, does it matter who

does more of the work? Besides, this guy has plenty of energy for both of them. What do you think Lance should do? Should he . . .

- A.) Help stock the shelves...but very slowly?
- B.) Do a bit of stocking but take plenty of long breaks?
- C.) Regardless of his feelings, pitch in and get the job done, doing his share of the load?
- D.) Put a couple of cans on the shelves, then tell the other boy he needs to leave early?
- E.) Tell the boy he sprained his arm in gym and can't do too much lifting so he will have to supervise today?

Read 2 Thessalonians 3:6-7 for Paul's instructions about lazy workers and hard work.

## MEMORY MINDER

STUDENTS AGES 4 - 12  
LOOK ON OUR WEBSITE  
TO EARN REWARD COINS!

[www.liforcekarate.com](http://www.liforcekarate.com)

BOTTOM OF HOME PAGE

**What's New at Liforce**

Look for a new opportunity  
the first week of each month!

## Let's Go Bowling!

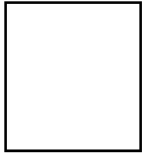
In addition to trying something new (like the article on Page 1 suggests,) let's do something WE DON'T USUALLY DO -- like bowling! A special group session for Liforce students has been arranged at one of the nicer bowling lanes. BUT, we need at least 12 people to participate to get the special group rate. So, let's get together and have some FUN!

**WHEN: Saturday, February 24, 2007**

**WHERE: AMF Columbia Lanes  
(Behind El Chico's on Bush River Road)**

**START TIME: 1:00 p.m.**

**COST: \$10.45 (tax included) per person for 2 Hours.**



[www.lifeforcekarate.com](http://www.lifeforcekarate.com)

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Special Delivery



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## FITNESS KICKBOXING

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**O**ur Fitness Kickboxing program for adults is specially designed to help you get into shape **FAST!**

This program is for adults who have an interest in building self-confidence, increasing self-discipline and improving their overall fitness in a fun, safe, supportive class.

- ✓ No experience necessary
- ✓ Classes are for age 14 and over
- ✓ Wear regular workout clothing

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Member: National Association of Professional Martial Artists