




Kickin'

Published Monthly for the Friends and Family of this NAPMA School

Moms Want Resilient Children and Martial Arts Delivers

By Joe Galea



Mother's Day is a special time because it allows each of us to formally express gratitude to a very important person who has helped shape our life. Most of the characteristics of our adult personalities are based on our developmental years as children. This was a time when moms had the greatest impact on us.

One common goal shared by most moms is for their children to be resilient in dealing with life's challenges. Moms recognize the importance in their children's ability to "bounce back" from disappointing moments. Today, martial arts provides another weapon in moms' secret arsenal of ways to create resilient children.

Joanne M. Joseph, Ph.D., writes in her book, *The Resilient Child: Preparing Today's Youth for Tomorrow's World*, resilience is "...looking at a problem and seeing it more as a challenge than as a failure." This is how we teach students to respond when a particular technique just isn't coming together. It is important to approach the challenge from different angles until it makes sense. Joseph emphasizes the three C's — Control, Challenge and Commitment — as essential components of the resilience skills needed to deal with setbacks. Rather than feel helpless, it is important for children to feel a sense of control when something goes wrong. When a student isn't prepared (whatever the reason) to progress to the next level at our school, we provide the feedback that gives the student that sense of control: "Things didn't work out, but if you attend class more consistently and work hard, we are sure you will be ready next time." This sets up the challenge to attend class and reinforces the student's initial commitment to his or her martial arts goals.

Martin E.P. Seligman, Ph.D., president of the American Psychological Association and coauthor of *The Optimistic Child*, says, "Parents can significantly influence a child's outlook." Allow the child to make mistakes: "If you always protect your child from hurt or defeat, he'll never learn to cope on his own." In martial arts class, it is okay to make mistakes. Actually, we would be surprised if a student performed a technique properly on the first try. It is by making the "mistake" that the student gains the knowledge to do it right next time.

Lighten Up: How you react to your own setbacks influences your child's resilience. We feel this is equally important for us as instructors and role models to demonstrate to your child. We make mistakes, too, and when we do, our objective is to show that we are willing to try again and not harp on the error.

Be There: Your child should feel confident that he is your top priority and that there are

Be There: Your child should feel confident that he is your top priority and that there are times he has your undivided attention. Whether our classes are big or small, we always want our students to know that we are there for them and that their progress is always our primary objective.

Avoid Empty Praise: It's tempting to tell your child that she's a wonderful reader, a great soccer player or even a master martial artist, but even young children can tell when they truly excel at something and when they don't. Only honest praise will develop self-confidence!

Let Your Child Shine: Though it is important to be honest about your child's limitations, you should also encourage activities that show off her talents. In class, we recognize a student's strong and weak points. If a new student has good flexibility but has weak power, we would be more inclined to develop those flexibility skills and allow time for power to develop before it becomes our focus.

Analyze Failure: It's not failure itself that's devastating to a child, but how he interprets it. If the student has difficulty with a martial arts technique that requires a flexibility skill, we want the student to understand that rather than meaning

that the technique is unachievable, it may simply require more practice.

Give An "A" for Effort: When a student performs well, we want the student to know that success is a direct result of hard work, not simply natural talent. This outlook is critical when the student doesn't succeed. The student will know that focus and hard work can turn failure into success. The student will not think he will never be able to accomplish the objective because of natural limitations.

Encourage Caring: The most resilient children, those who thrive in spite of genuine hardship, are often both responsible and nurturing. As martial arts instructors, we believe that this is an important characteristic to becoming teachers and dedicating our lives to teaching others. As students progress at our school, they will become involved with helping other students achieve goals they themselves have already achieved. This is how we become a martial arts family.

Happy Mothers Day to all of you martial arts moms. We're happy to join with you to help your children be resilient — in martial arts and in life.

The first step to take to prevent obesity is to get them moving. Limit the amount of time they spend glued to the television. Cutting back from more than 24 hours of TV watching a week can reduce a child's risk of obesity by one third. Encourage children to play active games and be more interactive with the world. (Take note: sitting in front of a computer or video game is no better than sitting in front of a TV in this regard.)

Get your children involved in an exercise program. Martial arts training offers a great workout, while being appropriate for all ages. Martial arts training encourages children to practice outside of class, which will increase their overall activity level.

Teaching healthy eating habits is the next hurdle. Parents and other influential adults can teach and encourage children to adopt healthier eating behaviors. The best way to begin is to learn more about children's nutritional needs by reading or by talking with health professionals. Most of all, use common sense. Variety and moderation are key. Eat healthful foods, yourself. In addition to teaching, you need to "practice what you preach," as children will be much more likely to learn from example.

What can you do if your child is already one of the many overweight children in the US? Start by getting him or her active and improving your child's diet. Make gradual changes that are tolerable to your child, and try to package them in an exciting way. Avoid talking about a "diet," which isn't healthy either physically or psychologically. Children should grow into their weight while maintaining a healthy diet. Start an exercise program, such as the martial arts, to increase their activity in a fun way. Be supportive and non-judgmental. Being healthy shouldn't be seen as a punishment. And being healthy will become a wonderful reward.

HealthKick

Crisis of the New Millennium

By Jennifer G. Galea & Tom Callos

Today, one in five children is overweight in the U.S. Over the last two decades, this number has increased more than 50%, and the incidence of extremely overweight children has nearly doubled.

According to statistics, 80% of overweight children will become overweight adults. Overweight adults are at a much higher risk for a number of health problems including heart disease, diabetes, high blood pressure, kidney disease, stroke and some forms of cancer. As scary as it may sound, 40% of American children between the ages of 5 and 8 already show one or more risk factors of heart disease, including high blood pressure, high cholesterol and low

cardiovascular endurance.

There are also emotional and psychological costs. We all know that a child's self-esteem can be closely related to how they look and feel, not to mention how they are viewed by their peers.

So what causes children to become overweight? They become overweight for a variety of reasons. There may be a genetic component, such as an endocrine disorder, that leads to obesity. Also, merely living in a home with others who are overweight will significantly increase a child's chances of becoming overweight by sharing a common lifestyle and diet.

However, the most common cause of obesity in children is a combination of a lack of physical activity and unhealthy eating patterns. Therefore, there is plenty of room for intervention.



FULL CONTACT



INFORMATION FOR THE FRIENDS & FAMILIES OF
LIFEFORCE KARATE & FITNESS

Sizzlin' Summer Camp 2004

Searching for something to do this summer? Come join us for a week (or two) of fun at our *Sizzlin' Summer Camp*. Summer camp does more than keep kids busy while mom and dad are at work. Our summer camp has been designed to offer a welcome relief from the stresses of everyday life, and help children of all ages learn teamwork and develop self confidence. Just the chance to share thoughts and ideas with new friends and camp instructors can have an incredibly positive impact on children.

We offer popular physical activities like martial arts and gymnastics. plus kids will also participate in character building exercises, and field trips to cool places! Lifeforce Karate and Fitness offers 2 one-week sessions. Each week's

lesson is unique so kids can double the fun by attending both.

WHEN: *Week 1* - Monday June 14 thru Friday June 18; *Week 2* - Monday June 21 thru Friday June 25.

WHO: Children 7-13 years of age (no experience required).

TIMES: 8:30 am to 4:30 pm daily.

WHERE: LifeForce Karate & Fitness, 7808 Garners Ferry Road, Columbia, SC 29209.

DAILY ACTIVITIES: Karate Games & Drills; Gymnastics Class; Morning Karate Class; Life Skill Lesson; Bag Lunch; Martial Arts Video; Afternoon Martial Arts Weapons Training Class (Safety 'chucks, Bo-Staff or Escrima Sticks); Review Life Skill Lesson; *Week 1- Special Friday Fun Field Trip: Red Wing Roller Way (Lunch*

provided); Week 2 - Special Friday Fun Field Trip: Frankie's Fun Park (Lunch provided).

REGISTRATION: *For Week 1 by Monday June 7 - only \$179 per child - one full week (discounts for BBC, Family, Both weeks.) For Week 2 by Monday June 14 - only \$179 per child - one full week (discounts for BBC, Family, Both weeks.)*

SPACE LIMITED: Must have 10, but no more than 15 campers.

LATE REGISTRATION: *For Week 1: After Monday June 7 - \$199 per child. For Week 2: After Monday June 14 - \$199 per child. Fees go up for late registration, so what are you waiting for? Register today! For more information call 803-783-5425.*

UPCOMING EVENTS

- May 1 -- Open Saturday
- May 8 -- Battle of the Carolinas - Charlotte, NC
- May 9 -- Mother's Day
- May 15 -- Rank Test [By Invitation Only. Times Vary]
- May 21-22 -- Southern Classic - Greensboro, NC
- May 29 -- Mountain View Open Championships, Hickory, NC

Detailed information for events can be found at www.lifeforcekarate.com on the Studio Calendar.

LIFELINE...

*The Constitution only gives people the right to pursue happiness.
You have to catch it yourself." --Ben Franklin*

Beach Battle Results are In!

Fighter Group results for last month's Beach Battle competition at Myrtle Beach are available on the web site under "Awards and Events."

www.lifeforcekarate.com

MEMORY MINDER

*A Mother's Day Gift
just for you:*

MOMS TRAIN FREE THIS MONTH

"Thanks Mom for all you do!"

Parents: "Bully Proof" Your Child This Summer.

Few circumstances are more frustrating for parents and family than when their child is the target of a bully.

Our Non-Contact, Anti-Bully Program will give your child the confidence and skills needed to avoid trouble and rise above the bully, so you and your family don't have to worry.

Your child will learn how stay cool under pressure while reaching his or her real potential! Call to-

School Name
& Address Here



MEMBER: National Association of Professional Martial Artists

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