

FullContact

A Monthly Publication of Lifeforce Karate & Fitness

Developing a Healthy Sense of Humor

By Joseph Galea

When you approach life with a healthy sense of humor, it's easier to face challenges. Take them seriously, but see the lighter side of those challenges. Always have a smile on your face, even though your mind is focused on success.

Start to develop a healthy sense of humor by recognizing the amusing or humorous elements of everyday situations. Minor accidents, temporary misfortunes or small mistakes can be much less embarrassing when you react with a funny remark. Although some people are naturally witty, everyone is able to develop the skills to be light-hearted, positive and funny.

Imagine yourself in the following examples of everyday situations. Take a few seconds to collect your thoughts when you find yourself in one of these situations and then share your humorous or positive comment:

1. Instead of crying or being embarrassed when you fall, say "Who put that invisible banana peel there?"
2. Instead of being embarrassed because of a scratch on your face, say "I'm wearing my Halloween costume early this year."
3. Instead of being concerned about a stain on your shirt, say "This is my friend Spot and he will be with me all day."
4. Instead of worrying that your clothes are accidentally wet, say "I didn't realize that my clothes were thirsty."
5. Instead of being mad at a negative comment about your braces, say "I guess we know who is the new braces monitor. Good job!"
(Some of these reactions may be corny, but they will lighten potentially negative situations! Think of a few of your own and write them on a piece of paper to help you develop your healthy sense of humor.)

Laugh at yourself! Don't be embarrassed or angry! Those are the secrets to develop a great sense of humor. It is an important character trait, and shows that you're able to maintain your self-esteem in difficult situations. A light-hearted personality is one that your friends and family will always cherish.

Warning! You should never "joke" about others' accidents, misfortunes or mistakes. That is not a healthy sense of humor; in fact, it almost makes you a bully. Always remember that your sense of humor is meant to make everyone smile and share the fun and laughter.



lifeline

Words of Wisdom

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."

-- Leo Buscaglia



KIDS ZONE

Martial Arts Success Stories

Personal Profile

Martial Arts Has Given Me Morals and Ideals



By Patrick Ritter, Age 15

My name is Patrick Ritter. Martial arts has been a part of my life since the beginning of grade school.

While my other hobbies have changed, my martial arts training has been solid and stable. It's given me a set of morals and ideals on which to base my life. I've met some of my best friends through my classes.

I'd have to say almost every aspect of my life has been influenced in some way or another by what I've learned. Whether it was perseverance in the face of a challenge, or confidence in approaching new situations, martial arts has played an important role. My fascination with the martial arts started even before I began taking lessons, and has motivated me to pursue a career in history. My life, for as long as I can remember, has revolved around the martial arts; and during my almost ten years of martial arts lessons, I've met many people I would consider role models.

Patrick Ritter trains under Nathan Morgan at Burns Taekwondo in Selinsgrove, Pennsylvania.

Healthkick

Vitamin B, Is It Complex?

By Jennifer G. Galea MS RD

The B vitamins, including B-complex and B-12, are familiar to most people as important to a healthy diet. Thiamin and riboflavin are also B vitamins. This month's HealthKick will help you understand why you need B vitamins and which foods contain them.



The B vitamins group include B-1 (thiamine), B-2 (riboflavin), B-3 (niacin), B-5 (pantothenic acid), B-6 (pyridoxine), B-12 (cyanocobalamin) and folic acid (or folate). "B-complex" is simply a combination of all the B vitamins. B vitamins are "co-enzymes," which means they work with enzymes, and are involved in energy production and growth factors. Being "involved with energy production" does not mean that B vitamins "give you energy," but, rather, that they are involved in chemical reactions. B vitamins are important to proper functioning of the nervous system; muscle tone in the gastrointestinal tract; and the health of your hair, skin, eyes, liver and mouth. Because of their broad involvement in metabolism (chemical reactions), they are important to virtually every part and function of your body.

B vitamins are critical to the overall well-being of your body, so it is important to know which foods that contain B vitamins to include in your diet. For most of the B vitamins, brewer's yeast (which is a supplement), meats (especially organ meats such as liver and kidney), and whole grains are good sources. Green leafy vegetables provide folic acid. If you are a vegetarian, then you probably should supplement your diet with either brewer's yeast or at least a B-12 supplement. B12 is only obtained naturally through animal products (meat, fish, dairy products and eggs).

All this information reveals that B vitamins are complex because they encompass a wide variety of vitamins from various sources. Each has more than one name and are included in "B complex." The best method for ensuring adequate intake is the same as for all nutrients: eat a wide variety of foods, especially whole grains and "whole" vegetables, and take a basic multi-vitamin/mineral supplement, containing no more than 100% of the RDA (Recommended Daily Allowance). If you eliminate entire food groups, then you must research further to determine which B vitamins your diet may be lacking, and then compensate for the group you've eliminated with either other foods or a supplement.

personalProfiles

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, do 10 sit-ups; 2, do 10 push-ups;

Martial Arts Word Create: Use all the letters to create the words D-E-T-E-R-M-I-N-A-T-I-O-N, create as many new words as you can. Words that count toward your score must consist of three letters or more. Each word is worth a half point. You are only allowed to use each letter once in each word. BONUS: Give yourself a full point for any word created using at least five letters!!

Example: MARTIAL ARTS: New words...SMART...RATS...TART... DETERMINATION

- | | |
|-----------|-----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |
| 7. _____ | 8. _____ |
| 9. _____ | 10. _____ |
| 11. _____ | 12. _____ |
| 13. _____ | 14. _____ |
| 15. _____ | 16. _____ |
| 17. _____ | 18. _____ |

Some Answers: 1. Term 2. Mind 3. Naton 4. Tin 5. Time 6. Meet 7. Red 8. Ton 9. Tot 10. Mat 11. Name 12. Dorm 13. Dine 14. Rate 15. Raid 16. Tan Bonus

Upcoming Events

May.....06..... Open Saturday

May.....06..... The Armored Division (Christian Fellowship) - 1:30 p.m.

May.....13..... Black Belts for Christ Tournament, Charlotte, NC

May.....14 Happy Mother's Day!

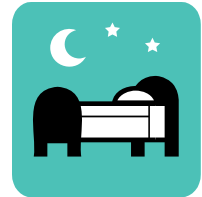
May.....20..... Rank Test (By invitation only. Times may vary.)

May.....27-29 Memorial Day Vacation (Studio Closed)

Think!

Linda stayed up late last night. She snuggles deeper in her bed as her mom calls her to get up. Pulling the pillow over her head, she tries to ignore her mom's calls. Linda thinks groggily to herself, *Just five more minutes*. Five minutes stretches into ten, then fifteen. When Linda finally rouses herself, she realizes she has just fifteen minutes to get dressed and get out the door.

Racing around her room, she throws on her clothes, grabs her books, then hurries downstairs. Linda knows she will never make it to school on time unless her mom drives her. With as contrite an expression as she can muster, she asks her mom if she will please drive her to school. To Linda's amazement, her mom calmly say, "No, you will have to walk. I have a meeting to attend, and I can't be late. I told you to get up an hour ago." Linda is outraged! She's going to be late for sure. How can her mom be so inconsiderate? If her mom hurries, they can both be on time, can't they? How can her mom do this to her? What do you think Linda should do? Should she . . .



A.) Get on her hands and knees on the kitchen floor at her mom's feet and promise to never, never, never be late again -- if only her mom will take her to school?

B.) Throw a tantrum until her mom relents and drives her to school?

C.) Go back to bed?

D.) Accept the consequences of sleeping in and start walking?

E.) Hitchhike to school?

Read Proverbs 19:20 to see what Linda should have done in the first place.

MEMORY MINDER

Tip Tests

Tip Tests are conducted periodically. When students demonstrate to the instructor they are ready, they are awarded their Tips. The Tip order:

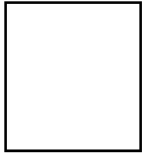
1. Sparring Combinations, New Kicks and Punches.
2. Memory Work
3. Self-Defense
4. Forms' Basics, Current Form, Current Weapons Form.

NEVER ASK TO TEST, but be ready when asked!

For more info, see "Belt Tips Explanation" in the Knowledge Center at liferorcekarate.com

NEW SUMMER CAMP OFFERINGS!

Summer Camp has a new structure this year: two sessions June 19 -22 and June 26 -29. Classes meet Monday – Thursday from 9 a.m. to 12 noon. The curriculum consists of 1&1/2 hours of Gymnastics, and 1&1/2 hours of Karate and Life Skills lessons. The cost for our students is \$70/week; BBC Discount \$5; Leadership Discount \$10. For all others the cost is \$75. For our students, who want to do the Gymnastics only, the cost is \$45/week; BBC Discount \$3; Leadership Discount \$6. For others the cost is \$48. For Family Discounts, check with the staff. (Gymnastics will be provided by Joe's Planet Funastics.)



www.lifeforcekarate.com

7808 Garners Ferry Road
Columbia, SC 29209
(803) 783-KICK (5425)

Special Delivery



Mother's Day

A Martial Arts Special!

Free Beginner's Course for Every Mother!

- Be physically fit...
- Improve your self-confidence...
- Train for self-defense...
- Learn leadership skills...
- Martial arts training will teach you all this and more!

Call today to schedule an appointment for your free beginner's course.
Lifeforce Karate & Fitness (803) 783-KICK (5425)

Member: National Association of Professional Martial Artists