



Kickin'

Published Monthly for the Friends and Family of this NAPMA School

Are You a Natural Born Leader?

by Joseph Galea

Some people are natural born leaders while others work hard to excel in a leadership role. Most people, avoid leadership positions and prefer to let someone else take charge. Leadership means taking control and responsibility for the end result and that is not always easy. It requires self-confidence, determination, and the ability to try again when things don't go as planned. The good news is that you are developing these skills in martial arts class! Martial arts helps you put on that leadership hat to have the opportunity to control the destiny of your goals the power to make a difference in the world around you.

If you want to become a good leader, it helps to start with an honest personal evaluation of your current skills. Rate yourself on a scale of 1-10 (10 being the best) on your self-confidence, determination and your perseverance.

No matter what your score, martial arts will improve your leadership skills that you already have. You don't have to be a black belt to excel in a leadership role.

To improve your martial arts rank, you need to practice, right? The same is true for improving your leadership skills. To do this, seek out projects. Find things that you can take charge of daily. These tasks will vary based on your age, but should be reflective of your leadership skills. Imagine a person is having a challenge with math class. A beginning leader may ask an older sibling or parent for help. An intermediate leader may seek out a professional tutor. An expert leader may hire a professional tutor to run a small study group that meets every Thursday for any kids having a math challenge and split the costs.

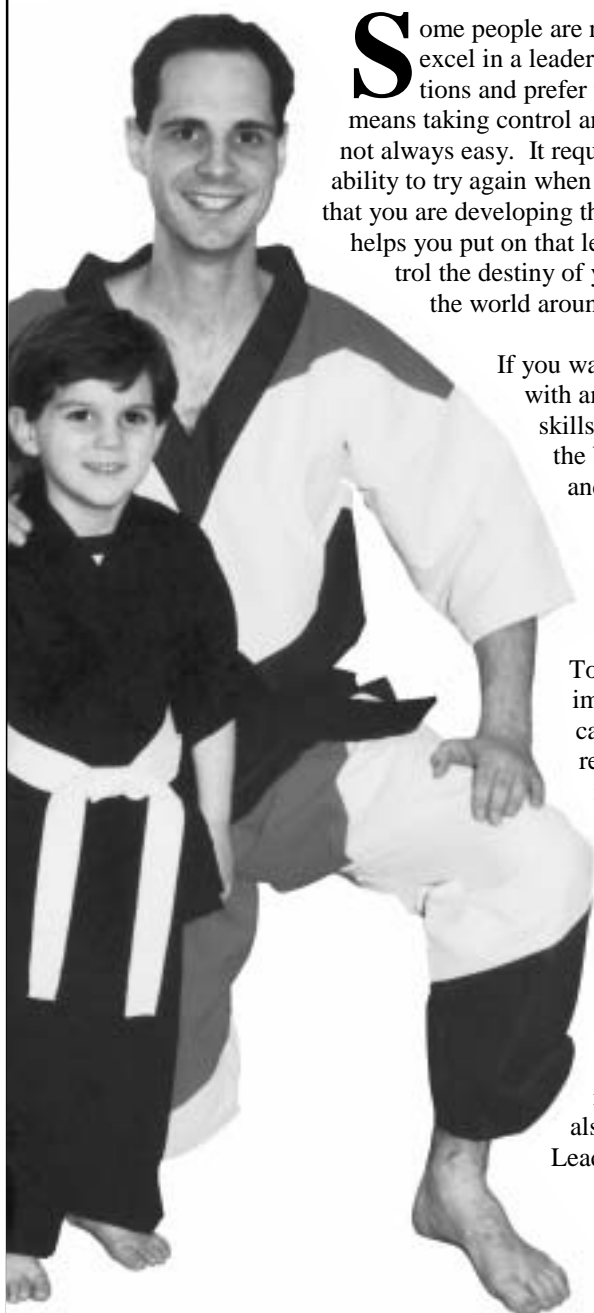
In all three situations, the person's math grade will most likely improve. Taking action is the key component of taking a leadership role. It takes confidence and determination to ask for help. It is important to note the differences in leadership. The intermediate leader improves their chances for a better grade by seeking out a professional tutor. The expert leader sets out to improve their grades but also endeavors to improve other grades, too. That's that essence of leadership. Leadership gives you the power to make a difference in the world around you! u

action
principles

Spread Your Enthusiasm

Be known as a motivator. Ask others about their goals and how you can help them. Make people part of a successful team. Solicit their input. Keep everyone informed and involved. Establish performance incentives. Look for opportunities to praise and reward. Enthusiasm is contagious.

Bill FitzPatrick is a 5th-degree black belt, holds a Master's Degree in Education and runs the non-profit American Success Institute: www.mastersuccess.com.





Martial Arts Success Stories

Nicole O'Keefe, Age 9

Kids Zone

Profile
personal



One would think being a child you would have no worries, or problems. The truth is, it isn't always easy. There are people in society that are bullies. They can lower your self-esteem and put fear in you. They have no

respect for themselves or for others. I have been training for five years, and in this time I have learned a lot of things about myself and others. I have learned assertive behavior, understanding my fears, and the fears of bullies. I have gained confidence, self-esteem, and self-discipline. I have learned to respect others and that I too should be respected. How has my training at the Pace Institute of Karate has benefited my life? It lets me be a kid, but at the same time it makes me aware of who and what is around me.

Nicole O'Keefe is a student at the Pace Institute of Karate in Vernon, NJ Owned by Michael Pace

Kickin' Kids korner



Welcome to Kickin' Kids, the mind boggling, brain teasing section of Kid's Zone. Check out the 10 names that are partially spelled. Can you fill in the missing letters to figure out what the names are? 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; 1, do 10 sit-ups and 10 push-ups. Guess the Bonus and add +1 to your score. Good luck!

Theme: Martial Arts Weapons

T _ N F _	S _ M U _ _ I _ W _ R _
S _ I	S H _ R _ K _ N
K _ M _	_ O _ T A _ F
B _ S _ A _ F	B _ M _ O O _ F _ N
E S _ R _ _ A _ S T _ _ K	
N _ _ C _ A _ U	
Bonus: T _ R E _	S _ C _ I O _ _ L S _ _ F F

Tonfa, Sat. Kama, Bo Staff, Escrima Stick, Nunchaku, Samurai Sword, Shuriken, Jo Staff, Bamboo Fan, Bonus: Three Sectional Staff

HealthKick:

Every Age Can Be Active with Martial Arts

By Jennifer G. Galea MS RD



In the United States alone, 77 million baby boomers are reaching their "older adulthood." According to recent expert testimony to the Senate Special Committee on Aging, senior citizens could avoid as much as \$660 million a year in prescription drug cost by changing their lifestyles, including their diet and activity levels. Of course, this means seniors could live healthier and longer, without the use of prescription medications, simply by leading a healthier lifestyle.

The current recommended activity level for adults of any age is a minimum of 30 minutes per day, at least five days per week. According to the testimony, only about 15 percent of Americans age 45 to 74 are active the recommended amount. And for those age 75 and over, the percentage drops to only 12! It is never too late to get started reducing and eliminating the negative health implications of a sedentary lifestyle. Martial arts instruction offers a wide variety of activities, for all levels of physical fitness and ability, regardless of the age of the student. Martial arts instruction engages the mind, making it a perfect exercise for older adults.

According to the testimony to the Committee, a major stumbling block to many older Americans in terms of dietary changes is simply lack of dietary information. Many times martial arts instruction includes sound nutritional recommendations.

Adults and children of all ages can enjoy the myriad health benefits of martial arts education. We encourage all of our students as well to be "ambassadors of healthy lifestyles" and to urge their family and friends, regardless of age, to join them in their martial arts training as a huge step towards a longer and healthier life.

Despite the recommendation of drinking regularly during vigorous exercise, most athletes do not consume enough fluids to compensate for their losses. This results in their bodies being dehydrated. Sports drinks, such as Powerade™, are more efficient in reducing post-exercise dehydration. It contains sodium which aids in rehydration by maintaining plasma osmolality (concentration of the blood), which helps maintain the desire to drink.

So yes, a sports drink is definitely a better choice than water for optimal hydration for athletic performance, especially if the exercise is intense or lasts more than an hour. It's important to keep in mind that overall nutrition impacts on your hydration status, so eat right and drink plenty of fluids even when you aren't in training. u



FULL CONTACT



INFORMATION FOR THE FRIENDS & FAMILIES OF
LIFEFORCE KARATE & FITNESS

THINK!

Spencer's dad gets home from work. As he sits down to eat his mom mentions that the pastor called. After dinner Spencer's dad sits down in front of the TV. When the phone rings, Spencer's dad says, "If it's the pastor, I'm not home." Spencer picks up the phone, "Hello, Pastor Ted. . ." In the background, Spencer can see his dad shaking his head "no."

"My dad? Well let me see . . ." Spencer doesn't know what to do. He doesn't want to lie to the pastor, but he doesn't want to get his dad upset with him either. What should Spencer do?

a) Start to talk then disconnect the line to give the impression

they were cut off?

b) Tell the pastor, "I cannot tell a lie. My dad is sitting right here. Let me get him," then duck as his dad gets the phone?

c) Say, "My dad is resting. Can he call you back tomorrow"?

d) Say, "I think I see his headlights turning into the driveway. He'll call you back in a few minutes"? (Wow! A double lie!)

e) Say, "My mom is here. Maybe she knows where my dad is"?

The pastor may never know if Spencer is telling a lie. Read Acts 5:29 and Hebrews 4:13 to find out how Spencer should react and to see who knows everything about what Spencer does.

Sign Up for Summer Camp

Summer camp does more than keep kids busy while mom and dad are at work. In addition to being just plain fun, it helps kids learn teamwork and helps build self-esteem in a safe and supportive environment.

Our summer camp offers popular physical activities: martial arts and gymnastics. Kids will also participate in character building exercises, and field trips to cool places!

Regular Registration ends July 11 for Week 1, and July 18 for Week 2. Fees go up during late registration so register today!

eXtreme Kickboxing

The Wednesday night kickboxing class has a new eXtreme format designed to be similar to the style of training made famous by Jennifer Lopez in the movie *Enough*.

"I was impressed with the defensive skills of the students, especially the women, when I recently observed training in this style. I knew I had to offer something similar to our students."

-- Billee Purvis, Programs Director

Back to School Bash

The Lifeforce Fighter Group competition/demonstration team will perform Sat., July 26, from 12:30 to 1:00 p.m. as part of WIS-TV's Back-to-School Bash at the Cantey Building, State Fairgrounds, Columbia, SC.

UPCOMING EVENTS

- July 4 -- Independence Day (Studio Closed)
- July 12 -- Open Saturday - 11 a.m.
- July 19 -- Rank Test (By invitation only. Times will vary.)
- July 21-25 -- Sizzlin' Summer Camp Week One!
- July 26 -- Back to School Bash!!
- July 28-Aug. 1 -- Sizzlin' Summer Camp Week Two!
- Aug. 1 & 2 -- Dixieland Nationals-Sheraton, Columbia, SC

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

LIFELINE...

The only thing necessary for the triumph of evil is for good men to do nothing.

--Edmund Burke

LifeForce Karate & Fitness
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Columbia, SC 29209

PLACE
STAMP
HERE



Special Delivery



Cut out the Middleman with Martial Arts Fitness!

If you've been thinking about getting a grip on those love handles and maximizing your muscles, then give our martial arts fitness program a try! Burn away fat and increase your strength as you punch and kick your way to a stronger, leaner body. As a bonus, you'll gain self-defense skills that just may come in handy some day.

For fast results call now!

MEMBER: National Association of Professional Martial Artists