

FullContact

A Monthly Publication of Lifeforce Karate & Fitness

Martial Arts For Parents

You are ready to join your child in martial arts classes, but you're scared that the minute you step onto the floor, you'll feel uncoordinated. Relax! The truth is that Bruce Lee martial arts kicks don't come naturally to most people. Many new students have difficulty following the unfamiliar moves at first. If you're feeling discouraged about your own lack of grace, keep the following points in mind and you'll be on your way to executing the moves you once thought impossible.

Everyone started out clumsy and confused. Even the most coordinated students in class (and your instructor, too) had to begin somewhere. When all the other students seem to be moving together in perfect synchronization don't forget that they started out just like you.



Separate hand and foot movements. Using the large muscles in the legs is crucial for an effective martial arts workout. If you get flustered trying to do the arm and leg movements together, do the legs only. Once you've mastered the foot pattern, then add your arms. By focusing on one thing at a time, you'll feel more in control.

Go easy on yourself. Expecting to walk into a martial arts class and glide through the steps immediately is like asking to dance like Michael Jackson after one lesson. Don't expect to be perfect. Your body has to learn how to move the way your brain tells it to. If you've never been involved in martial arts activities, give yourself extra time for improvement.

Give yourself time to learn the language. Just as you wouldn't be able to understand French perfectly after spending one day in France, you won't know all the names of martial arts moves after spending one day in class. As you get more familiar with terminology, you'll know what various cues mean and your body will be ready to perform them more quickly.

Practice, practice, practice! When you start a martial arts exercise class, the worse thing you can do is quit. It takes a few weeks to train your body to move the way you want it to. Stopping then starting again later means you'll go through this awkward stage all over again.

Get feedback regularly. Even though you may not feel you've improved, chances are your instructor and other class members will think you have. Go to them for encouragement rather than withdrawing from the class.

A more coordinated you. So, even if you feel you look klutzy, keep your chin up and stick with your martial arts class. It won't be long before you'll even look forward to more challenging techniques!

lifeline

Words of Wisdom

"Put all your excuses aside and remember this: YOU are capable."

-- Zig Ziglar



Kickin' Kids

Korner



WHO AM I?

Read the short bio to determine who I am.
(See answer below)

I was born March 18, 1964, and grew up in Champaign, Illinois. I started skating when I was two years old. Four of my five siblings went on to win national speed skating titles, leaving me with big shoes—make that skates—to fill.

I was a naturally gifted speed skater. Some say I became the most technically sound skater ever to represent the United States. But despite my success as a young skater in America, my family lacked the funds to send me to Europe for a chance to compete internationally.

The father of a friend organized a fundraising effort in my hometown that allowed me to go abroad and compete on the 1982–1983 World Cup circuit. The following year, at the age of 19, I competed in the 1984 Olympic Winter Games in Sarajevo, where I finished eighth.

Over the next three Winter Games, I won five gold medals and one bronze. I was the most decorated Winter Olympian in U.S. history by the time I retired in 1995.

My unprecedented Olympic success began at the 1988 Calgary Games. In the 500-meter race I won my first gold medal, defeating the defending champion by .02 seconds and setting a new world record in the process. That year I added a bronze in the 1,000-meter race. At the 1992 Albertville Games, I won gold in the 500- and 1,000-meter races, becoming the first woman ever to win back-to-back gold medals in the 500. At the 1994 Lillehammer Games, I saw more of the same. A month shy of my 30th birthday, I won two more gold medals, in the 500 and 1,000.

That year I was also named Associated Press Female Athlete of the Year, *Sports Illustrated* Sportsperson of the Year, and *Glamour* magazine's Woman of the Year. In 2002 I anchored the Wisconsin leg of the Olympic torch relay before the Salt Lake City Winter Games. Who am I?

Answer: (Bonnie Blair)

Healthkick

Herbal Remedies and Kids

Excerpted from an article by Jennifer G. Galea, MS

Herbal remedies are considered by many to be “all natural” and “perfectly safe.” In reality they are chemically and biological active substances, and as such, should be treated with the same respect and desire for knowledge as traditional medicines. As with all “medicines,” proper use and dosage are critical to safety and results.



In the December 1999 issue of *Parents Magazine*, a tragic story was told that depicted the importance of proper dosing of these “all natural” “safe” remedies. An 18-month-old was brought into a New York emergency room with seizures of unknown origin. The doctors eventually asked the mother if she had given the child any herbal products. His mother, on the advice of a health food store employee, had given him a tablespoon of Eucalyptus oil. Eucalyptus oil is a “folk” remedy for relieving fever in adults, but the recommended dose is a drop, not a tablespoon. The child suffered severe neurological damage.

This brings up two other very important issues. First, from whom should you take advice? A health food store employee, although likely to be reasonably well informed, probably lacks formal training. Only a certified herbalist is trained and qualified to give you accurate information about function and dosage. The next important issue is specifically the use of herbs by children. Herbal remedies have not been studied in children, so the proper dosage has not been established. As with any medicine, you cannot assume that a smaller dose will be appropriate. Keep in mind that a child's system may be more sensitive than an adults even when you adjust the dose based on weight, age, etc. In addition herbs can be contaminated with pesticides or other dangerous substances. Do you really want to give this to your child?

“[H]erbal remedies should not be administered to babies and children,” says botanical expert Varro E. Tyler, Ph.D., Sc.D, professor emeritus at Purdue University, and author of *The Honest Herbal* (one of the most respected books on herbal medicine). “There are simply no data on the safety and efficacy in children, and there's no reliable information about dosage.”

Keep in mind that you are putting your child's health, and life, in the hands of whoever's advice you implement.

Upcoming Events

- July..... 01 Armored Division - Christian Fellowship
- July..... 04 Fourth of July Holiday (Studio Closed)
- July..... 15 Open Saturday
- July 22 Back to School Bash
- July..... 29 Rank Tests (By invitation only. Times vary.)

Think!

Stan has a natural gift for music. He has taken piano lessons since age six and recently began studying the cello. His parents both have a classical music background, and Stan has grown up listening to the master composers: Bach, Handel, Beethoven, Mozart, Chopin. He knows more about classical music than most adults and certainly more than his classmates. But when Stan's friends start talking about the music they listen to, Stan doesn't have a clue.

Today Stan's friends are discussing the hottest new group, The Grunge Express. The Express is going to be in concert at a university near their town. The father of one of his friends can get tickets to the concert, and his friend is taking orders. "OK, how many want tickets? Stan, how about you?" the friend asks. Stan doesn't know what to say. He doesn't want to admit that he has never heard of the Express. But considering what he has overheard about the group's antics on stage, and their lyrics, he's not sure that

he wants to know anything more about them. What do you think Stan should say? Should he . . .

- A.) Say, "I don't listen to trash music like that?"
- B.) Tell his friend that he wants a ticket but then sell it to someone else at the last minute?
- C.) Tell his friend that his great aunt from New Zealand is flying in to see him that night, and he couldn't possibly miss her visit?
- D.) Politely decline, saying that he usually listens to other types of music?
- E.) Pretend that he knows all about the group and brag that he has front-row seats?



For help in knowing how Stan should respond, read 2 Timothy 2:22

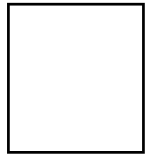
MEMORY MINDER

SCHEDULED STUDIO CLOSINGS

- Thanksgiving Day Thu - Sun
- Christmas 4 Days
- New Years 2 Days
- Easter Fri - Sun
- MLK Day 1 Day
- July 4 1 Day
- Labor Day Sat - Mon
- Memorial Day Sat - Mon

FOCUS ON FUN

It's time to get back to some of the fun things we have been known for: "Martial Arts Movie Night," "Bring a Friend Day," "Skate Day," "Demo Team Water Park Day," "Project Action for Kids Fundraisers," and "Christian Martial Artists' Fellowships." Our fellowships will meet one Saturday each month. Members will learn to use martial arts to share the Gospel through forms like "The Cross" and "Friendship Form." All ages and all belt ranks are welcome. Please see the Interest Sheet for Christian Martial Artists Fellowship Meetings or sign up for the activities that interest you most.



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Special Delivery





Parents: You Never Thought Your Job Could Be So Easy!

As a parent, you'll be amazed to find out that our children's martial arts program was designed to make your job easier by reinforcing the life lessons and positive qualities that you work so hard to instill.

For example, our class curriculum is full of fun, exciting activities and character development lessons that teach and encourage students to:

- Treat themselves and others with respect
- Concentrate and always do their best work
- Serve as a positive role model for others
- Take responsibility for their actions
- Be proud of their accomplishments

Your child will enjoy our martial arts program because it's exciting and fun, and you'll love it because we'll support your role as a parent...making your job easier!

Don't wait. Call now to try a risk FREE no-obligation class:

**Lifeforce Karate & Fitness
(803) 783-KICK (5425)**

Member: National Association of Professional Martial Artists