



# Kickin'

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## Make Martial Arts Part of Your Family Lifestyle

by Joseph Galea

**A**s adults, we are responsible for our lifestyle choices and in many cases, our children's lifestyle. Whether or not our children get enough exercise and eat healthy foods has a lot to do with the example we set for them and the choices we provide them with.

According to USA Today, the percentage of children who are overweight has doubled in the last 20 years! But don't blame the kids. Keith Ayoob, an associate Professor of Pediatrics at the Albert Einstein College of Medicine says, "I never see a child who has better eating habits than his parents." Children eat the foods that are served to them or what is easily available at school or home. Family rules and routines can compromise exercise and eating habits. An adult can exercise any time they like, but an eight-year-old more than likely requires supervision. Children have obstacles to overcome when it comes to lifestyle choices.

Success for children begins with success for parents. Families need to begin establishing lifestyle goals together. Leonard Epstein, professor of Pediatrics at the University of Buffalo, says, "Most of the kids who are overweight have at least one overweight parent."

Is martial arts the answer? When you make martial arts training part of your family lifestyle you make a commitment to a healthy mind, body and spirit for you and your children.

**Mind:** Children, may seek refuge from stressful situations by over-eating. Martial arts teaches students how to deal with stress and maintain self-control and discipline.

**Body:** Dieting is not recommended for children. While parents should pay attention to food selections and serving sizes and teach their children to do the same, exercise improves health quicker than anything. When you train in the martial arts, you commit to exercise in class and practice at home. You are saying exercise is important and your children get the message.

**Spirit:** Confidence and self-esteem are critical character assets. When children feel good about themselves they are more likely to be successful. Martial arts training provides an environment to develop personal strengths and can help your children and yourself achieve a healthier lifestyle. Families that train together help each other stay motivated and on track to goal achievement. It's time to take action not only for yourself, but also for your children: they're counting on you!

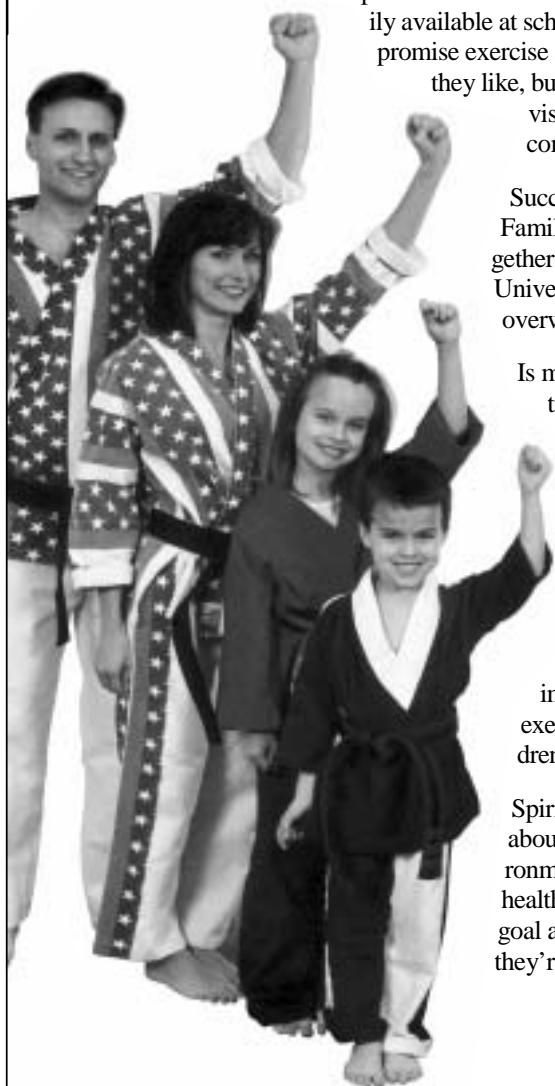
## action principles

Teach Our Children...

- a respect for all life.
- the benefits of hard work and frugality.
- the value of physical fitness & healthy living.
- the merits of military and public service.
- the importance of charity and volunteering.
- a pride in heritage, home and country.
- the advantages of courtesies and manners.
- the power of knowledge.
- the blessings of positive thinking.
- the strength of self-reliance.
- the goodness of man.

Children will only learn from us when we become the example.

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](http://www.mastersuccess.com).





## Martial Arts Success Stories

Kids Zone

Ryan Ruggiero, Age 8



Martial arts instruction has helped me in life ever since I first started my training. That was over three years ago. I listened to my instructor when he said "never give up, keep trying until you understand how to do something." I

used what he said and it worked! My instructor is always there in my mind helping me and telling me to never give up. I have become a much better skier, runner and football player as well as a better student. All because I focus my eyes, mind and body on whatever I am doing and never give up.

*Ryan Ruggiero is a student at the Pace Institute of Karate in Vernon, NJ Owned by Michael Pace.*

Profile  
personal

# HealthKick:

Every Age Can Be Active with Martial Arts

By Jennifer G. Galea MS RD

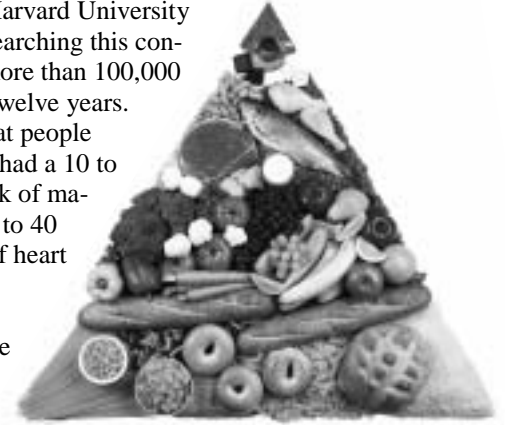
**W**hat constitutes a good diet?

When Harvard University was researching this concept, they studied more than 100,000 people for eight to twelve years.

They determined that people with the "best diet" had a 10 to 20 percent lower risk of major disease and a 30 to 40 percent lower risk of heart disease. We can extrapolate to say that

people who consume the "best diet" would be healthier overall. So

components of the "best diet" would be good recommendations for everyone.



According to the Harvard University findings, published as the "Alternate Healthy Eating Index," people following the "best diet" consumed the following:

Vegetables: five servings per day.

Fruit: four servings per day.

Fiber from cereals, breads, and grains: nine grams per day (men) or seven grams per day (women).

Meat: six times more fish and poultry than beef, pork, or lamb for men; three times more fish and poultry than other meats for women.

Saturated Fat: 30 to 40 percent less saturated fat than polyunsaturated fat.

Trans Fat: no more than two to three grams per day.

Nuts (or tofu or other soy protein): one serving per day.

Multi-vitamin: 45 percent (men) or 27 percent (women) had been taking a multi for more than five years.

Much of this advice may seem familiar. It is consistent with the recommendations of the American Dietetic Association, National Research Council (RDA's), etc. What makes these recommendations unique is the identification of the importance of nuts and soy protein, as well as the concept of proportions of foods rather than just absolute amounts (30-40 percent less saturated fat than polyunsaturated; six or three times more fish and poultry than beef, pork, and lamb). So eat your fruits and veggies, focus on fish and poultry, minimize your saturated and trans fats, enjoy some nuts and/or soy protein products, and throw in a multivitamin for good measure.

## Kickin' Kids korner

Welcome to Kickin' Kids, the mind-boggling, brain-teasing section of Kids Zone. Check out the 10 words that are partially spelled. Can you fill in the missing letters to figure out what the words 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 Styles

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S \_ \_ A T \_

\_ U - J \_ T \_ U

\_ A R \_ T \_

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K \_ N \_ O

J \_ D \_

\_ U K - \_ O O \_ - W \_ \_

Bonus: \_ E E \_ - K \_ N \_ - D \_

Answers: Aikido, Taekwondo, Ju Jitsu, Hapkido, Judo, Kung Fu, Silate, Karate, Kendo, Kuk Sool Won



# FULL CONTACT



INFORMATION FOR THE FRIENDS & FAMILIES OF  
LIFEFORCE KARATE & FITNESS

## THINK!

George goes to a baby-sitter's house after school until his mom gets off from work. But recently, George thinks he has outgrown the baby-sitter. He wants to come home by himself, let himself in the house, get his own snack, and start his homework. Before school one morning, George outlines his plan to his mom and dad. He promises that he will come home immediately after school, call his mom, have a snack, and get started on his homework. Any changes in plans he will clear with his parents ahead of time.

They agree to a trial period of a month to see how things go.

George is hopeful that if he can prove himself, his parents might allow him to fly out to visit his best friend who recently moved to another state.

Things go well for two weeks. Today, after school, a friend asks George to stop by and check out his new twenty-speed bike. The friend says that George can even take the bike for a spin. George has been considering buying a bike like this. *What would it hurt to stop in for a few minutes?* He could take a quick ride, then run home and still get everything done. His mom would never know. What do you think George

should do?

a) Call his mom from his friend's house and act like he's at home?

b) Stop just for a quick look--a few minutes isn't a big deal?

c) Take the bike for a spin? If his mom asks why he didn't call sooner, he can tell her he forgot.

d) Ask if he can come by tomorrow after he has cleared it with his mom?

e) Spend the afternoon at his friend's house, then rush home right before his mom is expected to arrive?

For the biblical principle underlying how George should respond, read Luke 16:10.

## UPCOMING EVENTS

Aug. 1-2 -- Dixieland Nationals - Sheraton Conference Center, Columbia

Aug. 9 -- Open Saturday - 11 a.m.

Aug. 9 -- Samurai Sword Seminar - 1:30p.m.

Aug. 15-17 -- Warrior's Weekend Sesqui State Park Conference Facility

**SPECIAL NOTE:** The FCMA Annual Conference has been cancelled. It was scheduled for Aug. 30th.

Detailed information for events can be found at [www.lifeforcekarate.com](http://www.lifeforcekarate.com) on the Studio Calendar.

## MAX ATTENDANCE

Congratulations to three dedicated kickboxers:

**Lyn Whitehead, Ray Harris, and Nancy Hatcher**, who earned colored handwraps for attending at least 12 classes during the Max Attendance months of June and July.



## LIFELINE...

Children have never been any good at listening to their elders, but they have never failed to imitate them.

--James Baldwin

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## Our Childrens Martial Arts Program Scores an A+

**O**ur children's martial arts program is unique. Not only do we teach valuable self-defense techniques in a safe, positive atmosphere, but we also reinforce the skills your child needs to be successful in school. Our specialized curriculum includes drills that enhance listening skills, show the value of respect, and teach children to follow directions. Children love our program because it's fun, parents love our program because children benefit for a lifetime!

Insert School Name,  
Contact info and Web-  
site Here