

# FullContact

A Monthly Publication of LifeForce Karate & Fitness

## Calling All Future Black Belts!

**A**re you taking full advantage of your membership? Are you attending class twice a week, showing up on time and prepared for scheduled activities? If so, you are a living example of a **“Black Belt Attitude”**--an attitude of personal excellence and achievement, with a commitment to earn a Black Belt.



When you do all the things mentioned above your instructors will definitely notice! Don't be surprised when you receive an invitation to become a member of your school's inner circle -- **Gold Team/Leadership**.



By making the most of your membership privileges, you can accelerate your learning, and strengthen those personal development traits that will make you a **superior** Black Belt.

As a **Gold Team/Leadership** member you can take advantage of special in-house seminars and activities that will further develop your leadership skills – like assisting under-rank students, or joining the **Demonstration Team**.

You may also be eligible for **members-only** training opportunities including **Weapons Training**, learning advanced techniques from other styles, extra weekly or monthly advanced classes, or participating on the **Competition Team**.

Train hard, be sure to take advantage of the many privileges of membership, and get ready to **KICK IT UP** a notch!

## lifeline

Words of Wisdom



“Your “Merry Christmas” depends on what another has done for you. But your “Happy New Year” depends on what you do for others.”

-- Anonymous



KIDS ZONE

The Smallest Things

## A Martial Arts Lesson

Jean was always complaining to her parents. She wished she lived in a nicer home so she would not have to share a room with her sister. She wished she had better clothes, a larger TV, a CD player, a newer computer. Nothing in Jean's life was good enough. Jean's parents were raising four children, yet they still managed to pay for Martial Arts classes.



One night as Jean returned from Martial Arts class, she saw a lot of lights, smoke and fire trucks. As she got closer, she saw her parents and her youngest brother standing in the front yard watching their home burn down.

Everything Jean's family owned was lost in the fire. That night Jean's whole attitude changed when she found that she missed all the things she thought she hated. She also saw how wonderful people could be when family and friends helped them out with clothing, food and money. Now Jean appreciates even the smallest things.

*"Blessed are those who can give without remembering and take without forgetting." -- Liz Bebesco*

## Kickin' Kids Korner

from Landon Smith, Age 6  
 I Love Karate  
 because I do net  
 kicis and pahshis  
 I am fild with  
 Toy Wah I do it  
 for Misterpervis

Lets give a  
 Ki-ya for nar,  
 pervis and dathis  
 hard work!  
 Jake: how do  
 you open Karate  
 doors?  
 answer: ya-kyo v  
 😊

Submitted by Madelyn Smith, age 8!

# Healthkick

## CHOOSE A HEALTHY LIFESTYLE

Choosing a healthy lifestyle doesn't mean giving up your favorite foods. It means taking steps to choose more of the foods that are low in fat and high in fiber.

For example, if you enjoy eating steak, choose a low-fat cut such as round steak, trim off the excess fat, broil it, and drain off the drippings. Love pizza? Try a low-fat version that is rich in fiber: use a whole-grain English muffin or pita bread topped with part-skim mozzarella cheese, fresh vegetables, and tomato sauce. How about cookies or other desserts? In many recipes you can reduce the fat, and substitute vegetable oils or margarine for butter. To increase fiber, use whole wheat flour in place of white flour.

### Choose More Often:

- Low-fat meat, chicken fish
- Lean cuts of meat trimmed of fat, chicken without skin, and fish cooked without breading or added fat.
- Low-fat dairy products
- 1% or skim milk, low-fat or nonfat cheeses, ice milk, sherbet
- Whole grain products
- Breads, bagels and English muffins made from whole wheat, rye, bran, and corn flour meal, whole grain or bran cereals; whole wheat pasta, brown rice
- Fruits and vegetables
- All fruits and vegetables (except avocados, which are high in fat, but that fat is primarily unsaturated).
- Fats and oils high in unsaturates
- Unsaturated vegetable oils, such as canola oil, corn oil, cottonseed oil, olive oil, and soybean oil, and margarine; reduced calorie mayonnaise and salad dressings.



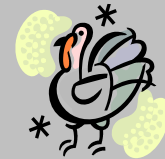
# Upcoming Events

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November..... 14..... Open Saturday

November..... 21 ..... Rank Tests [By appt. only. Times vary]

November..... 26-29..... Thanksgiving Holiday (Studio Closed)



December..... 12.....Open Saturday

December..... 24-28 .....Christmas Holiday (Studio Closed)

Dec. 31 - January 1 .....New Year's Holiday (Studio Closed)

January ..... 11.....The Ultimate Fitness Course Begins!!

(\$25 off first 5 to enroll by Jan. 6, 2010)



## Think!

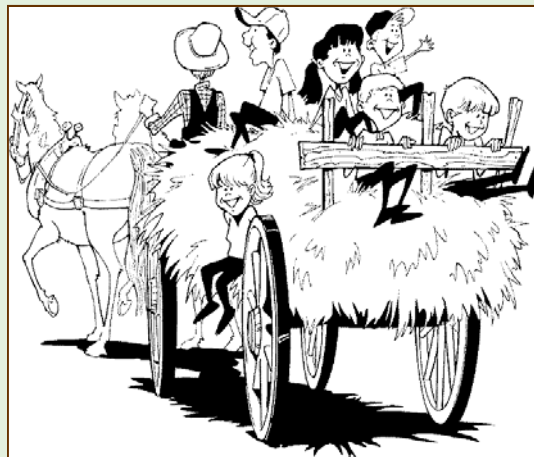
The church youth group is discussing plans for the upcoming year. One of the goals is to involve as many kids as possible. The group is discussing ways to accomplish this goal. One of the suggestions is to give rewards to the member who brings the most friends to meetings during the year. Another is to plan at least one major activity each season that will attract lots of kids.

The group decides that the second idea is the best way to go. Now all they need are some ideas for what activities to plan. The group begins brainstorming, and they start a list: hayride, game night, roller-skating, spring carnival.

Talbot looks at the list in disgust. None of these ideas are any good, he thinks. Every youth group has a hayride. It's so boring, and besides he has hay fever. Carnivals are for little kids, and Talbot hates to play games. Roller-skating is for geeks. He can't believe they are even considering these ideas. It's useless anyway because the same old kids always come to youth group and always run the meetings -- it never

changes. Talbot is disgusted. When it is his turn to voice his opinion, he is ready to let them have it. What do you think Talbot should do?

Should he ...



A.) Tell the group that their plans stink?

B.) Suggest they hire a popular band to perform at the church -- that should attract attention?

C.) Tell the group that they will never get any new kids to come because youth group is boring?

D.) Offer some constructive criticism and alternatives to the proposed plans?

E.) Shrug his shoulders and say, "Whatever"?

Read Deuteronomy 1:22-28 to see the effects of listening to negative opinions.

# LIFEFORCE FIGHTER GROUP

WAY BETTER THAN EXPECTED!



**T**his year our Fighter Group Competition Team did much better than I expected. We started the year off earlier than anticipated, for most of our team, since we had to change competition circuits (our first choice ceased to exist).

Even so, we missed the first tournament of the Dojo Organization competition season. Plus, our team was very inexperienced. Even though we had three returning from last year, the other seven were "green as grass." Some were just very young. Further complicating matters, we supported team members competing on a second circuit--Black Belts for Christ (BBFC).

At the beginning of the year, tournament results were mixed. Some took to competition like ducks to water, while others struggled. At



*Mr. Zach Davis concentrates during his presentation of Taikyo 3 in forms competition.*

By Billee Purvis  
Chief Instructor

more than one tournament, our team won multiple grand-championships – the run-off between all first place winners in larger categories, (i.e., "under Black Belt 17 years & Under - Forms").

As the year went on, everyone improved. The ones that struggled started earning 1st, 2nd, and 3rd placements. By the end of the year, according to the "unofficial" results (the Dojo banquet where championships are officially awarded, won't take place until February 2010) most had earned, championships in their divisions, or at least, close runner's up.

Even though it's difficult to be perfect all the time, the Fighter Group represented our Studio well. They worked hard, they performed well, and they ended up with good results. What's important to me is we continue to be known as a team that doesn't make excuses and shows good sportsmanship.

Fighter Group team members competing on the Dojo circuit in 2009 were: **Chelsa Gower, Mark Laughlin, Robert Linder, Garrett Davis, Zachary Davis, Stephanie Coombs, Clayton Coombs and Brandon Tibbetts.**

Fighter Group team members competing on the BBFC circuit were: **Latrell Robinson and Leah Reza.**

As in years past, final results will be posted on our website after becoming official.



*Mr. Charles Burris congratulates Ms. Stephanie Coombs for her Grand Championship win in Contemporary Forms (17 and Under Beginners) at the Winter/Spring Karate Classic in Gastonia, NC.*



*Dr. Mark Laughlin performs a weapons form using the Eku (boat oar).*



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Special Delivery



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# Resolve to Involve the Whole Family

**M**ake your New Year's resolution for fitness a family activity and make it at LifeForce Karate & Fitness. We offer more support, more enthusiasm, more fun and more opportunities for your family to grow together.

Our carefully developed curriculum and professional instruction offers the structure, discipline and techniques lacking from ordinary fitness programs.

At our school, children build confidence and develop self-control. Adults renew their passion for life and discover willpower they never thought they had. We provide long-lasting benefits your entire family will enjoy.

So this year, share the joy of achievement and give your family an edge on life with martial arts training. Get started now! Call (803) 783-KICK (5425).



Member: National Association of Professional Martial Artists