

FullContact

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The Benefits of Martial Arts

By Barbara "Bobbie" Purvis



We've all seen the movies replete with teen delinquents and steadfast teachers, but haven't you ever wondered how Karate and other Martial Arts measure up in real life to the happy endings portrayed in the films?

Scientific research on the measurable benefits of martial arts usually have very mixed results due to a variety of factors that remain outside of researchers control (like programs with voluntary participation only, or participants with prior martial arts experience, etc).

But in a 2008 Canadian publication Chris McCormick, a columnist and Criminology teacher at St. Thomas University, tells how one study found a way to establish a control group and conduct a 10-week study of at-risk teens based on scientific principles and 14 measurable variables pertaining to martial arts.

The teens participated in three classes a week of a traditional martial art. The program emphasized self-defense and calmness, using meditative techniques and forms (kata) practice.

At the end of the study it was found that the skills and behavior of the control group declined, while

those of the "treatment" group improved, in some cases, for several months after completion of the course.

In addition, McCormick reported "significant differences between the groups on self-reported happiness, resistance to rules, impulsiveness, and inappropriate social behavior."

There has long been debate over whether martial arts training and teen delinquency were a good mix, with many fearing that juveniles at a high risk for violence and delinquency might become even more so and use martial arts training to act out to a greater degree.

According to McCormick, "...what this study shows is that using traditional martial arts for intervention teaches self-confidence, and in turn increases the individual's confidence and self-worth."

McCormick says the program worked for three main reasons: It involved physical exercise and met

lifeline

Words of Wisdom

"The artist is nothing without the gift; but the gift is nothing without work."

--Emile Francois Zola
(French Writer, 1840-1902)

the kids needs to dissipate a lot of energy; there was an emphasis on self-defense, and knowing how to protect yourself builds confidence; and the martial arts teacher was not a school teacher, instead he represented authority from outside the school system.

The study was so successful, McCormick said, that the following year there was a martial arts class for disruptive girls, since girls can also benefit from martial arts training.

McCormick summarized the study findings this way: "Martial Arts requires attention, commitment, and discipline. One very quickly learns that before you can control someone else, you have to learn to control yourself."

References:

Binder, Brad, Ph.D., Psychosocial Benefits of the Martial Arts: Myth or Reality?, 1999, 2007.

McCormick, Chris, The Daily Gleaner; Crime Matters: The Link Between Martial Arts and Teen Delinquency, October 23, 2008.



Learn to Love Water!

WHO AM I?

Here are the names and home towns of famous people from South Carolina. Now you tell us what they are known for.

Don't peek: The answers are upside down below.

1. "Whispering" Bill Anderson—Columbia
2. Barnard Baruch—Camden
3. Mary McLeod Bethune—Mayesville
4. James "Godfather of Soul" Brown—Barnwell
5. Joseph H. Burckhalter—Columbia
6. James F. Byrnes—Charleston
7. John C. Calhoun—Calhoun Mills
8. Joe Frazier—Beaufort
9. Althea Gibson—Silver
10. Dizzy Gillespie—Cheraw
11. DuBose Heyward—Charleston
12. Charlayne Hunter-Gault—Due West
13. Andrew Jackson—Waxhaw
14. Jesse Louis Jackson—Greenville
15. Eartha Kitt—North
16. Francis "Swamp Fox" Marion—Berkeley County
17. Robert Evander McNair—Cades
18. Ronald McNair—Lake City
19. John Rutledge—Charleston
20. Strom Thurmond—Edgefield
21. Charles Hard Townes—Greenville
22. William Westmoreland—Spartanburg
23. Vanessa White—North Myrtle Beach

ANSWERS:

1. Songwriter; 2. Statesman; 3. Educator; 4. Singer; 5. Inventor; 6. Senator and Jurist; 7. Statesman; 8. Prize Fighter; 9. Tennis Champion; 10. Jazz Trumpeter and Singer; 11. Poet, Playwright, and Author; 12. Journalist; 13. U.S. President; 14. Civil Rights Leader; 15. Singer; 16. General; 17. Governor; 18. Astronaut; 19. Jurist; 20. Politician; 21. Physicist; 22. Army Chief of Staff; 23. TV Personality

Many people do not like the taste of water and have a hard time drinking it. Admittedly, it doesn't have the same zing as sugary sodas and fruit drinks, but if that is the case, like spas and wellness centers, we should practice enhancing and increasing the intensity of the usual plain old boring water we drink.

Here are four things for you to try so that you can learn to LOVE water:

1. If the water that comes from your faucet has a chemical aftertaste, you may want to switch to bottled water or use a water filter (either on the tap or a filtered pitcher).
2. Create a spa experience at home by flavoring your water with citrus fruits like lemon, lime and orange; then dropping in a few thin slices of the fruit into the water or using it to adorn the glass.
3. Try sparkling water like Perrier. It's flavorful and filling because of the carbonation. Here, you can also add a squeeze of lemon or lime to vary the flavor.
4. Try a naturally flavored water like Propel Fitness Water. Be sure to look for the words "all-natural" and "low-calorie" on the label.

MEMORY MINDER

3 P's of Success in Martial Arts

1. **Participate** in class regularly.
2. **Pay attention** during class.
3. **Practice**, at least, 15 minutes every-day you do not attend class except on Sunday. Repetition is essential to the learning process!

DID YOU KNOW ...

Only 15 minutes a day, four days a week, adds up to an extra hour of practice and makes a BIG difference in your performance?

Upcoming Events



JANUARY 2011



DEC 31-JAN... 01.....New Year's Vacation (Studio Closed)

JANUARY 03.....Classes Resume Normal Schedule

JANUARY 08.....DOJO Organization Banquet - Charlotte, NC

JANUARY 15.....Open Saturday

JANUARY 17.....MLK Day Holiday (Studio Closed)

JANUARY 29.....Rank Tests (By invitation only. Times vary.)



Think!

Today is Greg's birthday, and he can hardly contain his excitement. For months he has been dropping hints about the really awesome twenty-speed bike displayed in the bike store downtown. Plus, he has been working hard in school and practicing his trombone whenever he comes home from school.

He just knows his parents will come through. As he walks into the kitchen, his mother casually asks him to take out the garbage.

As Greg enters the garage, sure enough, there is the exact bike he has wanted for so long. Now that he has the ultimate bike on the block, what should Greg do?



Should he . . .

- A.) Brag about the bike all over school?
- B.) Hide the bike in the garage and save it for an emergency?
- C.) Ride the bike wherever he normally rides his bike?
- D.) Ride the bike all over the neighborhood so everyone will see it?
- E.) Purposefully get the new bike dirty so it looks like his old bike?

For help in knowing what Greg should do, read Proverbs 18:12.

MOVIE REVIEW OF "IP MAN"

By Dr. Mark Laughlin

It is arguable that "Ip Man" belongs among the top martial-arts films ever made, but there can be no doubt that director Wilson Yip has crafted a gripping, rousing, beautifully structured composition, built around a calm but charismatic star performance by Donnie Yen and magnificent action sequences choreographed by the legendary Sammo Hung.

Ip Man (aka Yip Man) was a historical figure, who spent much of his later life as a revered Hong Kong kung-fu master who popularized the Wing Chun martial-arts style he brought with him from the southern Chinese city of Foshan. He taught many students, who in turn taught many more, but he is most famous as the principal teacher and mentor of Lee Jun-fan, better known to the world as Bruce Lee. Absolutely none of this is in the movie, although the Lee connection is mentioned in the closing credits, and it appears that the screen writers wanted to make a more subtle connection by giving the impression that Ip Man incorporated different fighting styles to accommodate his opponent. This, of course, is very similar to Bruce Lee's philosophy. "Ip Man" is less a biopic than a heavily fictionalized legend, as a resolute kung-fu hero who stands for Chinese resistance to the notoriously cruel launching of the Sino-Japanese War in July, 1937.

Be advised that almost none of what you see in "Ip Man" actually happened and in one sense that's too bad, because the real Ip Man sounds like a fascinating figure. He was a pre-revolutionary police officer, a reported opium addict, and a refugee who fled the Communist takeover in 1949 for a new life in British Hong Kong. But all those factors make him undesirable as the hero of a work of rousing nationalist agitprop.

Instead we get Yen's remarkable performance as a man of prodigious Buddhist-Confucian composure and tranquility, who goes from wealth to poverty to near-slave status, and finally must fight a public gladiatorial match against a sinister Japanese general and karate

A Dazzling Martial Arts Epic



master (Hiroyuki Ikeuchi, who imbues what could have been a cardboard villain role with dignity and grace).

Even if director Yip and screenwriters Edmond Wong and Chan Tai-lee have created a full-blown myth out of a few scraps of history, it's a pretty exciting one. Ip Man's transformation from diffident bourgeois to symbolic man of the people is rendered as compelling period melodrama, and cinematographer O Sing-pui captures both the film's deluxe interiors and Hung's thrilling fight sequences in gorgeous wide-screen imagery. The outstanding supporting cast includes Simon Yam as Ip's factory-owner best friend, Fan Siu-wong as a comic-relief martial-arts rival, and Lam Ka-tung as a local cop who becomes a Japanese collaborator. There are definitely better kung-fu flicks in

terms of pure action spectacle, but "Ip Man" delivers tremendous entertainment through Donnie Yen's eloquent and sophisticated portrayal of the master, and his graceful, precise, and devastating execution of the close combat style of Wing Chun.

It's a testimonial to the global impact of "Ip Man" that the movie is finally getting an American theatrical release (at least in New York, and possibly elsewhere) even though you can already buy it on DVD, in a deluxe two-disc set loaded with extras. Yen reprises the role in "Ip Man 2," which opened to rave reviews last spring in Hong Kong and recently premiered at Fantastic Fest in Austin, Texas. A third film, focused on Ip's relationship with Bruce Lee, is under discussion.



Photos Left, Right, and Below: Ip Man (left) and Bruce Lee (right).

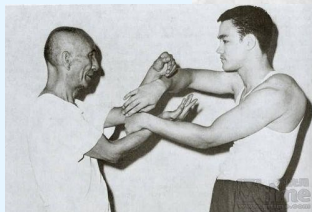
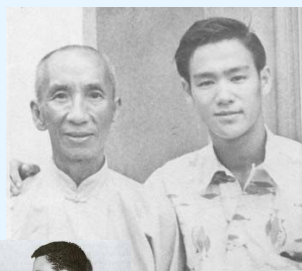


Photo Right: Ip Man looking every bit the gentleman as he was portrayed in the movie.

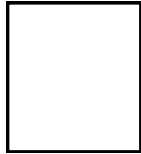


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