

FullContact

A Monthly Publication of LifeForce Karate & Fitness

Martial Arts Can Help Children Interact With Others

By Joseph Galea

When children enter the world, they are 100% dependent on the relationships with their immediate family for all their needs. As they age, they begin to expand their relationships to others. This is a natural occurrence as humans are social creatures, biologically designed to interact in groups. A child's ability to master many forms of affiliation is crucial to character development and ultimate security in the adult world. Martial Arts can provide a pivotal advantage for any young child during this critical developmental stage.



According to Bruce D. Perry, M.D., Ph.D., an internationally recognized authority on children in crisis, "Affiliation has its roots in attachment (the ability to form and maintain healthy emotional relationships) and in the capacity to control one's frustration and anxiety. Without these two strengths, no child can begin to form and regulate the relationships with others necessary to develop affiliation skills." The primary benefit of Martial Arts training for young people is geared around the emotional and mental development of the child. By the time your child has mastered even the most basic physical skill, he or she has most likely also mastered many forms of class etiquette and group interaction. Perry also states, "Children must learn how to join in, to communicate, to listen, negotiate, compromise, and share." While these skills might seem simple enough from our perspective, for children they are not always easy to master.



Martial Arts classes can help children make the transition from interacting primarily with adults to socializing with other children. As children grow, opportunities to participate directly and indirectly with other children greatly increase. Perry states, "Problems arise when there is a mismatch between the child's social skills and the demands of a game or task." An example he uses is when five year olds play soccer, you quite often see all nine kids chasing the ball because at their age, children do not fully understand how to work together. Martial Arts classes not only give children the ability to progress as individuals, but also allow for frequent interaction with classmates so that they learn to train together. These group interactions in class allow children to experience sharing, cooperating and sometimes simply waiting until its their turn.

(Continued. See "Benefits of Martial Arts" on Page 2)

lifeline

Words of Wisdom



"The only disability in life is a bad attitude."

-- Scott Hamilton
Skater



Kickin' Kids Korner



Are You Smarter Than a 5th Grader?

Answer the following questions from 5th grade curriculum.
(Don't Peek. Answers are below)

- A bottlenose dolphin is a fish.
True False
- What is the plural form for the word "Moose."
A) Mooses B) Meese C) Moose
- In the Constitution, how long must you live in the U.S. to become president?
A) 5 years B) 10 years C) 14 years
- Between 1 and 100 how many multiples of 9 are odd numbers?
A) 6 B) 9 C) 10
- Entomologists primarily study what?
A) Volcanoes B) Energy Sources C) Insects
- The Mediterranean island of Corsica is part of what European country?
A) Spain B) France C) Italy
- What is the official currency of Puerto Rico?
A) Peso B) Puerto Rican Dollar C) U.S. Dollar

Answers: 1. False, 2. Moose, 3. 14 years, 4. Six, 5. C, 6. France, 7. U.S. Dollar

Healthkick

The SERVING SIZE

By Jennifer G. Galea MS, RD

One half cup of pasta. One and a half ounces of cheese. Three ounces of meat. One cup of raw broccoli. Did you know that these are all single serving sizes? Do you ever actually measure your food?

If you are like most people, each meal is a "guestimate." And even if you once measured a "correct" portion size, the longer the time since that measuring, the larger the portion now is. According to a recent survey by the American Dietetic Association, 54% of those surveyed overestimated the serving size of cooked meat. Eighty-one percent underestimated the serving size of natural or unprocessed cheese. Needless to say, most adults consume much more protein foods than the body needs, but are not meeting body's calcium requirements (especially women).

So what is the best way to keep your portion sizes on track? Occasionally measure frequently eaten foods as a "reality check." Keep in mind that a portion is the amount you eat, and a serving is what the food guide pyramid or other dietary recommendation uses. You can eat more than this recommendation (your portion), but then you need to count it as more than one serving.

In addition, here are some comparisons you can make that may keep your portions more under control.

- Cheese: 1.5 ounce serving is the size of four stacked dice.
- Fruit, cooked rice or pasta, and cooked vegetables: one half cup is the size of a tennis ball cut in half.
- Cooked lean meat, poultry, or fish: two to three ounces is the size of an audio cassette
- Raw leafy vegetables: one cup is the size of a tennis ball.

Benefits of Martial Arts

Continued from Page 1

Children who do not develop social skills properly are at higher risk to either promote violence or be the victim of it. According to Perry, when children fail to properly respond in group settings, they may become the subject of teasing or isolation. This may lead to feelings of sadness or the opposite, aggressiveness. Martial Arts training provides a structured environment that helps children develop strong social skills for positive character development. Your child's participation in a Martial Arts program can be a key educational experience that provides the basic groundwork for a lifetime of success working with others.



Upcoming Events



- July 31 to August1.....Survivor Savannah - Jekyll Is., GA
- August.....15.....Open Saturday
- August21.....Dixieland Interschool Tournament (Studio Closed)- Irmo, SC
- August.....21-22.....Dixieland Nationals (Studio Closed) - Irmo, SC
- August.....22.....Foothills Classic - Salisbury, NC
- August.....22-23.....Kumite Classic - Pittsburgh, PA
- August.....28-29.....Christian Warriors Weekend
- August.....29.....BBFC Tournament 4

Think!

After a rowdy Sunday school class, the teacher asks Gil to stay after for a few minutes. Gil wonders what his teacher wants. Gil wasn't the only one cutting up in class, and besides, he wasn't one of the guys who crumpled his lesson papers and tried to make it stick to the ceiling. Although, he has to admit with a grin, he did suggest it. He also didn't draw the picture of the Sunday school teacher on the white board, although he did make a few improvements.

Gil waits impatiently until the last student leaves. What his Sunday school teacher says surprises him. "Gil, you are one of the leaders in this classroom. Whatever you do or suggest, the others tend to go along with. Now you can either help me a great deal in this class or you can hurt me. I would like your help in being a positive leader for the other students," she says. Gil never thought of himself in that way before. He knows the boys all seem to listen to his suggestions and watch what he does. This is pretty cool, he thinks. What do you think Gil should do with this newfound source of



- power?
Should he . . .
- A.) Stage a coup and take over the Sunday school class?
 - B.) Check out the extent of his leadership over the other boys by asking them to do some ridiculous things next Sunday?
 - C.) Think about what his Sunday school teacher said and try to be a positive leader for the class?
 - D.) Ignore what his teacher said -- things are going well in class just as they are?
 - E.) Figure his influence includes other places -- such as school, home, soccer field -- and see what he can get away with?

To see what Gil should do, read 2 Chronicles 19:4-7, King Jehoshaphat's instructions to the judges he appointed as leaders over the people.

MEMORY MINDER

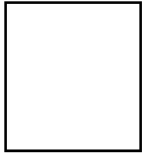
KARATE CLASS ACTIVITIES

Please do not call the karate studio to find out what is scheduled on any particular day. Check the website's "Studio Calendar." If the calendar lists "Karate" -- please come prepared for anything, maybe everything. If it is not possible to check the Studio Calendar, consider it a "Karate" class.

UFC and BTS

Ultimate Fitness Course - Next Class begins this Fall. Call 783-5425 for more information or to register.

"Back To School" specials are going on now! Call 783-5425 for more information or to schedule your "Free" introductory classes.



www.lifeforcekarate.com

7808 Garners Ferry Road
Columbia, SC 29209
(803) 783-KICK (5425)

Special Delivery





MARTIAL ARTS KIDS Are Better Prepared for Academic School!

Our Back to School Special is going on now!

Martial Arts training can give your child the confidence to excel in school, never settle for second best and grow as a leader. Your child will learn awareness and bully-avoidance techniques that will give you peace of mind.

CALL FOR MORE INFORMATION

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

© 6/2006 NAPMA, LLC. All Rights Reserved.

MEMBER: NATIONAL ASSOCIATION OF PROFESSIONAL MARTIAL ARTISTS