

FullContact

A Monthly Publication of LifeForce Karate & Fitness

Resolution Check-In

By Allie Alberigo

You've now had time to work on your New Year's resolutions, but what about your follow-up and follow-through? Have you taken the time to review what you expected? A simple follow-up is often not as simple as it seems. When setting goals, it is also important to follow up and check on how you are progressing, with a "Resolution Check-In." The "Check-In" will reveal how you're doing. If you haven't already set goals for this year, then you can use this article to motivate you to set them.

Formal goal-setters seem to beat the competition, in regards to achieving their objectives. The reason is simple: they set goals and check their lists, regularly. This activity reminds them to stay on track, re-evaluate or re-establish a goal, when necessary. Achieving your goals after you've set them is simply a matter of follow-up and follow-through. If you set a goal and forget about it, then it will most likely never be completed; but if you monitor your progress and take steps daily toward achieving

that goal, then you are well on your way to unlimited power and success.

Here are three steps for your Resolutions Check-In. Maybe it is time to reassess your goal setting. Be realistic and work toward achieving your goals daily. Make sure you are always checking, readjusting and pushing forward to achieve your goals. People who succeed continually monitor their progress.

1. Look closely at your goals to determine which goals are appropriate and inappropriate.
2. Do not abandon your goals; reevaluate them. A goal should be challenging, yet attainable.
3. Look at your goals and apply a check-and-balance timeline. You should have a timeline for every one of your goals. For example, you want to lose 100 pounds. Determine a healthy, weekly weight loss target and monitor your loss. Also, if you are not losing weight, then determine why. Weekly, bi-weekly and monthly sub-goals are realistic. If you learn to succeed weekly, then you will see great results monthly.



lifeline

Words of Wisdom

"Tell me and I will forget;
show me and I may remember;
involve me and I will understand".

-- Chinese Proverb



Martial Arts Success Stories

KIDS ZONE

personal Profiles

Personal Profile



Martial Arts Teaches Me Physical and Mental Strength

By Zachary Fontes, Age 13

I have my Brown Belt and I am working very hard to become a Black Belt. My instructors are very important people in my life. They have taught me not to be a slacker. They teach many different values, some I don't understand right now, but I am sure they will help me when I am older.

I have been in martial arts since the age of seven. I am now starting to feel physically, emotionally and mentally secure. Anyone who participates in martial arts can understand the physical part of it. The harder you work, the stronger you become. Martial arts is not just physical: it is the whole package. Emotionally, it has shown me how to build self-esteem, with which I have had issues in the past, and still struggle at times.

Zachary Fontes is a student of Sensei Raffi and Susan Derderian at Derderian Academy of Martial Arts in Johnston, Rhode Island.

Kickin' Kids Korner



Welcome to Kickin Kids, the mind-boggling, brain-teasing section of Kid's Zone. Martial Arts Word Scramble: Unscramble the letters to create words that describe some of the cardiovascular activities you may perform in your martial arts class or when you practice outside class. Write your answers in the blank spaces.

Bonus: Once you've unscrambled the 10 activities, use the letters found in the boxes that have a number underneath them to create the bonus, and earn an extra two points. Good luck!

1. OORTFOWK	___	___	___	9	3	___	___	5	___							
2. GRPPINGAL	___	8	___	1	___	___	6	___	___							
3. CGKINIK	___	___	4	___	___	___	___	___	___							
4. CGUNNPHI	___	___	___	___	14	4	___	___	___							
5. ALYER CESAR	5	___	___	1	___	5	___	___	7							
6. FMSRO IANRIGTN	9	___	2	7	3	___	1	___	___							
7. FESL-DESENEF	___	15	___	___	10	___	11	___	___							
8. TTAREG KRWO	___	3	___	___	___	9	5	___	___							
9. AVEHY ABG LIDLR	___	1	___	12	___	___	___	___	___							
10. JNPIUGM ROEP	___	13	___	___	___	5	9	___	___							
	2	1	5	3	4	1	6	1	5	3	7	4	7	!		
	8	9	9	10	11	9	5	12	9	13	5	14	15	1	5	3

Answer Key: 1. Footwork, 2. Grapping, 3. Kicking, 4. Punching, 5. Relay Races, 6. Forms Training, 7. Self-Defense, 8. Target Work, 9. Heavy Bag Drill, 10. Jumping Rope Bonus: MARTIAL ARTS IS GOOD FOR YOUR HEART!

Healthkick

Committing to a Healthier You

By Jennifer G. Galea MS RD

EVALUATING BODY WEIGHT VERSUS FITNESS

Adults (and children) are heavier than they have ever been in the past. Whether you are happy with what the scale's reading or not, most people are worried about their weight...either adding or eliminating pounds.

Much is known about how excess weight affects health. Recent evidence suggests that you should focus more on specific "healthy body measurements" than weight. Instead of concentrating on the number on the scale, you should focus on:

Fitness

Much more important than how much you weigh is how much you exercise per week, the composition of your weight, your muscle tone, your general health and your energy level. Weighing yourself can be motivational, but the number of pounds is only meaningful in the proper context.



Being happy with the weight you achieve

In a recent, very large study, people who were happy with their weight reported better mental and physical health. This works both ways: you want to achieve a satisfactory weight, and once you do so, you will reap the mental and physical benefits; but be content with the weight that you achieve. Don't compare yourself to others...not everyone can be a baseball star, and most people are not and should not be a size 4.

Eating right

You are what you eat, so if you want to be healthy, then eat the right foods. Once again, you want to separate "health" from "weight." You can weigh the "correct" weight, but if you are fueling your body with nutrient-poor foods, then you can't hope to be healthy and feel energized.



Waist size and waist-to-hip ratio

For women, a waist of greater than 35 inches is of concern. For men, the number is 40 inches. A waist measurement greater than this is considered a strong indicator that excess weight, in the form of fat, is being stored around your middle. Excess fat around the middle of your body is linked to the majority of ailments associated with "being overweight." To calculate your waist-to-hip ratio, divide your waist measurement by your hip measurement. A result of 0.8 or less for women and 0.9 or less for men is considered healthy.



Upcoming Events



February...07 Union County Classic -- Wingate, NC

February...14 International Billee Purvis Day (AKA: St. Valentines Day)

February...14 15th Anniversary Open House / Open Saturday

February...21 Black Belts for Christ Tournament -- Jacksonville, FL

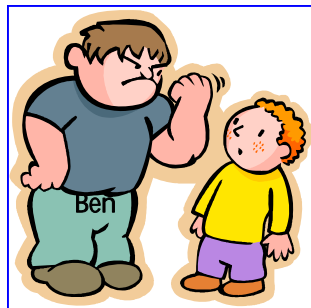
February...28 Mid Cleveland Championship -- Shelby, NC

Jonathan doesn't quite know why, but Ben, the school bully, has it in for him. And that's not good news. Ben, simply put, is immense. He's three times as big as Jonathan and looks like Arnold Schwarzenegger. He's the terror of the entire school and apparently has taken a personal interest in making Jonathan's life miserable.

It started with name-calling, but Ben is getting increasingly aggressive. He keeps bothering Jonathan and trying to pick a fight with him. The last couple of days, Ben has been waiting for Jonathan outside school, calling him a wimp for not fighting.

What should Jonathan do?

Think!



Should he . . .

- A.) Totally avoid Ben at all costs?
- B.) Hit Ben as hard as he possibly can?
- C.) Ignore Ben's comments and keep his cool?
- D.) Look for ways to be nice to Ben.
- E.) Pay ten of the biggest kids he knows to beat up Ben?

For help in knowing what Jonathan should do, read Proverbs 19:11 and Luke 6:27-36.

CONTINUED FROM PAGE 4

A year or two ago, one of our adults in leadership said that he was being exposed to and trying things that he had never done previously. Just think, we are exposing 8, 9 and 10 year-olds to those same things.

Think of how much ahead of many of their peers they are or will be. Think of how much better prepared they will be, along with a good formal education, and sound home up-bringing, to one day, step into a good paying job, or a leadership position. Those thoughts motivate me to keep pouring into our GOLD Team. Our mission: "Arming America with Life Skills...One Black Belt at a Time."

I have been blessed for fifteen

years to work at something that many do not consider a "real job." But it's been fifteen years of investment, hard work, trials, errors, adjustments, additions, deletions, commitments, hello's, goodbye's, see ya later's -- oh, and some fun too.

All of this has truly been a blessing from God, but he has blessed me through the actions of others. None of this would have happened if it weren't for my sister, who sacrificed money to get us started. Then, of course, she has actually come in and run our office and put together our newsletters for

the last few years. My mom also sacrificed money and ran our office for our first year or so. Sugarr Banks has been there, even when it didn't make any sense, and I wanted to keep going and give it one more try. She also has sacrificed.



B. Smith's Flying Sidekick

I appreciate all of my instructors for trying, even if it didn't always work out...and, at least, moving things a little further along. Finally, I thank all of our students and parents, both past and present, for helping to keep us around for so long. God bless you!

Congratulations!

LIFEFORCE

Serving Columbia Students for 15 Years!

By Billee Purvis, Director / Chief Instructor

Wow! It's been fifteen years since we opened our studio. In that time, we've done a lot. We've been a lot of places; we've touched and been touched by a lot of lives over the years. I wish my memory was better, so I could remember every man, woman, girl and boy that's ever taken even one lesson from us. Collectively, my life is much richer from having known and interacted with all who have come through our doors.

I spend more time, and time more intensely, with our performance teams. Over the years, our competition team, **"The Fighter Group,"** has traveled to tournaments as far away as Buffalo, NY, Panama City Beach and Orlando, FL. Our very small team, last year, accomplished some pretty incredible things. There were only three -- four including yours truly -- (I did compete one time last year).

Near the beginning of the year, **Chelsa Gower** and I, competed in the All American Christian Martial Arts/ Karate for Christ World Championships held in Pigeon Forge, TN. We both won the, single event, KFC World Championships. Ms. Gower went on to finish the year winning Tournament Competitor Tour (TCT) Championships in two divisions. In the mean time, **Robbie Lindler (top right photo),** was working hard to win a Black Belts for Christ Grand Championship, which he accomplished in sparring. He was also the runner up in his division for forms and fifth in weapons. (His were some of the most competitive divisions.)

But hands down, the most amazing run of the year (more like in the entire existence of our studio) has to go to **Dr. Mark "Zen Master" Laughlin (top left photo).** He actually has many nicknames now: **"The Man," "Samurai," "The One Man Wrecking Crew," "The Destroyer."** We usually just call him Mr. Laughlin, of course.

Mr. Laughlin went to his first tournament last year as a yellow belt...he ended up winning multiple champi-

onships in the DOJO Organization, the Martial Arts Tournament Tour (MATT), the TCT...AND journeyed by himself to Sacramento, CA, where he won multiple Sport Karate International League (SKIL) Championships as well. ...truly amazing!

We are not only concerned about how well our students physically perform, we are even more concerned about attitude and behavior. In 2007, when we had a much larger, thirteen member team, it felt good, to receive so many compliments on our team's attitudes and behaviors.

We don't just spend all of our time getting our competition team ready to do outstanding things, though, we also spend some extra time with our **"Kick Up Crew"** demonstration team. Our demo team has performed for local churches, schools, hospitals, recreation centers and charitable organizations. We have performed on Ft. Jackson and at WIS-TV's Back-To-School Bash held on the SC State Fairgrounds. Our team has represented us well and has a positive reputation in our community.

The demo team was, also, a bit smaller last year than in years past, and we didn't have quite as many engagements, but we still got lots of praises for performances at our Karate Birthday Parties, and our Black Belt Ceremonies. Our demo team members included: **Chelsa Gower, Charlie Meade, Mason Hatcher, Bryanna Smith, Morgan Johnson, Jason Anderson, Derek Fish, Christine E. Parham, and Kyle King.**

The Leadership Program, **Guidance On Leadership Development (GOLD) Team,** is the heart of our studio. Look to our students in the Gray & Gold to set the standards for attitude, behavior and performance expected for all of our teams. We expect our GOLD team members to look sharp, act sharp, be sharp! It is now a requirement that performance team members come from leadership.



M. Laughlin



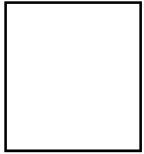
R. Lindler



COMPETITION TEAM MEMBERS



DEMONSTRATION TEAM IN ACTION



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