

FullContact

A Monthly Publication of Lifeforce Karate & Fitness

The Principles of Character

By Joseph Galea

Character is an important martial arts lesson. It is important that you have good character because, as a martial artist, you are a role model and mentor. It is equally important to remember that you must have good character to use your martial arts skills appropriately. You've learned kicking and punching skills that could be harmful to others, if you weren't a person with character. Character lessons teach you to use your physical martial arts skills for self-defense purposes only.

Martial artists are respected not only for physical skills, but also for mental skills. You learn and teach confidence, discipline, courage, integrity and loyalty. These are character qualities that are consistently reinforced throughout your training. It is very important that all martial artists embrace these character lessons, as they are the tools that make you a better person and the world a better place.

Study these key principles of character and apply them to your life everyday.

- Your character is defined by your actions, not by your words.
- Good character requires that you do the right thing, even if it is costly or risky.
- You choose the person you want to be by making choices that reveal your good character.
- Good character gives you the strength to achieve greatness.
 - When you actively work to develop good character, you become a better person.
 - It is easier to lead and inspire others through good character.

If these key principles of character are part of your life, then you are a true martial artist.

- You have the potential to become whatever you want to be.
- People admire you and find you enjoyable company.
- People want you to be their leader.
- You help others maintain good character because you lead by example.
- It is people like you who make the world a better place in which to live.

Remember, good character extends beyond physical skills and abilities. Your good character is revealed and recognized by others when you choose to do the right thing at all times, despite potential repercussions, which are only temporary, while character is forever. To leave your mark on the world, follow the principles above and watch your character shine.



lifeline

Words of Wisdom

The best index to a person's character is (a) how he treats people who can't do him any good, and (b) how he treats people who can't fight back.

-- Abigail Van Buren



KIDS ZONE

personal Profiles

Martial Arts Success Stories

Personal Profile

By Brian Miller, Age 12



Martial arts has improved the strength of my mind and spirit. I'm 12 years old and am now working toward my Second-Degree Black Belt.

Martial arts has made me more physically fit, more disciplined and able to defend myself. Martial arts has also developed my work ethic.

I have the discipline to do my chores and I am more helpful to my parents.

Martial arts has helped me overcome my fears by gaining confidence. I have no more fear or anxiety when competing at major tournaments.

I have a good mind, but if I think too much, my mind becomes paralyzed and I don't release all my energy and effort during a sparring match. At the national tournament, I had a breakthrough and started fighting with my heart and not just my head. I lost, but came back strong and almost won. I'm learning to just place the match in other's hands and not lean on my own understanding.

Brian Miller is a student of Patrick McSweeney's Candler Family Martial Arts in Candler, North Carolina.

Healthkick

"Is Your Home "Screen-Lean?"

By Jennifer G. Galea MS RD

Limiting children's time in front of the television is an important issue for parents. Many organizations have offered appropriate recommendations. For example, The American Academy of Pediatrics currently recommends that it's best for children to limit their "screen time" to a maximum of two hours per day. To follow-through on this recommendation, parents need more information, such as the definition of "screen time," the benefits of this limitation and the methods for enforcing it.



"Screen time" not only includes television viewing, but also all other activities that involve viewing a screen, such as movies, video games and computers. Since many children may need to use their computers for more than two hours a day just to do

their homework, this restriction may be almost impossible even in the best of circumstances. I allow my children to watch TV as "down time" during an extremely active day. The key is to be aware the role of TV in your children's education and, as importantly, in their physical activity plan.

The primary benefit of limiting children's screen time is to increase their physical activity time. Childhood obesity is a major health issue. In fact, three times more children are overweight than just 10 years ago. Children are overweight because they eat too many calories and they need more physical activity to burn those excess calories. The best way to fight this trend is to provide a healthy diet and to encourage increased physical activity.

Enroll children in organized programs that will entertain them and provide them with regular physical activity, such as the martial arts. Another strategy is to limit "screen time," making your home "screen-lean."

Try these "screen-lean" suggestions from Blue Cross.

1. Set limits. Some suggestions: no TV during homework or in bedrooms.
2. Plan your child's viewing. For example: tape and watch specific shows with a purpose, such as a nature or history program, or watch only those specific shows and not an endless evening of television.
3. Help your child resist commercials. Many commercials encourage unhealthy food choices, and the time spent watching is sedentary! Try recording shows and deleting the commercials, or renting/buying taped programs.
4. Provide children with other options. Screen viewing can become a habit. Start your child moving by suggesting and encouraging more active entertainment, such as outside play, sports or even a board game.
5. Set a good example. Be a role model and limit your screen time and increase your physical activity.

Kickin' Kids



Welcome to Kickin Kids, the mind-boggling, brain-teasing section of Kid's Zone. 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.

Martial Arts Word Guess: Guess each word by filling in the missing letters below.
Hint: Each word is martial arts-related. Guess the bonus and add one point to your score.
Good luck!!!

Example: M _ _ R _ _ _ A L A _ _ T S Answer: Martial Arts

1. B _ _ _ _ T
2. _ _ E F _ _ E X _ _ S
3. P R _ _ S _ _ U R _ _ - _ _ O I _ _ T _ _
4. G _ _ A P _ _ _ _ I N _ _
5. _ _ _ _ S H I _ _ O
6. L E _ _ _ _ E R
7. B O _ _
8. _ _ I G _ _ - B _ _ O _ _ K
9. E _ _ E R _ _ _ _ S E
10. _ _ R A _ _ _ _ I N _ _

Bonus: _ _ R A _ _ D - M _ _ S T _ _ _

Upcoming Events

- January 01 through 02..... New Years Vacation (Studio Closed)
- January 07..... Open Saturday
- January 14..... War Angel Martial Science Challenge-Bennettsville, SC
- January 16..... Martin Luther King Jr. Day
- January 28..... Rank Test [By Invitation Only. Times May Vary.]

Olivia attends church every Sunday. She sings in the choir and helps out in the nursery. She's a regular at youth group outings and contributes to discussions during Sunday School. From all outward appearances, Olivia is a growing Christian. But on the other six days of the week, Olivia acts differently. She runs with a fast crowd at school known for using foul language and for causing trouble at school activities.

Olivia never mentions church to her friends at school. She know exactly what they think about Christians. Often they make fun of those "churchy kids," some of whom are from Olivia's youth group. One day, one of Olivia's friends from church confronts her and tells Olivia that she is leading a double life. Olivia laughs it off, but her friend's comments make her think. Does it matter to God how she lives the other six days of the week? Isn't one day good enough for God? What do you think Olivia should do? Should she ...

Think!

A.) Decide that going to church on Sunday is good enough?

B.) Talk to her youth group leader about her "other life" and discuss if she needs to make changes in her lifestyle?

C.) Let her friends at school know she is a Christian and see what happens?

D.) Decide that her church friend is right and stop going to church?

E.) Ignore what her church friend said - she's only being a spoilsport?

Read Romans 2:5-8 to see how God views Olivia's lifestyle on Sunday and during the week.

MEMORY MINDER

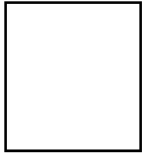
3 P's OF SUCCESS IN MARTIAL ARTS

1. Participate in class regularly.
2. Pay attention during class.
3. Practice 15 minutes every day you do not attend class (except on Sunday). Fifteen minutes a day four days a week adds up to an extra hour of practice and makes a BIG difference.

Exercise Safety

Here are some things you can do to make sure you are exercising safely: Start slowly. Build up your activities and your level of effort gradually. Doing too much, too soon, can hurt you, especially if you have been inactive.

Avoid holding your breath when using your muscles. If you have high blood pressure, pay special attention to this tip. It may seem strange at first, but the rule is to exhale during muscle exertion; inhale during relaxation. For example, if you are lifting something breathe out on the lift; breathe in on the release.



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