

FullContact

A Monthly Publication of Lifeforce Karate & Fitness

Giving Your Best Effort

By Joseph Galea

Giving your best effort means you must work your hardest at every task. More importantly, it means you must work your hardest to achieve your goals. People who always give their best effort are far more successful in life than those who do not try hard at all.

It is very important to give your best effort during your martial arts training. Don't limit your hard practice to the classroom; also practice at home. Both training hard during class and practicing hard at home will enhance your growth and development.

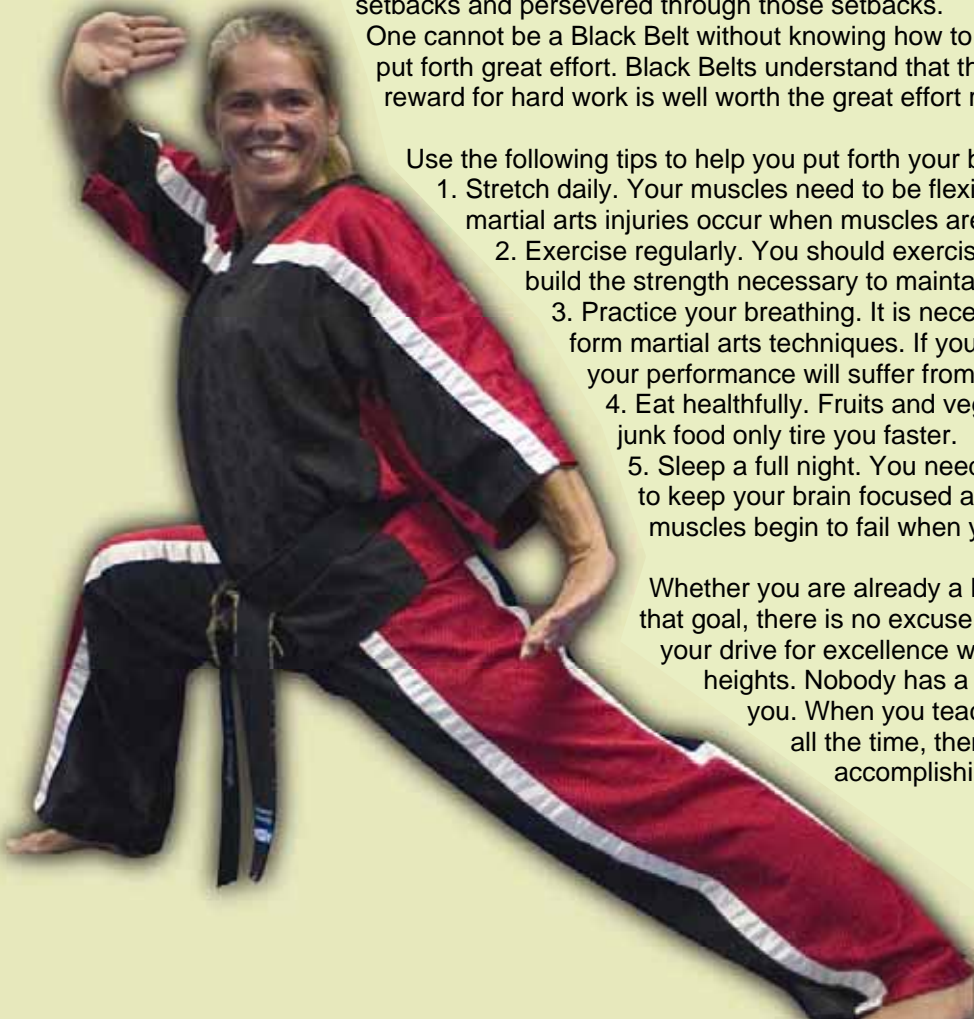
Black Belts understand that they must always do their best. They have trained for years to reach excellence. They have experienced setbacks and persevered through those setbacks.

One cannot be a Black Belt without knowing how to put forth great effort. Black Belts understand that the reward for hard work is well worth the great effort required.

Use the following tips to help you put forth your best effort during your martial arts training.

1. Stretch daily. Your muscles need to be flexible to withstand consistent training. Most martial arts injuries occur when muscles are strained beyond their reach.
2. Exercise regularly. You should exercise your legs, abs, arms and heart daily to build the strength necessary to maintain speed and agility.
3. Practice your breathing. It is necessary to breathe properly while you perform martial arts techniques. If you do not know how to breathe correctly, your performance will suffer from a lack of energy.
4. Eat healthfully. Fruits and vegetables give you energy. Fast food and junk food only tire you faster.
5. Sleep a full night. You need about eight hours of sleep each night to keep your brain focused and your body strong. Your memory and muscles begin to fail when your brain is tired.

Whether you are already a Black Belt or are still reaching towards that goal, there is no excuse for less than your best effort. Combine your drive for excellence with the tips above and you can reach great heights. Nobody has a bigger impact on your life than you. When you teach yourself how to give your best effort all the time, then you've taken a big step toward accomplishing your dreams and goals.



lifeline

Words of Wisdom

I would rather fail in an attempt at something new and uncharted than safely succeed in a repeat of something I have already done.

-- A. E. Hotchner



KIDS ZONE

Martial Arts Success Stories

Personal Profile

By Nick Klemen, Age 10



I joined martial arts to learn self-defense and to interact with other kids of different ages. I was not interested in many different kinds of sports, and my family and I live in the country, so there is not much to do. My uncle has his Black Belt, and I thought maybe I could do the same, so I en-

rolled in a class. I have been taking lessons for a couple of years, and I am now a Brown Belt.

Although we drive a half-hour each way to practice twice each week, it is so worth it. I always look forward to going. I haven't missed classes many times. I am exhausted after practice because I receive a real workout, but my mom always takes me for a drink following class. I really love all of the instructors and the other students in my classes. I now have much more confidence in myself, and that makes me feel much better when I'm with other people.

Nick Klemen studies the martial arts at Burns Tae Kwon Do in Sellisgrove, Pennsylvania.

Healthkick

Stress, A Formidable Opponent

By Jennifer G. Galea MS RD

Martial arts training will definitely help you combat illness and disease. It provides training for the mind and the body, both of which are crucial for physical, mental and spiritual health.



During your training, you exercise muscles and joints throughout your body. Keeping your muscles and joints strong and flexible is a key component to overall health. Exercise has a direct effect on cardiovascular health and flexibility, both of which defend you against illness and disease.

Exercise also has a direct impact on stress levels. Stress presents a separate health risk factor. According to experts, as reported in Consumer Reports on Health, "Stress is now considered as much of a risk factor as smoking, overweight, or lack of exercise for a variety of diseases. Stress itself can contribute to unhealthy lifestyle choices, such as overeating."

Martial arts training is a significant weapon in the battle against stress because it's not only a form of body exercise, but also the primary form of "mind exercise" that is critical to the mind's control of stress. The relaxation and meditation techniques, as well as breathing exercises, that you learn, train the body to reverse the stress response. You experience reduced heart rate and blood pressure, decreased muscle tension and slowed brain waves.

These "anti-stress" techniques are actually being "prescribed" by physicians to help in the treatment of illness and disease. By incorporating martial arts training into your daily routine now, regardless of your current health, you are preparing the defenses that will help your body both prevent and treat the many diseases and conditions that are currently linked to increased stress. Among these conditions are reduced immunity, hypertension, coronary artery disease and increased risks of heart attack and stroke. Less stress enables you to make more appropriate lifestyle choices, such as healthy food selection and optimal physical activity, which are conducive to your continued good health.

personalProfiles

Kickin' Kids Korner



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 Match Game: Match the words below, describing martial arts training, with their definitions. Guess the Bonus and add +1 to your score. Good luck!!!

1. Strict training that corrects or strengthens mental ability or moral character. **Answer:** _____
2. To extend one's body or limbs. **Answer:** _____
3. The art of self-defense, which employs locks and holds and utilizes the principle of non-resistance to cause an opponent's own momentum to work against him. **Answer:** _____
4. To perform or work again and again, so as to become skilled. **Answer:** _____
5. A term used in the Japanese martial arts for anyone who has achieved the rank of at least First-Degree Black Belt. **Answer:** _____
6. A series of games or contests that consist of a single unit of competition, the championship play-offs of a league or conference, or an invitational event. **Answer:** _____
7. A winner of first prize or first place in a competition; also, one who shows marked superiority. **Answer:** _____
8. A stimulating task or problem. **Answer:** _____
9. A weapon that consists of two hardwood sticks joined at their ends by a short length of rawhide, cord or chain. **Answer:** _____
10. Korean word for rank or level. **Answer:** _____

Bonus: A person trained in ancient Japanese martial arts and employed especially for espionage and assassinations. **Answer:** _____

- | | | |
|-------------|--------------|---------------|
| A. Champion | E. Aikido | I. Stretch |
| B. Nunchaku | F. Ninja | J. Discipline |
| C. Dan | G. Practice | K. Tournament |
| D. Gup | H. Challenge | |

Down: 1. Discipline, 2. Stretch, 3. Aikido, 4. Practice, 5. Dan, 6. Tournament, 7. Champion, 8. Challenge, 9. Nunchaku, 10. Gup, **Bonus:** Ninja

Upcoming Events

February 04 Open Saturday

February 04 Samurai Sword Seminar One (1:30 to 3:00 p.m.)

February 11 Union County Karate Classic @ Cannon Complex- Monroe, NC

February 14 Valentines Day

February 20 President's Day

Think!

In history class, Haley's teacher is discussing the religions of the world. The teacher asks for volunteers to explain what they believe. One boy, whose family is Vietnamese, shares his Buddhist beliefs. Another student explains her Islamic faith. Another classmate says his family is into the New Age movement. No one, however, has volunteered to explain Christianity.

Haley is a Christian and is an active church member. Haley also truly loves the Lord but wonders if it is necessary to explain his faith and share his beliefs. He looks around the classroom but sees no one about to volunteer. The teacher looks like she is about to go on with the lesson. What should Haley do?

Should he . . .

- A.) Look around and laugh softly, trying to be cool?
- B.) Volunteer and explain how he accepted Christ as his Savior?
- C.) Slump in his seat and hope the teacher doesn't see him?
- D.) Make up a religion and explain it as a joke?
- E.) Figure that everyone in the room knows about Jesus and doesn't really need to hear it?

For help in knowing what Haley should do, read Luke 9:26.

MEMORY MINDER

A REMINDER TO PARENTS & FRIENDS

Please refrain from talking to students during class. If he is on the wrong side or she is out of step, we will get them on side and in step eventually.

Shouting words of encouragement during sparring is okay, however, do not shout out negative remarks (i.e. Punch his/her lights out!). In cases of emergency, we appreciate your input and your assistance.

Cyberspace Safety for Kids

Establish rules for using the internet:

1. Determine time of day and the length of time your children may be online.
2. Kids should not give out personal information (i.e. real name, address, phone number, etc.).
3. Kids should never agree to personally meet someone unless with the parent. That person claiming to be a 12-year-old girl may be a 55-year-old man!
4. Kids should never send anyone their picture.
5. Kids should not answer messages that are inappropriate.
6. Children should tell parents if someone insists on violating the above rules.



www.lifeforcekarate.com

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

Special Delivery



There's dozens of choices if all you want is a workout, but you also need to keep your mind and spirit in shape to achieve your goals and only martial arts shapes the total self:

BODY, MIND, SPIRIT.

You're guaranteed a cardio-intense, physical workout, but you'll also gain greater confidence and learn how to concentrate with less effort and more results - all of which makes your spirit **STRONG AND POSITIVE.**

Call our school to schedule your **FREE** beginner's class.

**MARTIAL ARTS
SHAPES MORE THAN
YOUR BODY !**



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

Member: National Association of Professional Martial Artists