



FullContact

A Monthly Publication of Lifeforce Karate & Fitness

Cultivating Your Commitment

Adapted from an Article by Joseph Galea

Can you remember instances in your life when you had good intentions of following through on a goal but somehow it didn't get done? This happens to all of us from time to time. Whatever initially causes a student's commitment to waver, it is very easy to allow additional factors to compound the problem and jeopardize his or her continued progress. This in turn leads to further decreased commitment. It is actually a vicious cycle of cause and effect. It will be easier to stay committed to your goals if you can recognize in advance what has the potential to steer you off the track. Being aware of the possibility will allow you to consciously re-focus and re-establish your commitment to whatever goal you have set for yourself.

No matter what we do, there are only 24 hours in a day. It is not difficult to run out of time to do the things that we have committed to do. Time management is a crucial skill that all people should learn in order to balance and prioritize their commitments. By doing so, you will find that there can be sufficient time to honor your priorities. Think of the benefits you are receiving as a student of the martial arts and how important they are to you. Self-defense, exercise for better health, confidence, and family time are among the benefits that probably rank very high on your list. Time management skills will help you attend your scheduled martial arts classes and continue your training.

There may be instances during class when the material or techniques are difficult to learn. This can be discouraging and may make you re-think your ability to achieve. But *every* student has had to overcome these obstacles, and you can too. If you are having trouble, see your instructor as soon as possible. Often, a little one-on-one advice can go a long way. Practicing at home or with a fellow student can also make the learning process quicker or easier. Here's a simple tip I learned during training that you can also try: teaching! When you break down a technique to show it to someone else, the technique often becomes clearer to yourself. Try it sometime.

While many students can attend class or work out everyday, other students suffer from burn-out. It is important to train at a pace that will optimize your progress. How much? The martial arts is an individual activity and only you can determine your optimal work-out time. Just be aware that you *can* overdo even a *good* thing. Remember, an apple a day will keep the Doctor away... but if you eat two dozen apples a day, you will *probably* need the Doctor!

Achieving your goal does not signify the end of your journey. Instead, it serves as a symbol of your hard work, dedication, and your success in following through on your commitment.

lifeline

Words of Wisdom

Winning doesn't always mean finishing first. Winning means that you are doing better than you have ever done before.

-- Bonnie Blair, Olympic Gold medalist in speed skating





KIDS ZONE

Martial Arts Success Stories

Personal Profile

Martial Arts Has Changed My Life

By Tiniquia White, 32



Martial arts has changed my life completely. As a child, my family told me that I wouldn't accomplish anything in life. Now that I'm training as a Tae Kwon Do student, I'm proving them wrong. As matter of fact, I know I'm proving them wrong because each time I step on the mat I am

proud of myself and the goals I have set and accomplished. Practicing martial arts has also allowed me to live one of my dreams, and now it has become my passion.

Physically, I am feeling fit and healthy and have achieved many of the fitness goals I set for myself. I am more confident and calm. Friends and family have commented on how I've changed and said that there's "something different" about me. My Master always encourages us to "give it all we got" and not to let anything stand in our way to being our best. I am grateful to my teacher for motivating me and always being positive.

Tiniquia White is a student at Michael Alban's MVP Martial Arts in Rochelle Park, New Jersey.

personalProfiles

Healthkick

Reading the Hunger Scale

By Jennifer G. Galea MS RD

For adults, knowing when to stop eating is the result of complex psychological and biological processes. Even with all the available information, too many of us don't know how to listen to our bodies and avoid overeating.



For children, stopping the eating process is even more difficult because of their developmental level and their inability to listen to their bodies. Food regulation studies have shown that children have such a hard time "hearing" their bodies that they are more apt to respond to the portions on their plates than to their hunger levels.

The children's food guide pyramid provides ranges of servings for ranges of ages. The minimum serving size is the least a child should probably eat at the youngest age, while older and/or more active children may need to eat the maximum serving size. Remember, basic good eating habits, as all foods (and quantities) are not equal.

Some basic good eating habits are:

- Eat a wide variety of foods from all food groups, but not too much.
- Eat smaller portions of higher calorie foods.
- Try new foods.
- Exercise regularly and often.
- Stop eating when full.

You can help children develop this last eating habit by explaining the hunger scale, so they're able to synchronize their eating habits with their bodies' actual needs.

- Ask your children to imagine what it feels like to be totally starving. Use an example of when they were truly hungry, perhaps following a particularly vigorous class. That is "1" on the scale.
- Next, ask them to imagine what it feels like to be totally full, such as after a picnic, holiday meal or a barbecue. That is "5" on the scale.
- Explain that a "3" is when they feel just right, not too full and not too hungry.
- Explain that a "2" is when their stomachs feel empty and a "4" is when they start to feel full.
- Use this scale to rate their hunger during the day and before, after, and during meals.

For any child, adult and athlete, the key to appropriate nutrient intake is listening to the body to know what it needs. Help your children communicate with their bodies, and lead by example.

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 Word Scramble

Here's how it works: Unscramble the letters to create a word describing a benefit of training in the martial arts. Write your answer to the immediate right. Bonus: Take all the letters that are in the boxes and unscramble them to find another benefit of martial arts.

Example: ATIALMR TRAS Solution: MARTIAL ARTS

1. ICDPIILENS _ _ _ _ _
2. CPERSET _ _ _ _ _
3. ERATCIPC _ _ _ _ _
4. TNSGTERH _ _ _ _ _
5. RSTERGADNMA _ _ _ _ _
6. EUARCOG _ _ _ _ _
7. DDNOTACIIE _ _ _ _ _
8. ESEEFNSDFLE _ _ _ _ _
9. STIFNSE _ _ _ _ _
10. IGNRANTI _ _ _ _ _

Bonus Letters (from boxes above)

Bonus Word _____

Upcoming Events

- March..... 11..... Open Saturday
- March..... 17..... **St. Patrick's Day**
- March..... 20..... **Spring Officially Begins**
- March..... 25..... Rank Tests. [By Invitation Only. Times vary]

Emmett's dad is one of the leading businessmen in the community. He is known throughout the town for his good business sense, his strong civic responsibility, and his generous donations to local charities. Everyone in town and at school knows Emmet's dad. Emmet loves his dad, but unfortunately everyone expects Emmet to be exactly like his dad. He is expected to run for student government in school and to learn the family business.

Instead, Emmet wants to blaze his own trail. What he wants to do is try drama. He has been involved in a few skits at church that were presented to the Sunday school classes. Emmet enjoys being on stage and becoming another character. His Sunday school teacher said that Emmet had a gift for acting. Emmet wants to audition for the school's spring drama production, but his dad thinks he should devote his time to learning and working in the family store. Emmet wants to obey his father, but he also wants to explore new ventures.



What should Emmet do?
Should he . . .

- A.) Forget about the drama production for now and help out at his dad's store?
- B.) Go ahead and audition without telling his dad; if he gets the part, it will be too late for his dad to disagree?
- C.) Try to talk with his dad about his desire to try out acting?
- D.) Get a friend of his to work at the store in his place during auditions?
- E.) Rebel and refuse to work at his dad's store ever?

Read Acts 16:11-15, 38-40 to see how Lydia defied the expectations of her day and did her best for God.

MEMORY MINDER

EARN YOUR STRIPES

Stripes are given in the following order:

1. Sparring Combos, New Kicks & Punches
2. Memory Work
3. Self-Defense
4. Current Form, Form Basics, Current Weapon

Fighter Group News



Next month the Lifeforce Demo Team will perform at the Martial Arts extravaganza on Friday, April 7, 2006. The event takes place at the Colonial Center in downtown Columbia. Demonstrations will begin at 7:30 p.m.

All classes on the evening of the event are cancelled and the studio will be closed. Come out to the Martial Arts Extravaganza for fun and information, and to support the Demo Team!



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Special Delivery





They 're never too young to build self-esteem.

You love and care for your child, providing them with many opportunities to grow into the best person they can be. Look to martial arts to be your partner in building the foundation of their lives.

Our Little Ninjas program has been carefully developed for children, ages 3 to 6, to introduce and reinforce the important life lessons you want them to learn. We start with fun, promote teamwork and friendship and help to create strong individuality and the self-esteem necessary to succeed.

You can give your child many things, but few of them will kick-start their lives better than martial arts. Call or visit our school today to enroll your little one into our special Little Ninjas preschool program.

Don't wait! Call now to try a risk FREE no-obligation class:

(803) 783-KICK (5425)

MEMBER: National Association of Professional Martial Artists