

# FullContact

A Monthly Publication of LifeForce Karate & Fitness

## The Ten Rules of Form

**M**ost competitors' performances in tournaments are less than perfect. Part of the problem springs from inconsistencies in judging. At an open tournament, you might have five judges from five different martial art disciplines. Even in closed tournaments, you'll find a mixture of what judges look for in a form.

Poor performance is often a lack of preparation and practice; but it can also result from not understanding the universal criteria that judges utilize in reviewing a competition form. This isn't the student's fault, usually. More often, it's a misinterpretation of what is an excellent or even a passable form.

The International Council on Martial Arts Education in the Official Forms of the World Tae Kwon Do Federation has published the Ten Rules of Performing a Competition Form. Although they were published for Tae Kwon Do practitioners, these rules apply to all forms in all styles of martial arts.

Study and adapt these rules to your style and you'll reach a higher level of performance in competition, and during class and home practice.

1. ***You must memorize, memorize, memorize! (Practice your form at least a thousand times.)***
2. ***You must present a calm and courageous expression upon assuming the ready or attention stance.***
3. ***You must, when practicing, start slow, and then increase your speed until you reach the target speed. (Don't perform too fast or too slow.)***
4. ***You must demonstrate spirit by yelling loudly when appropriate, and perform each movement energetically.***
5. ***You must focus your eyes on the imaginary target (not your feet or hands or your mother in the audience).***
6. ***You must not turn without first looking where you are going.***
7. ***You must maintain poise, balance, a good posture and level movement.***
8. ***You must relax between strikes, tensing only at the point of impact.***
9. ***You must practice forms in different directions and at the prescribed rate of speed.***
10. ***You must return to ready stance calmly and peacefully.***

## lifeline

Words of Wisdom



**"If opportunity doesn't knock, build a door."**

**-- Unknown**



# personalProfiles

KIDS ZONE

personalProfiles



## Earning my Black Belt Means Success By Destin C. Fleming, Age 8

I was seven years old when I earned my Black Belt. To me, earning my Black Belt means success. It makes me an example. If I can do it, others can, too, if they listen, focus and practice, practice, practice. Earning a Black Belt means going to a million classes, anytime you can and really trying your best. My martial arts training has helped me in many ways. I've learned to keep my hands up when sparring. I'm focused in school and keep straight "As." I practice my piano lessons every morning before school! I want to do martial arts forever because I want to be a Grand Master. I thank God and my instructors, parents and friends for helping and teaching me. When I tie on my Black Belt, I feel, "Wow, I can't believe I did this!" *Destin C. Fleming is a student of Grand Master Gary Wayne at Family Martial Arts Center.*

## Kickin' Kids Korner



Welcome to Kickin' Kid's Korner, the mind-boggling, brain-teasing section of Kid's Zone. If you solve the puzzle in one minute or less, you're a Grandmaster; two minutes, a Master; three minutes, an Advanced student, four minutes, an Intermediate Student; five minutes, a Beginner Student; six minutes, do 10 sit-ups; seven minutes, do 10 push-ups; eight or more minutes, 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 +1 to your score. Good luck!

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

1. D \_ \_ \_ E N \_ \_ E
2. S P \_ \_ \_ D
3. H \_ \_ \_ D \_ L \_ \_ C K
4. S \_ R E \_ \_ C \_ \_
5. R \_ V \_ \_ \_ S E - \_ \_ \_ N \_ H
6. R E \_ \_ \_ E C T
7. A C \_ \_ D \_ \_ M \_ \_ C
8. C \_ \_ \_ F I \_ \_ E N \_ \_ E
9. J A \_ \_ \_ I E C \_ \_ A N
10. K \_ R \_ \_ \_ E \_ \_ I D

Bonus: M \_ \_ \_ D - \_ \_ O \_ \_ Y - S \_ I \_ \_ \_ T

1. Defense; 2. Speed; 3. Confidence; 4. Stretch; 5. Karate Kid; 6. Respect; 7. Academic; 8. Confidence; 9. Jackie Chan; 10. Karate Chan; 11. Head block; 12. Reverse-Punch; 13. Mind-Body-Spirit.

ANSWERS

# Healthkick

## Committing to a Healthier You

### Six Myths About Stress

Managing stress is an important part of healthy living. Knowing the facts about stress will help you understand your problems, and then take actions to solve them.

#### Myth 1: Stress is the same for everybody.

*Wrong! Everyone experiences and responds to stress differently. What is stressful for one person may or may not be stressful for another.*

#### Myth 2: Stress is always bad for you.

*Wrong! According to this myth, no stress would make you happy and healthy. Stress is to the human condition what tension is to the violin string: too little and the music is dull and raspy; too much and the music is shrill, or the string snaps. You must learn to manage stress, so you'll be productive and happy; mismanaged stress is dangerous to your health.*

#### Myth 3: Stress is everywhere, so you can't do anything about it.

*Wrong! You can plan your life, so stress does not overwhelm you. Set priorities and work on simple problems first, solving them, and then proceeding to more complex difficulties. When stress is mismanaged, problems seem to be equal, making it difficult to prioritize them.*



#### Myth 4: The most popular techniques for reducing stress are also the best.

*Wrong! No universally effective stress reduction techniques exist. We are all different; our lives are different, our situations are different and our reactions are different. Only a comprehensive program customized to the individual works.*

#### Myth 5: No symptoms, no stress.

*Wrong! Absence of symptoms does not mean the absence of stress. In fact, camouflaging symptoms with medication may deprive you of the signals you need to reduce the strain on your physiological and psychological systems.*

#### Myth 6: Only major symptoms of stress require attention.

*Wrong! This myth assumes that the "minor" symptoms, such as headaches or stomach acid, may be safely ignored. Minor symptoms of stress are the early warnings that you must do a better job of managing stress.*

# Upcoming Events

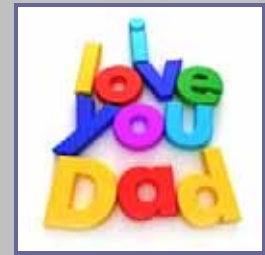
June ..... 13 ..... **Black Warrior Championship, Concord, NC**

June ..... 20 ..... **Open Saturday**

June ..... 21 ..... **Happy Father's Day!**

June ..... 27 ..... **Black Belts for Christ Tournament, Cocoa Beach, FL**

June ..... 27 ..... **The Rumble, Icard, NC**



## Think!

The Nelson family at church has been through some incredibly difficult times. Mrs. Nelson is still recovering from a serious car accident. The older daughter recently was diagnosed with lupus. A year ago, Mr. Nelson lost his job, and he still has not found full-time employment. The younger son, who is in Stuart's grade, recently was suspended from school for pulling the fire alarm. He is continually in trouble at school. Stuart honestly doesn't know how the mother and father cope with him.



Yet, what Stuart doesn't understand is that despite all these difficulties, the family is in church every Sunday. The mom and dad, particularly, really seem to be worshipping and praising God. Stuart doesn't understand why. He's not so sure that he could praise God if his dad lost his job or if his mom was in a serious car accident. Why does God allow such awful things to happen in one family? Where is he anyway? How do you think Stuart needs to

respond to his doubts about God? Should he . . .

- A) Quit going to church because it is obvious that God doesn't care about people?
- B) Decide that God cares but is unable to do anything about his problems?
- C) Talk to his pastor and his parents about his doubts and questions as he looks for answers?
- D) Remember that God is in control -- in good times and in bad
- E) Decide that the Nelsons probably did something to deserve all these bad things happening to them?

For words that give hope to all who hurt or experience difficult situations, read Habakkuk 3:17 - 19 to decide how Stuart should deal with his doubts.

## MEMORY MINDER

### SUMMER UNIFORM

From June through August, students may wear clean, neat, LIFEFORCE Logo T-Shirts in place of uniform tops. T-Shirts may not be torn, faded or stained. They also must be neatly tucked-in. LIFEFORCE Logo T-Shirts are available at the front desk.

*For more information see  
"Dress Code/Uniform Requirements"  
in the Knowledge Center at [lifeforcekarate.com](http://lifeforcekarate.com)*

## SUMMER PROGRAMS FOR EVERYONE

**6 Week Summer Karate Special** - Receive a FREE uniform & attend two classes per week. \$119; additional person from the same household \$94. Offer expires **June 30, 2009**.

**6 Week Summer Kickboxing Special** - Receive FREE gloves and hand wraps & attend three classes per week. \$79; additional person from the same household \$64. Offer Expires **June 30, 2009**.

**Summer Ultimate Fitness Course** - 10 Week Course Starts Monday, June 29, 2009. Call 783-5425 for more information.

# Fighter Group Update

**W**ell, we're about mid-season, and this year's version of the Fighter Group is doing quite well for what could very rightly be considered a rebuilding year. There are ten members, but only three are returning from last year.

The season started off crazily. The tournament circuit that served us so well last year -- The Competitors Tour (TCT) -- folded. That left us scrambling for a regional circuit on which to compete. We quickly decided on the DOJO Organization...and the Black Belts for Christ (BBFC) tournament circuit for those who wanted to start in -- shall we say -- a "milder" climate.

Competing on the DOJO circuit are **Chelsa Gower, Robert Lindler, Mark Laughlin, Garrett Davis, Zach Davis, Stephanie Coombs, Clayton Coombs,** and **Brandon Tibbetts**. Competing on the BBFC circuit are **Latrell Robinson** and **Leah Reza**.

**Chelsa Gower** has consistently won first place in three or four divisions at each tournament; **Mark Laughlin** -- the reigning Sport Karate International World Champion -- has managed the same in four or five of the seven divisions in which he competes, and **Stephanie Coombs** has won several first places in forms and sparring. At the Winter/Spring Open, the three of them won forms Grand Championships -- all on the same day! **Ms. Gower** also won the Jr. Black Belt Traditional Forms Grand Championship at the prestigious Carolina Martial Arts Open.

**Garrett Davis** has won a first place with his trusty bo-staff and **Zach Davis** has won a first place with his dynamic Taikyo 3 form. **Robert Lindler, Clayton Coombs,** and **Brandon Tibbetts** have all consistently placed well in their respective divisions.

In the mean time, on the BBFC circuit, both **Latrell Robinson** and **Leah Reza** are topping their divisions in sparring. **Ms. Robinson** is also in first place in forms.

Although things have gotten a little "intense" at a couple of the tournaments, members are learning about handling "pressure." We expect our guys to set the standard for behavior at tournaments -- in spite of affiliations, politics, disagreements, etc. It's been a challenge supporting both circuits, but our guys are worth it!

Some of you competing in "fun" tournaments this year, might want to consider revving it up a bit and competing on a major circuit next year.



**Fighter Group Members:** (Bottom row, left to right) -- Zach Davis, Brandon Tibbetts, and Garrett Davis; (Top Row, left to right) -- Mark Laughlin, Stephanie Coombs, Chelsa Gower, Robert Lindler, Clayton Coombs, and Billee Purvis, Chief Instructor.



*“The Fighter Group has ten members with three returning from last Year.”*

**Top Left:** Fighter Group members Latrell Robinson (left) and Leah Reza (right) share a quiet moment away from the action.



**Bottom Left:** Robbie Lindler focuses on the next sequence in his form.



**Bottom Right:** Brandon Tibbetts blocks a kick during a sparring match.



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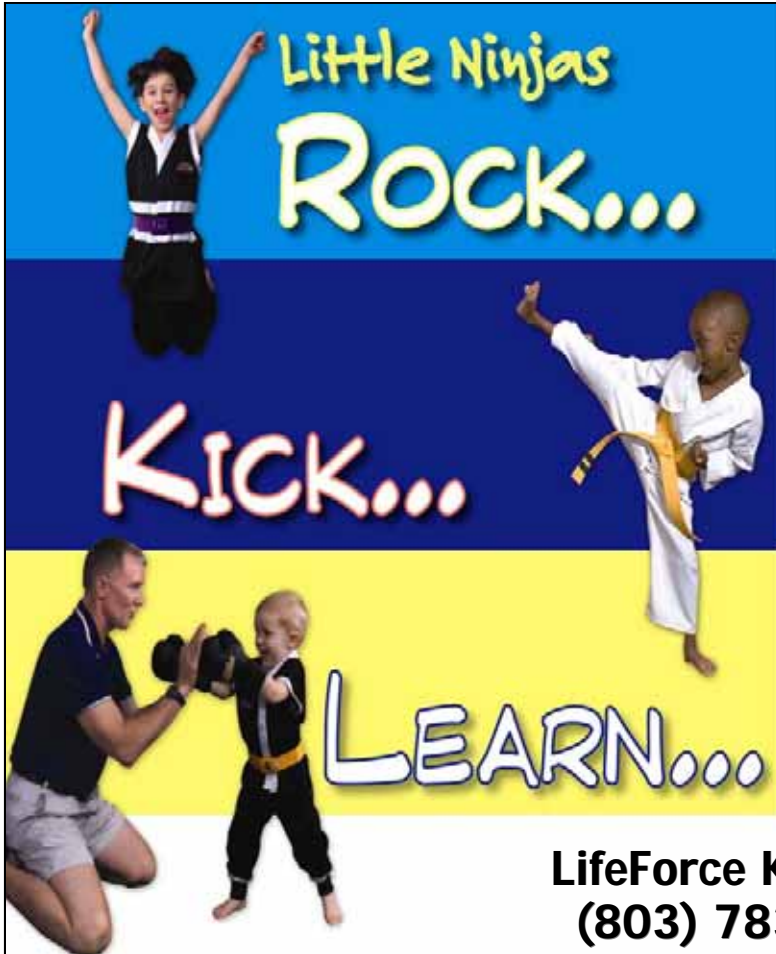
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