

FullContact

A Monthly Publication of Lifeforce Karate & Fitness

Cultivating Commitment:

TEACH YOUR CHILD TO FINISH WHAT THEY START!

by Joseph Galea

Martial Arts training is known for building character. Self-confidence, self-esteem, and perseverance are benefits that are often connected with learning the arts. However, these benefits are not guaranteed. There are external and internal “forces” that compete for our attention. Sometimes these forces can cause us to give up. Adults usually identify these forces for what they are, “obstacles,” but children need the direction and supervision of parents, teachers, role models, and mentors to overcome any force that might lead them to quit their martial arts training, or anything else important in their life. Here are some tips to make sure that your child finishes what they start!

- **Perseverance is a Big Word!** Try communicating with children in simple language. “It was tough, but you stuck to it!”
- **Shrug Off Mistakes.** Be careful not to make a big deal when you notice a mistake. You can help them bounce back by focusing on the positive and even pointing out some of your mistakes!
- **Recap Success.** When children are frustrated, remind them of their previous success. It is helpful to kids to see that they’ve made progress.
- **Assess Your Expectations.** Sometimes adults can underrate a child’s success because of unrealistic expectations. The expectation becomes a burden to the child who cannot fulfill it. Be careful to keep your expectations in line with your child’s capabilities and don’t lose sight of the benefits of participation.
- **Keep your eyes off the trophy.** The trophy is never as important as the hard work it took to earn the result, though it is easy to focus on the hardware and forget the effort. Dr. Ann Masten, Ph.D., director of the Institute of Child Development at the University of Minnesota, says, “Our culture is very success-oriented, and we tend to make everything look easy. The hard work that goes in accomplishment is often hidden.”
- **Create fun challenges.** Make up games to give children something to mark their immediate progress. Here’s an example...every time your child learns something new and can demonstrate it at home, you award a point. Number a sheet of paper from 1 to 25. Fill in each new thing learned. When an entire sheet is completed, have the child demonstrate all 25 new things learned and award a prize. Go to a favorite restaurant, allow the child to stay up late, see a movie, the choice is yours...so be creative.
- **Ride out the tough spots.** New activities are always exciting, but enthusiasm often subsides when things get tough. That’s usually when children want to call it quits and parents often relent. No one wants their child to continue an activity they despise, but recognizing this period as a natural phase in learning can often help you ride out the tough spots. A simple solution is to first, inform the instructor in charge, then encourage your child to stay with it for a specific period of time. You will be surprised that they will continue way beyond that time on their own. Modeling perseverance and valuing it can have a big impact on kids at an early age,” says Dr. Masten. “You’ll teach your child that success is within his or her control when it is worked for -- a powerful lesson.”

lifeline

Words of Wisdom

“Success is not the key to happiness. Happiness is the key to success. If you love what you’re doing, you will be successful.”

-- Albert Schweitzer





WHO AM I?

Read the short bio to determine who I am.

Don't peek: The answer is upside down below.

When I was four years old, I had a disease called polio which causes people to be crippled and unable to walk. To make matters worse, my family was poor and could not afford good medical care. I had a large family. I was the 20th child of 22 children. My father was a railroad porter and my mother was a maid.

My mother decided she would do everything she could to help me walk again even though doctors had said I would *not* be able to walk. Each week my mother took me on a long bus trip to a hospital to receive therapy. It didn't help, but the doctors said my mother needed to give me a massage every day by rubbing my legs. My mother taught my brothers and sisters how to do it, and they also rubbed my legs four times a day.

By the time I was eight-years-old, I could walk with a leg brace. After that, I used a high-topped shoe to support my foot. I played basketball with my brothers every day.

Three years later, my mother came home to find me playing basketball by myself *bare-footed*. I didn't even have to use the special shoe.

A track coach encouraged me to start running. I ran so well that during my senior year in high school, I qualified for the 1956 Olympics in Melbourne, Australia. I won a bronze medal in the women's 400-meter relay.

In 1959, I qualified for the 1960 Olympic Games in Rome by setting a world's record in the 200-meter race. At the Olympics that year I won two gold medals; one for the 100-meter race and one for the 200-meter race.



Then I sprained my ankle, so I had to ignore the pain and help my team win *another* gold medal for the 400-meter relay!

I retired from running when I was 22-years-old, but went on to coach women's track teams and encourage young people.

I always thought God had a greater purpose for my life than to win three gold medals. I started a foundation to help children learn about discipline and hard work.

I died of brain cancer in 1994. Even though I am no longer here physically, I hope all my hard work continues to influence the lives of many young people. You can be a champion. Don't give up!



Who Am I: My name is Wilma Rudolph and I created the Wilma Rudolph Foundation.

Healthkick

Don't Rush Through Warmups

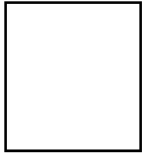
Training in the Martial Arts can be very exciting. In fact, many times we may feel the urge to rush through warm-ups in order to get to the basics of kicking and punching. However, warm ups are critical to our overall success as martial arts practitioners and athletes.

The most important reason to properly warm up before training is to prevent injury. Many minor, but nagging injuries are caused by our failure to prepare our bodies for the action ahead. This is most detrimental to our training because injuries keep us from working out. There is nothing more frustrating than waiting for injuries to heal to get back to training.

Once you have properly warmed-up, you can look forward to better kicks and punches because your muscles respond better in a heated state. Warmed muscles can also be stretched which increases muscle flexibility, improving techniques dramatically.

Warming up at home before practicing is equally important as warming up before class. In fact, your rule of thumb should be to warm up before undergoing any muscle-demanding activities. Remember, a good martial artist can demonstrate patience. Don't rush through your warm-ups. Prepare your muscles for the exciting training ahead.





www.lifeforcekarate.com

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

Special Delivery





MARTIAL ARTS... YOUR PERFECT PARENTING PARTNER!

Call today to qualify for our free beginner's course (a \$100 value)!

Let us help you make parenting easier. For your child, the martial arts is fun and healthy physical activity. For you, it's peace of mind, a stable family life and confident, disciplined and self-assured children.



CONFIDENCE!



DISCIPLINE!

STABILITY!

CALL (803) 783-KICK (5425) FOR MORE INFORMATION.



© 12/2006 NAPMA, LLC. All Rights Reserved.

Member: National Association of Professional Martial Artists