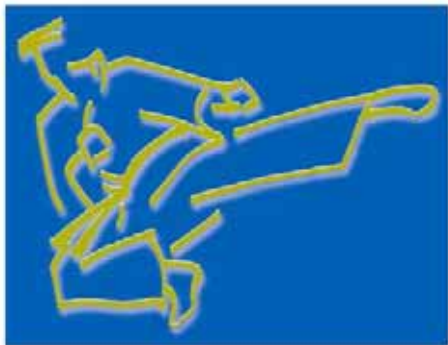


FullContact

A Monthly Publication of LifeForce Karate & Fitness



Is There an Outbreak in Your Life?

By Allie Alberigo

Normally, the word “outbreak” brings on fear of diseases or viruses and causes panic. In this article, “outbreak” means many things, both negative and positive. In class, a virus outbreak could prove to be a negative force; on the other hand, an outbreak of energy, sincerity, humility and discipline could be life changing. We need a life-changing outbreak in our lives more often.

One negative person in your immediate circle can cause you to become negative. Words that are spoken, actions that are taken and emotions that are voiced are easily adopted; so we must be very careful not to allow a negative outbreak in our lives.

It is easy to sit back, listen to the news and hear about the negative occurrences happening throughout the world. It is very difficult to resist being affected by this input, and to make the conscious decision to walk away when you are bombarded by this kind of negativity. The mind is easily affected, so take the necessary precautions to avoid negative events and people.

Just as in medicine, a placebo may protect you from sickness, depending on your belief system and the power of the mind. Have you ever felt the start of a cold and allowed yourself to fall ill by accepting the fact that you will become sick? Other times, you may tell yourself you won't become sick – and you don't. It's the same with negative emotions and energy and, on the flip side, positive thoughts.

What is nature of the energy in your class, your workout or your home? Can you be the catalyst to make a positive change? Can you create the environment to make it happen? The answer is “Of course, you can!” You can either be positive or negative; it is entirely your choice.

When working out at your school, all you need to do is tell yourself you will make this the best workout you ever had, and pass the positive energy on to others. A simple, loud “Kiai” (spirit shout) or an extra strong, respectful, “Yes, sir,” can be very contagious.

Your emotions will promote positive emotions in others, and, before you know it, the classroom, workplace or home will be changed. You are what you believe, either negative or positive, so choose to make every day a positive one. Envision the positive energy and it will occur right before your eyes.



lifeline

Words of Wisdom

“People often say that motivation doesn't last. Well, neither does bathing; that's why it's recommended daily.”

-- Zig Ziglar,
Legendary motivational
Speaker and author

Martial Arts And the Community

Community Service

FREE Self-Defense Seminar Saturday, May 10, 2008

Don't miss our FREE Women's Self-Defense seminar Saturday, May 10, 2008, from 11:00 a.m. until 1:30 p.m. at LifeForce Karate & Fitness, 7808 Garners Ferry Road, Columbia, SC.

Participants must be female and 14 years of age or older. Call (803) 783-KICK (5425) to register by phone or visit www.lifeforcekarate.com and click on "contact us" to register by email. Space is limited to the first 25 registrants.



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 Guess: Part of being a great martial artist is being a good role model for your martial arts classmates as well as your friends, siblings and other people in your life.

Directions: Complete each word by filling in the missing letters. **Hint:** Each word has to do with the qualities of a good role model. **Guess the Bonus and add +1 to your score. Good luck!!!**

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

1. P _ S _ _ IVE AT _ ITU _ E
2. _ EL _ FUL
3. RE _ P _ N _ I _ LE
4. _ IND
5. PA _ IEN _
6. COU _ A _ EOUS
7. RE _ _ ECTF _ L
8. H _ N _ ST
9. _ RUST _ OR _ HY
10. _ IN _ SH _ HAT TH _ Y _ TAR _

Bonus: _ EA _ S _ Y E _ AM _ LE

Answers: 1. Positive Attitude, 2. Helpful, 3. Responsible, 4. Kind, 5. Patient, 6. Courageous, 7. Respectful, 8. Honest, 9. Trustworthy, 10. Finish What They Start. Bonus: Leads by Example!

Healthkick

Committing to a Healthier You!

By Jennifer G. Galea MS RD

No matter what television channel you watch or magazine, newsletter or newspaper you read, you will be constantly bombarded with reports about the benefits of regular physical activity.

To begin, there is the benefit that exercise offers to achieve and maintain healthy weight levels, which holds its own health benefits. In addition, it is widely accepted that exercise, in general, helps reduce stress, in various ways. Now, consistent physical activity is strongly recommended in the treatment of a wide variety of ailments: immune disorders (and disorders where the immune system could use a good boost) to Parkinson's disease and osteoporosis.

What could be better exercise than the martial arts? Martial arts training is aerobic, the kind of exercise that is recommended for many areas of health maintenance and optimization, such as heart and lung fitness, as well as achieving weight goals.



Martial arts training is also what is considered a "weight-bearing exercise," which is the type of exercise recommended specifically for the health benefit of maintaining or improving bone density to prevent Osteoporosis or to reverse Osteopenia.

Many recent reports also focus on the benefits of "core strengthening" or types of training that are "core" focused. Yes, martial arts does that, too. Studying and practicing the martial arts gives you a complete mind and body workout, resulting in all the benefits, including those that contribute to stress reduction.

Commit to your martial arts training. You'll be committing to being healthier in every way possible: less illness; fewer chronic conditions; healthier lungs, heart and bones; less stress and resultant illnesses; more flexibility; and a more toned body that is less prone to injury. You'll also feel great and have fun.



Upcoming Events

- May 2-3.....Carolina Martial Arts Open - Columbia, SC
- May 10.....Free Self-Defense Seminar for Women
- May 11Happy Mother's Day!
- May 17.....Rank Test (By invitation only. Times may vary.)
- May 24-26.....Memorial Day Vacation (Studio Closed)
- May 31.....Open Saturday



Dominique can't believe her mother is serious. She's having a baby -- at her age! Her mom looks so happy about the whole thing.

How can her mom be happy when babies are nothing but trouble? One of her friends' mothers recently had a baby, and from what Dominique can tell all they do is cry. Doesn't she have enough trouble dealing with her younger brother and sister? And now her mother wants to add another one to the family? She must be crazy.

And who do you suppose will have to watch the baby, feed the baby, and oh no, change the baby? Dominique is so angry at her mom, she feels like she is going to burst. What will all her friends say? It will be too embarrassing.

Dominique doesn't know how she is going to survive the next nine months -- or however long her mom said it would be.

Dominique spends the rest of the evening in her room. At bedtime, Mom comes in and asks if there is something Dominique wants to talk about.

What do you think Dominique should do?



Think!

Should she . . .

- A.) Give her mom a long list of things she wants done before the baby comes, such as repainting her room, because they won't get done afterward?
- B.) Tell her mom that under no circumstances will she change the baby's diapers?
- C.) Tell her mom that she thinks having a baby at her age is a stupid idea?
- D.) Say, "Nothing's wrong" and continue to stew about it for nine months?
- E.) Talk with her mom honestly about her feelings and ask for help to work through them?

Read Psalm 42, written by someone who was feeling depressed, to see where Dominique can find comfort.

FREE FitKick CLASSES
A \$65 VALUE
May 1 - 31, 2008

A GIFT FOR MOM ON
Mother's Day

FREE Karate CLASSES
A \$100 VALUE
May 1 - 31, 2008

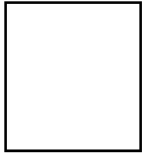
This offer is for mothers in honor of Mother's Day. It allows Mom to experience the positive benefits of martial arts -- regular exercise, self-defense, and leadership skills to improve personal safety and provide peace of mind. After all, it's what we teach children to prepare them to avoid bullies and abductors and have the confidence to deal with aggressive behavior from others. Now, we're inviting Moms to learn those same lessons. **THIS SPECIAL MOTHER'S DAY GIFT** is one of the best gifts you'll ever receive -- a Mother's Day Guest Pass that entitles you to a **FREE** beginner's course in **Fitness Kickboxing** or **Karate**. Learn the physical moves, gain new confidence and develop more self-control, concentration and mental toughness -- PLUS, experience a great physical workout to lose weight, stay in shape and reduce stress.



(803) 783-KICK

FROM THE STAFF AT LIFEFORCE KARATE & FITNESS

(803) 783-5425



www.lifeforcekarate.com

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

Special Delivery



Parents, You've Found the One Summer Camp That Is More Than Fun and Games!



July 11-17 and July 21-25

Sure, your child will have plenty of fun and play plenty of games at our martial arts summer camp. More importantly, he or she will make new friends, learn how to respond to bullies and develop new skills – concentration, discipline and anger management – PLUS, we'll help your child build confidence and self-esteem.



Camp consists of two separate 1-week sessions with three enrollment options for hours of fun and learning featuring Karate, Gymnastics, Life Skills Lessons, Martial Arts Videos, games and special field trips.

Our camps are small in size, affordable and fill fast! Special incentives for early enrollment. Call for details.

LifeForce Karate & Fitness
(803) 783-KICK (5425)

Gymnastics provided by Joe's Planet Funastics

Member: National Association of Professional Martial Artists