

# FullContact

A Monthly Publication of LifeForce Karate & Fitness

## Attention Daughters & Moms We want you in our classes!

By Joseph Galea



**T**he popularity of martial arts training is on the rise world-wide. As little as 30 years ago, our thousand-year-old art was dominated by young adult males. Today, martial arts has expanded its appeal to many age groups, both male and female. Martial arts' popularity is fueled by the appeal of its broad benefits. Self defense, weight loss, stress reduction, fitness, and confidence are just a few of the results students can expect from martial arts training. The many benefits may explain why martial arts is attracting women of all ages.

### WHY YOUR DAUGHTER SHOULD TRAIN IN THE MARTIAL ARTS!

Martial arts can help prepare your daughter for life's challenges from child to adult. She would learn the defense skills necessary to protect herself when she is on her own. While we certainly hope that she would never need to exercise her self defense knowledge, the alarming statistics on college-age dating indicate that about one of every five girls has occasion to need to physically defend herself on a date.

But self-defense is only part of the reason your daughter should train. Every girl is sure to benefit from the strong sense of confidence that the martial arts can help her develop. Whether she is making an important school presentation, taking an important exam, preparing for the big game or leading a school club, martial arts can help your daughter succeed! There is no better activity that can give your daughter an edge in life!



### WHY WOMEN SHOULD TRAIN IN THE MARTIAL ARTS!

The ability for a woman to protect herself (and any children in her care) is a serious matter. Imagine this situation: While on a trip, a woman's car breaks down a great distance from a populated area. Her cell phone has no signal. A van approaches, stops and a man exits. Friend or foe? A woman trained in the martial arts would know that she can control the situation either way.

Consider the health benefits. Today, many women are susceptible to the same levels of work-related stress that have traditionally affected men. However, many women also need to balance the challenge of raising children with part-time or full time careers. Martial arts can provide stress management time through routine exercise and breathing techniques. And whether a woman wants to shed a few pounds or just strengthen muscles and improve flexibility, martial arts offers it all. We believe that the most important reason that women should pursue the martial arts is to give them tools that will improve the quality of their lives. It is never too late to start learning the martial arts. Contact us to discuss a program that meets your needs.

## lifeline

Words of Wisdom

"Every person in this life has something to teach me -- and as soon as I accept that, I open myself to truly listening."

-- John Lahr,  
Senior Drama Critic  
New Yorker Magazine



## Martial Arts And the Community

Community Service

**FREE Self-Defense Seminar**  
Saturday, June 16, 2007

Don't miss our **FREE Women's Self-Defense seminar** Saturday, June 16, 2007, 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 13 years of age or older. Call (803) 783-KICK (5425) to register by phone or visit [www.lifeforcekarate.com](http://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 push-ups.

**Martial Arts Word Guess:** Fill in the missing letters below to guess the word. Hint: Each word is a step you take as you set and work towards achieving a worthwhile goal. Guess the Bonus and add +1 to your score. Good luck!!!

Example: M \_ \_ R \_ \_ \_ A L A \_ \_ T S Answer: MARTIAL ARTS

1. D \_ C I D E W H A \_ Y \_ U \_ A N T

2. M A \_ E A W \_ I \_ T E N P \_ A N

3. S E \_ A D \_ T E T O R E A \_ H Y \_ U R G O A \_

4. \_ S K A \_ O A C H T O H E \_ P

5. R E \_ I \_ W Y O \_ R G \_ A L E A C \_ D A \_

6. B E \_ I \_ V E I N Y O U \_ S E \_ F

7. O \_ E R \_ O M E O \_ S T A \_ L E S

8. A \_ J U \_ T \_ O U R P L \_ N

9. S T \_ C K W I \_ H I \_

10. S \_ E Y \_ U \_ S E \_ F \_ C H I E \_ I N G \_ T

**Bonus:** C E L \_ B \_ A T E V I \_ T O \_ Y !

Answers: 1. Decide what you want. 2. Make a written plan. 3. Set a date to reach your goal. 4. Ask a coach to help. 5. Review your goal each day. 6. Believe in yourself. 7. Overcome obstacles. 8. Adjust your plan. 9. Stick with it. 10. See yourself achieving. Bonus: Celebrate Victory!

# Healthkick

## Jogging Your Memory

By Jennifer G. Galea MS RD

A recent Consumer Reports article presented the latest research about keeping your mind in shape as you age. As I read the article, I couldn't help but notice that you could follow, or fulfill, all five of the report's recommendations with martial arts training!

- Reduce Stress.** Exercise is a well-known activity to help you reduce stress. Martial Arts, as an exercise regime, is a real stress buster, since it provides even more stress-reducing benefits.
- Stay Connected.** Be sociable and enjoy the company of others. Your martial arts training is serious, but it can also be a very sociable experience. Martial arts classes are fun and engaging, helping you commit to its long-term benefits.
- Feed Your Brain.** A nutritionally balanced diet is key to any martial arts program and to your healthy lifestyle. The recommendations to maintain healthy brain functions are much the same as for healthy bodily functions: minimize trans-fat intake, reduce saturated fat intake and consume more fish and other foods that contain healthy fats.
- Stay Fit.** Physical activity is the best-known method to protect your brain against aging. The recommendation is the same as for general health and well being: at least 30 minutes of exercise most days. Martial arts training incorporates daily exercise in a fun and exciting way, so you can stick with it.
- Flex Your Brain Muscles.** Use it or lose it. The mental aspect of martial arts training provides this type of mental stimulation and a great physical workout.

Keep in mind that "aging" doesn't necessarily refer to your chronological age. Depending on your lifestyle, aging-related changes to your mind such as memory loss, can begin as early as your 20s or 30s. Stay committed to your martial arts training. Your mind will thank you.



# Upcoming Events

May.....05.....Carolina Martial Arts Open - Columbia, SC

May.....12.....Open Saturday

May.....13 .....Happy Mother's Day!

May.....19.....Rank Test (By invitation only. Times may vary.)

May.....26-28 .....Memorial Day Vacation (Studio Closed)

Beau is staying after school to help his science teacher clean out the cabinets for the summer. His science teacher is a cool guy, and Beau enjoys hanging out with him and talking about stuff. As they are working, another teacher walks into the room and tells his teacher about an eighth grade student caught smoking outside the school. The teacher sees Beau, immediately stops talking and walks out of the classroom. Beau is dying to know who the kid is. With only three days left until graduation, this infraction could mean that kid won't graduate.

An hour later Beau and his teacher finish cleaning the room. His teacher gives Beau a box of supplies that need to be returned to the office. On the way, he sees a boy waiting outside the principal's office. Beau can't quite make out who it is so he pretends to drop something to get a good look. It's an eighth grader he knows who is constantly getting into trouble. This must be the one who got caught smoking! If it's true, then he won't graduate and that hasn't happened in a long time.

Beau has the hottest story in the school. What do you think he should do? Should Beau . . .

- A.) Forget the whole incident?
- B.) Get home as soon as he can to start calling his friends with the news?
- C.) Wait to tell others until he can confirm whether this is actually the student who was caught smoking?
- D.) Run back to tell his teacher he knows who is not going to graduate this year?
- E.) Fill the boy's locker with discarded cigarette butts as a prank?

*Think!*

Check out Joshua 22:10-34 and Acts 11:1-4, 15-18 to see what can happen when people jump to conclusions.

## Summer Camp 2007:

### The Important Things You want Them to Learn. The Fun Things They Want to Do!

Karate & Gymnastics Camps July 9-12 & July 16-19.

This year's camp consists of two 1-week sessions with three options:

Option 1: Full Day Karate & Gymnastics Mon. - Fri., 8:30 a.m. - 5:00 p.m.

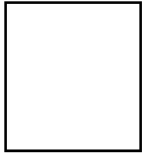
Option 2: Three Hour Karate & Gymnastics Mon. - Thur., 9 a.m. - 12 Noon.

Option 3: Ninety Minute Gymnastics Only Mon. - Thur., 9 a.m. - 10:30 a.m.

For tuition, registration information and family discounts call (803) 783-5425. Space is limited; sign up today!

**Gymnastics provided by Joe's Planet Funastics.**





www.lifeforcekarate.com

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

Special Delivery



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# Mother's Day

## A Martial Arts Special!

### Free Beginner's Course for Every Mother!

- Be physically fit...
- Improve your self-confidence...
- Train for self-defense...
- Learn leadership skills...
- Martial arts training will teach you all this and more!

Call today to schedule an appointment for your free beginner's course.  
LifeForce Karate & Fitness (803) 783-KICK (5425)

Member: National Association of Professional Martial Artists