

FullContact

A Monthly Publication of LifeForce Karate & Fitness

A Look At Sparring



Sparring is something that all martial arts use. There are numerous sports, such as boxing and wrestling that use sparring as well. It is a very useful technique, helping students become better with their techniques and what they have learned. By practicing with other people, students learn their arts better and become more apt at performing the techniques quickly and efficiently.

If you are studying martial arts in a dojo, you'll find sparring to be very exciting as well as beneficial to your training. The instructors and teachers will be right there watching and guiding students, making sure that no one gets hurt. Students use full body gear, including headgear, to ensure safety during practice.

Depending on your skill level and martial art you are studying, you may end up using no protective gear. Students that are very skilled won't normally need protective equipment, as they are good enough with sparring and their techniques that they can go a few rounds with other skilled students and not make any type of

contact at all.

Martial arts such as Brazilian Jiu-Jitsu, that focus on grappling, make the most use of sparring, as it is needed to properly execute the techniques. Martial arts that focus mainly on grappling use joint locks and submission techniques, which will need to be practiced quite a bit before they can be used effectively during a competition or even as self defense.

During sparring, students go back and forth, competing with each other and testing each other. The rounds will vary, although most last several minutes. Students will also receive help and insight from their instructors to let them know how they are doing and if they need to change anything they are doing. This also gives instructors the chance to see just how well you are progressing in training and what areas you need to work on more.

Sometimes, sparring is done by yourself, without anyone else working with you. If you are sparring by yourself, you'll use equipment such as punching bags, tackling dummies, or other forms of

lifeline

Words of Wisdom



"Few things help an individual more than to place responsibility upon him, and to let him know that you trust him."

-- Booker T. Washington,
19th Century African-American
author and leader

equipment that will help you with your martial art. The foam or rubber dummies are most often used with grappling techniques or punching on the ground, as they represent the opponent that you are trying to pummel into submission.

All in all, sparring is an excellent way to practice the skills you have learned against equipment or other students. Students are fun to spar against, especially if they are at a higher level of skill than you are. You can use sparring to your advantage, learning what others do and how they react to your movements and techniques. The longer you spar and practice your moves - the better you will get in your training, speed, and the execution of your skills.

Kickin' Kids

Bible Dreams Quiz

Have you ever had a dream that you thought might mean something? In the Bible, God sometimes used dreams to talk to people. "When a prophet of the Lord is among you, I reveal myself to him in visions, I speak to him in dreams" (Numbers 12:6). The answers to these biblical questions are at the bottom of the page.

- Who had a dream at Bethel about angels on a stairway or ladder between earth and heaven?
A) Abraham B) Isaac C) Jacob D) Joseph E) Moses
- Who had a dream about the Sun, Moon, and Stars bowing down before him?
A) Abraham B) Isaac C) Jacob D) Joseph E) Moses
- One of Pharaoh's officials was restored to power after having a dream in prison. Who was it? It was the...
A) Baker B) Butcher C) Cupbearer D) Tailor
- The New Testament records four dreams of...
A) Mary B) Joseph C) Jesus D) John E) Paul
- After being warned in a dream not to return to Herod, they left for their own country by another road. In this verse "they" refers to...
A) Mary and Joseph B) The Magi (wise men)
C) Peter, James and John D) Paul and Timothy
- Gideon was encouraged when he overheard two men discussing a dream in which a _____ knocked down a Midianite tent.
A) Cup of Milk; B) Jar of Honey;
C) Leg of Lamb; D) Loaf of Bread

Answers: 1) Jacob; 2) Joseph; 3) Cupbearer; 4) Joseph; 5) The Magi (Wise Men); 6) Loaf of Bread

Healthkick

Committing to a Healthier You

WHICH MOVIE MUNCHIES ARE BEST?

GO FOR

Take your pick: half a soft pretzel with mustard, a kid-size plain popcorn, or a handful of licorice, Sno-Caps, Junior Mints, or Raisinets (share the rest!).



STAY AWAY FROM

Buttered popcorn. A large bucket can contain a whopping 1,460 calories and 64 grams of saturated fat. That's nearly a day's worth of calories and more than three day's worth of saturated fat.



Birthdays This Month



- Mason Hatcher10/04**
- Jacob Anderson III10/17**
- Blakely Bowie.....10/23**
- Jacob Lindler.....10/24**
- Jeryn D. Davis.....10/26**
- Walker Fritz10/27**
- Devin Wilson10/28**
- Albert S. Babinec.....10/30**
- Stephanie Babinec10/30**

Upcoming Events



October09....Open Saturday (Bonus Class!!!)



October16....Black Belts for Christ Grand Championships--Orlando, FL

October30....Rumble in the Dirt -- Orangeburg, SC

Think!

Edy's best friend has started to smoke. She gets her older brother to buy her cigarettes, then she heads into the woods for a smoke after school. As far as Edy can tell, her friend hasn't shown up at school with her smokes.

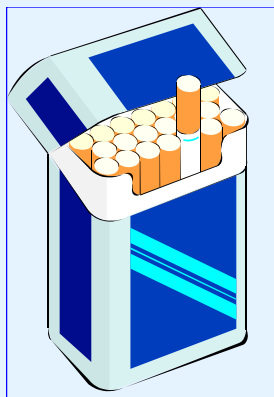
Edy has tried talking to her about the dangers to her health from smoking, but she won't listen. Whenever her friend offers her a cigarette, Edy refuses and dramatically coughs and chokes to make her point. Her friend stopped asking if Edy wants to smoke with her.

Today, however, her friend comes running up to her after school. "I've got my cigarettes in my purse, and my mom is picking me up to go to the doctor's. I don't want to have them on me in case they fall out. Please, please, can you put them in your backpack? I'll come over as soon as I can to pick them up."

Edy doesn't want to do it, but her friend looks desperate. She puts the cigarettes in her backpack and forgets about them.

That night her mother comes into Edy's room with the pack of cigarettes. "I found these in your backpack while I was looking for your permission slip I have to sign. What do you have to say for yourself?" Edy can't

believe she got herself into this mess. If she tells her mom the truth, her mom will call her friend's mother. Then her mom, her friend's mom, and her friend will be mad at her.

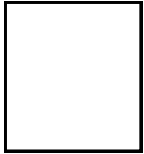


What do you think Edy should do?

Should she . . .

- A.) Say, "What cigarettes?"
- B.) Look really innocent and say, "I don't know. I never saw them before?"
- C.) Tell her mom that it's an experiment the church youth group is conducting on temptation?
- D.) Tell her mom that she must have picked up the wrong backpack today and that those cigarettes belong to someone else?
- E.) Tell her mom that the cigarettes really belong to her friend?

Check out Proverbs 13:5 for help in knowing what Edy should do.



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