

# FullContact

A Monthly Publication of Lifeforce Karate & Fitness

## Make Martial Arts Your Exercise for Life!



By Jim Graden

## lifeline

Words of Wisdom

*“As a mirror’s polished surface reflects whatever stands before it, and a quiet valley carries even small sounds, so must the student of Karate empty one’s mind of selfishness in order to respond appropriately to anything one might encounter.”*

**--Gichin Funakoshi**

helps you to stay active and accomplish your goals. You’ll burn calories and increase your metabolism.

**E**xercise is as important a daily routine as brushing your teeth. Thirty minutes or more of martial arts training during most days is all you need to improve your fitness level and skills. It’s an easy way to make martial arts practice time your exercise time.

Many children in the U.S. spend more time watching TV every year than they spend in school. Turn off the TV for 30 minutes each day and practice your martial arts. This will help you stay trim and prepare you for your next belt test.

Martial arts helps you maintain a healthy weight by burning calories. Think of your body as an engine in a car. Just as a car needs fuel and energy to do its job, your body needs the energy you obtain by eating nutritious foods. That energy

Metabolism is the body's process for burning fat. When you exercise, your body works harder and needs more fuel (calories). Even after you stop your exercise, your body continues to burn calories at a higher rate for a few hours. The harder you exercise and practice your martial arts, the more calories you burn.

Ask your instructor to help you create a 30-minute martial arts fitness workout. The workout should include all of your belt requirement material. Finish your workout with some basic exercises, such as push-ups and sit-ups.

Watching TV tends to encourage snacking because you are exposed to commercials that promote sugary snacks and cereals. Eat too many of those snacks and you’ll gain weight. Turn off the TV, and practice your martial arts, instead. You’ll learn how to control you weight and be ready for your next belt test!



# Kickin' Kids Korner



## How courageous are you?

Test your courage in the following situations.

1. Your younger sibling's toys are spread throughout the house, and guests are coming for dinner. You would:
  - A. Leave the toys where they are because you didn't make the mess?
  - B. Push the toys under the couch, toss them in a closet or wherever you could hide them quickly?
  - C. Gather all of the toys and store them where they belong, before your mom even asks you to help?
2. Your dog is sitting by the door, begging to go outside. You would:
  - A. Make him wait because it is not your turn to take him outside?
  - B. Scold the dog for whining?
  - C. Take him outside without being told because you love your dog?
3. You have a martial arts test tomorrow and your uniform is buried in a huge pile of laundry. You would:
  - A. Wait, expecting your mom to wash it before your test?
  - B. Take it from the laundry and wear it anyway, hoping that it doesn't smell too much?
  - C. Ask permission to wash your uniform and the rest of the laundry before being asked?

If you selected "C" for all of the situations above, then you are a very responsible person, have great courage and know how to take initiative.

If you selected any other answers, then it is time for you to set a new goal to take more initiative and be more courageous.

Remember, having a Black Belt Attitude requires more than strong kicks and punches, but also requires you to be the best person you can be!

# Healthkick

Boost Your Child's Self Esteem

Excerpted from an article by Jennifer G. Galea, MS RD

One of the most important aspects of personal growth is developing a healthy self-concept.

How we value our selves, makes more difference than almost any other factor in determining what we do with our lives.



**PRAISE:** Everybody needs praise, but to be effective, praise must be genuine: "I like the way you are remembering your assignments," rather than, "WOW! You're so smart you'll soon leave all the other kids behind."

**CRITICISM:** Help your child distinguish between justified and unjustified criticism, and to respond to justified criticism by thanking the person, and to respond just as politely to unjustified criticism, but let it "roll off his or her shoulders." Help them to see that teasing and insults are just another form of unjustified criticism.

**REJECTION:** It's tough to be overlooked for an honor, not invited to a party, cut from the team, or turned down for a date. Help your child understand that he or she will not be the best at everything or liked by everyone, but in spite of disappointments, he or she is a good person and remains important to you and to God.

**APPEARANCE:** Teach your child good grooming and to like his appearance even though he isn't a "hunk" or she isn't "Miss America." Help your child understand how far a smile can go toward making a person attractive.

**MISTAKES:** No one can be perfect, so help your child learn how to handle mistakes with grace and honor.

Your child is a person of worth because God created him as a person of worth-- and that's true of you, too! Sometimes we teach children, "God loves you when you are kind...do your homework...mind your parents..." or whatever else we want them to do. We should be teaching them, "God loves you!" Period. Exclamation point, and definitely no question mark!

The very best source for a healthy self-esteem for you and your child is knowing you are accepted and loved by God. Then, on the basis of His acceptance and love, you can accept yourself and free yourself to be all you can be.

# Upcoming Events

October ..... 19 ..... Wellington Farms Self-Defense Seminar

*Note: 6:30 and 7:30 classes Cancelled!*

October ..... 21 ..... Open Saturday

October ..... 27 ..... Black Belt Ceremony - 7:30 p.m.

## Think!

At Blake's school, certain gangs rule. There are two major gangs -- the Kool Kidz and the Bad Dudes. The gangs run the halls and the playground. Belonging to a gang seems to be the only way to win respect in the school -- and protection.

Most of the kids younger than Blake have joined gangs simply to be able to go to and from school without being hassled. Those who don't run the risk of being beat up every day or losing their lunch money to gang members. For kids like Blake, who are not athletic or strong, the gang seems to be the only way to go.

Blake and his friend have vowed not to join a gang. But his year, his friend finally gave in to the pressure and joined the Kool Kidz. His friend is trying to convince Blake to join as well. They don't have to actually do anything too bad, he says, and they will be protected from the older kids who go to the nearby

high school. Blake's friend advises him that it's the smartest thing to do. Blake is tempted to join. What do you think Blake should do? Should Blake . . .



- A.) Pay off the gang leaders every month so they won't hassle him?
- B.) Carry a wooden bat for protection?
- C.) Join his friend's gang for protection?
- D.) Refuse to join and seek help from an adult if he runs into problems?
- E.) Form his own gang and arm everyone with slingshots, taking a lesson from David in the Bible?

Read 1 Corinthians 10:13 for help in knowing how Blake can handle this difficult situation.

## MEMORY MINDER

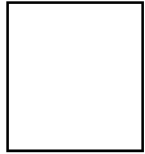
### A REMINDER TO PARENTS & FRIENDS

**Please refrain from talking to students during class. If he is on the wrong side or she is out of step, we will get them on side and in step eventually.**

**Shouting words of encouragement during sparring is okay, however, do not shout out negative remarks (i.e. Punch his/her lights out!). In cases of emergency, we appreciate your input and your assistance.**

## What is real courage?

To be a courageous person doesn't mean being unafraid. Courage means acting in spite of fear. It is definitely okay to be afraid and nearly everyone is afraid of something. It takes a lot of courage to overcome a fear. Making the right decision can take a lot of courage. It's easy to "give in" under peer pressure, and it may be hard to have the courage to say "no." You don't have to slay a dragon" to show courage. You show courage every time you meet a challenge head on whether it appears to be big or small.



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