

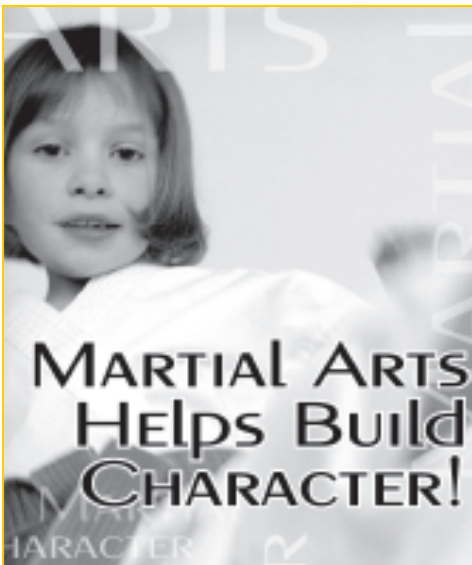
# FullContact

A Monthly Publication of LifeForce Karate & Fitness

## Keep Your Child Training in the Martial Arts

By Joseph Galea  
& Bert Casiano

There are many reasons to enroll your children and keep them training in the Martial Arts. Martial Arts builds self-confidence and teaches discipline which will provide a solid foundation from which children will develop strong character. While studying the Martial Arts is fun, children will be learning important lessons in values and respect that will shape how they view the world around them. And even though we teach to avoid confrontations, if the need arises, your children can be secure in their knowledge of how to defend themselves from physical harm. This is the power derived from the Martial Arts.



Martial Arts is a physical and demanding "sport." Children who participate and progress in the Martial Arts will develop a positive attitude that they can take with them to help accomplish other important tasks and face other challenges. Our school is dedicated to making your children feel accepted as well as motivated. We focus on providing children with a positive atmosphere where they can build their confidence. It's a place where they'll find support when they feel down or discouraged. We are ready and able to give your children the additional support needed to face life's challenges.

In addition to the structure you provide at home, Martial Arts also provides your child with discipline. This involves coming to class on time and following our rules and policies. It also concerns learning to respect themselves and others, which is an important goal that we strive to instill in our students. We teach children not to feel that they *can't* complete a task because it's too hard or because they've failed the first time. Instead we teach them to relax, regroup and give 100 percent effort again. The discipline that they learn helps them to stay focused and work hard to accomplish other goals.

Martial Arts is a tool that can help your children in other sports, as well as keep them in shape and healthy. Many drills that we practice enhance skills they will need in other extracurricular activities. For example, proper balance and hand-eye coordination are skills that are essential in sports such as baseball, football, gymnastics and soccer. Martial Arts training can give your children the competitive edge.

Knowing that they can defend themselves if a problem arises is another benefit that your children derive from Martial Arts training. Martial Arts does not just teach kids how to defend themselves physically, but more importantly, how to avoid dangerous situations. Avoiding the situation rather than being in a physical confrontation is an important concept that instructors teach both indirectly and directly.

Through the Martial Arts, your children will learn many valuable lessons that will help them throughout their lives. And the best thing about it is that it's fun. They may not even realize that they are learning all these "values." And it's also enjoyable for the parents to watch their children learn new skills. But why stay on the sidelines? Martial Arts is an activity that you can do as a family. It's a way of spending more quality time with your children, and that's invaluable in today's hectic world.

## lifeline

Words of Wisdom

"The world is a dangerous place, not because of those who do evil, but because of those who look on and do nothing."

-- Albert Einstein



# Kickin' Kids Korner



## WHO AM I?

Read the short bio to determine who I am.  
(See answer below)

I was born in Hollywood, CA, on Dec. 8, 1936. I served in the Army for two years in the early 1960's and I've since earned a living as an actor, director, writer and songwriter, for which I was awarded four Golden Globe awards and one Emmy.

I developed a cult following for my work in Martial Arts Movies and my portrayal of a Chinese-American Shaolin Monk and Martial Arts Master in a TV series.

My most recent work includes two popular action films and a commercial for YellowPages.com. I've written several books, including an autobiography titled "Endless Highway".

Most people don't know that I studied music theory and composition in college, or that I'd never studied martial arts before I appeared on TV. Here is a short exchange from the show that made me famous:

**ADULT:** The scissors cut the paper. The paper covers the rock. The rock crushes the scissors.

**CHILD:** Is not playing a child's game a waste of time?

**ADULT:** In games, children teach sometimes more than books. Come, instruct an old man and yourself. Look beyond the game, as you look beyond the surface of the pool to see its depth.

**CHILD:** Each, in turn, conquers the other. There is no stronger, or weaker.

**ADULT:** This is the harmony of nature, and not a waste of time. I have three treasures which I hold and keep. The first is mercy. For from mercy comes courage. The second is frugality. From which comes generosity to others. The third is humility. For from it comes leadership.

**CHILD:** Strange treasures. How shall I keep them?

**ADULT:** Keep them in your deeds, Grasshopper.

Who am I?

(David Carradine star of Kill Bill and starring as Kwai Chang Caine in the TV series Kung-Fu)

# Healthkick

## Resilient Optimism!

By John Graden

Excerpted from his new book:

**The Imposter Syndrome: How to Replace Self-Doubt With Self-Confidence and Train Your Brain for Success**

**R**esearch shows over and over again that athletes who view their success and failures in an optimistic, rather than a pessimistic way, go on to become *consistent* winners.

Optimistic athletes always expect to win and when they do, they attribute that success to their practice, their effort and their skill. Success simply confirms what the athlete expected anyway and that attitude sets him or her up for continued success.

As you read the following words, you will know that they are instructions you desire to move from competitor to winner:

As you develop supreme resilient optimism, you will realize that nothing is going to stop you. You will develop an inner dialogue that says, "When I do well, it's because of my skills."

When you do not do as well, you will say to yourself, "It [may have] nothing to do with me. It could be on an off day, or [it may be] something external like the officiating. So when I do well, it is always because of my hard work and skill. When I do not do as well as I'd like... it [may be] an off day or a bad call."

Each day, make this your mantra: "I'm getting better and better as a martial artist. I'm an excellent athlete. I have a burning desire to do my best every single time. I'm proud of my athletic ability. I have everything it takes to be the best I can be and I will demonstrate that in every class and every exam."

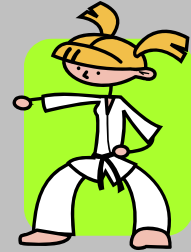


# Upcoming Events

October ..... 06 ..... Open Saturday (Bonus Class!!)

October ..... 13 ..... Black Belts for Christ Tournament  
Jacksonville, Florida

October .. 27 ..... Armored Division  
Christian Fellowship



## Think!

Francie has been dreading this day for years -- the day when she would have to walk to school with her younger brother. Her brother is in kindergarten, and now, after the first several weeks when her mom walked him to school, it has become Francie's job. Her mom gives her strict instructions: walk him to the line where the students wait; make sure he gets there on time; make sure he doesn't goof off on his way to school. Francie assures her mom that she will take care of her brother (despite the fact that he is a major pest).

The first several weeks go fine. But lately Francie has been more interested in meeting her friends and talking with them than in watching her brother. She knows he's behind her, and she usually waits until she sees him walk up to the kindergarten door. (Her mom didn't say she had to lead him by the hand!)

But today, Francie became so engrossed in her conversation that she forgot to watch her brother.



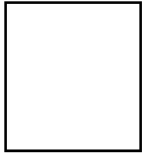
When the bell rings, she runs to see if he is in the kindergarten line. To her surprise, her brother has NOT made it to school yet! Francie doesn't want to be late for school herself, but she is a bit worried about her brother. What do you think Francie should do?

Should she . . .

- A.) Report him missing to the principal?
- B.) Assume he's goofing off and deserves to be marked late?
- C.) Call her mom and alert her -- even at the risk of getting into trouble herself?
- D.) Go to class because she knows her brother eventually will make it to school?

E.) Start walking back to find out where her brother is and make sure he does get to school, even if both of them will be late?

To see God's instructions for how we should take care of those in our family, read 1 Timothy 5:8.



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

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