



FullContact

A Monthly Publication of Lifeforce Karate & Fitness

How To Raise A Successful Child

By Joseph Galea

Most parents seem to fall into two categories: 1. The positive praise parent. This parent feels the best way to raise a child's self esteem is with a steady diet of praise and encouragement. 2. The negative praise parent. This parent feels the best way to prepare their child for the future is with harsh reality. This parent is never pleased with the child's efforts and feels they must not let the child become complacent. After all, "it's a tough world out there."

The reality is that neither of these approaches is successful. A constant flow of steady praise, regardless of actual performance can become shallow and meaningless over time. The result can be less than full effort because regardless of the performance level, the child knows they will be praised and encouraged to just do better next time.

On the other hand, if no performance seems good enough, a beaten down child may simply choose not to try at all. What's the point of trying if you're just going to get criticized?

The truth of the matter is that "truth" is often the best teacher. We want to remain flexible and tactfully honest with our children. Most of all, we have to learn to walk our talk when it comes to raising children. Here are three proven strategies for raising successful and confident children.



Recognize that your children are modeling what they see you do more than what you say. Assess your attitudes. How often do you complain? Do you look for the positive in a negative situation? The best way for your child to learn positive success traits is to see them demonstrated every day by the people they look up to the most in life. Set an example for your children.

Help your child stick with it. Children today are faced with more distractions than ever. Between video games, TV, the Internet and their friends, kids can spend their entire childhood bouncing from one subject to another.

It's the parent's job to help the child make quality decisions and then stick with them. Get kids involved in one activity that can help them grow and develop important skills such as martial arts. Then, help the child set a realistic goal, such as black belt, and commit to helping them learn the value of perseverance.

As Churchill said, "Never, never, quit!" Churchill didn't say, "Start something and then if it gets hard, go do something else until that gets hard." Teach your child the value of following through by not allowing them to jump around from activity to activity. No only will they stick with something long enough to develop a skill that they can be proud of, but the habit of quitting will when the going gets tough will carry right through into adulthood.

lifeline

Words of Wisdom

"You will recognize your own path when you come upon it, because you will suddenly have all the energy and imagination you will ever need."

-- Jerry Gillies



Martial Arts Success Stories

KIDS ZONE

Personal Profile

How Martial Arts Has Benefited My Life



By Joshua "Spaceman" Oliviera, Age 11

I have been attending karate classes for five and a half years. I have recently earned my Green Belt. In addition to all the new moves I have learned, I have gained much self-confidence. Training at my martial arts academy three times a week really helps my confidence and my ability, and I look forward to

class each time.

Not only does karate help me physically and mentally, but also I have many new friends. Knowing that I can excel at martial arts is great, but having my friends cheer for me is even better!

Sparring with my friends in class is also fun because no matter who wins or loses, we can talk about the match afterwards and try to be better.

I love going to tournaments because it makes me work very hard at perfecting my kata and sparring. Performing in front of an audience and the judges is exciting because I can show them my abilities. Even though I don't always win a trophy, I am glad I have the opportunity to try.

Joshua "Spaceman" Oliviera trains at Derderian Academy of Martial Arts under Raffi Derderian in Johnston, Rhode Island.

personal Profiles

Healthkick

Good Routines Keep You Healthy!

By Jennifer G. Galea MS RD

Your exercise routine may be interrupted, like many of us, by a medical condition, extra work or just plain laziness. You've experienced how difficult it is to return to your daily workout, especially after a long interruption. Regardless of why you stopped exercising, you must "jump right back on the horse" as soon as you are able. You must overcome the obstacle, and resume your healthy routine.

If a medical condition restricts your exercise, then continue to maintain a healthy/exercise mindset. For example, if your ailment affects only one part of your body, then continue to exercise the other parts. If you have a cold, then find the energy to do some chair-based exercises. If you're on vacation, then you should be able to still find the time to do all or part of your workout. The goal is to reduce the amount and length of the interruption and maintain a healthy outlook.

Think of your diet in the same manner. Don't dwell on individual dietary "indiscretions," such as an extra piece of cake. Look to the future, instead, and make your next meal or snack as nutritional as possible. Avoid the diet downhill spiral, where one extra piece of cake today leads to more diet mistakes tomorrow and the next day. Every calorie you eat either must be exercised from your body or stored as fat in your body.

New research shows that your body probably makes a very quick shift from burning energy to storing fat. In a study, rats started storing fat after only a few days of inactivity. (They had been running on an exercise wheel for three weeks.) Their fat cells expanded by approximately 20% on average, and their abdominal fat increased in weight by 25%. Rats aren't humans, but this research indicates that maintaining a daily exercise program is as significant to your metabolism as you have been told. Studies of inactive humans have shown that blood sugar and insulin increase after only five days of inactivity. The new animal studies suggest that the changes in metabolism could be more dramatic, and start much earlier.

Your take-home lesson is to exercise daily, and don't stop. Plan and consume a healthy diet. Overcome the interruptions and obstacles to achieve and maintain your healthy lifestyle. Your body and mind will thank you every day.



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;

Martial Arts Match Game: Match the following martial arts styles with their correct description. Write each style's corresponding letter on the answer lines.

- | | | | |
|------------------|--------------|--------------|------------|
| A. Tai Chi Chuan | D. Judo | G. Taekwondo | J. Escrima |
| B. Jeet Kune Do | E. Muay Thai | H. Capoeira | K. Kung Fu |
| C. Aikido | F. Shotokan | I. Kendo | |

1. Generic name for Chinese Martial Arts, meaning "skill from effort." _____
2. Type of kickboxing from Thailand known for leg kicks, elbows and knees. _____
3. Gichin Funakoshi founded this Japanese karate system. _____
4. Filipino martial art also known as Arnis and Kali. _____
5. Korean national sport that is the art of punching and kicking. _____
6. Developed from Jujitsu and first appeared at the 1964 Olympics. _____
7. Chinese "soft" martial art that promotes relaxation and health. _____
8. Uses principles of non-resistance to weaken opponents' strength. _____
9. Bruce Lee's style, which includes combat methods and philosophies. _____
10. The art of fencing with bamboo swords. _____

Bonus: An Afro-Brazilian dance form that incorporates self-defense. _____

Answers: 1) K 2) E 3) F 4) J 5) G 6) D 7) A 8) C 9) B 10) I Bonus: H

Upcoming Events

- September 2 - 4.....Labor Day Holiday (Studio Closed)
- September 16.....Open Saturday
- September 22.....Martial Arts Movie Night
- September 23.....Armored Division - Christian Fellowship
- September 30.....Rank Tests (By invitation only. Times Vary)

Think!

This fall a new student with Down's Syndrome has joined Monica's class. She is smaller than most of her classmates, looks and speaks differently than everyone, and is slower intellectually than the other students. Before this new girl joined the class, Monica's teacher had informed the class of the girl's disabilities to help them understand her better and also to discuss ways that they could help her adjust to being in their classroom. Monica is curious about the new girl but also wants to do what she can to welcome the girl into the classroom.



During the first few weeks of school, Monica has invited the girl to eat lunch with her and her friends. She has also included the girl in their activities during recess. Monica has discovered that this girl is friendly and funny and enjoys being with the other kids. Unfortunately, not all the students in her class feel the same way about the new girl as she does. Today at lunch Monica overhears some of the other kids talking about

"that retard" and making fun of the way the girl talks. Monica turns red with anger. What do you think she should do? Should Monica . . .

- A.) Ignore those kids?"
- B.) Tell the lunchroom aide that the kids are being mean?
- C.) Yell at the kids and tell them that they are the retards?
- D.) Find ways for these kids to get to know the new girl and see what she is like for themselves?
- E.) Pray that something terrible will happen to those kids so they will know what it's like to be different?

Read Matthew 20:29-34 to know how Jesus treated people with disabilities.

MEMORY MINDER

RULES TO LIVE BY

- Follow the three R's
- Respect for yourself.
- Respect for others.
- Responsibility for all your actions.

Believe in yourself!

A little boy was overheard talking to himself as he strutted through the backyard, wearing his baseball cap and toting a ball and bat: "I'm the greatest hitter in the world," he announced. Then, he tossed the ball into the air, swung at it, and missed. "Strike One!" he yelled.

Undaunted, he picked up the ball. Twice more he claimed his destiny as the world's greatest hitter. Twice more he took a swing at the ball and missed.

"Wow!" the young boy exclaimed. "I'm the world's greatest pitcher!"



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