

# FullContact

A Monthly Publication of LifeForce Karate & Fitness

## We Are Family!

By Joseph Galea

**T**raditionally, if the term "Martial Arts family" was used, it referred to the closeness and unity of fellow practitioners.

Today, "Martial arts family" has been redefined by the increasing popularity of the Martial Arts within entire households. Moms and Dads, Brothers and Sisters are learning the Martial Arts together.

In today's society, where everyone seems to be busy with their own agendas, families can unite a few times per week to train in the Martial arts together. We have a saying in the Martial Arts: "Families that kick together stick together."



Families that share a common interest often maintain or develop a special bond that improves the overall family relationship. Imagine the benefits to your family of training in the Martial arts together.

Perfect practice makes perfect, as the saying goes. Having a partner to workout with or review techniques with can be valuable learning tools and can enhance the training experience. You will find this relaxing, enjoyable, and a great way to stay motivated to exercise at home.

Although you are working towards a common goal, you will find that each family member reaps a unique benefit from their training.

For example, the women in the family may enjoy the benefits of better weight control, the great feeling after working out, and increased energy.

While men might find improved muscle tone, increased energy, and the cardiovascular benefit to be their motivators.

Children will enjoy the fundamentals of learning Martial arts and the companionship of other family members being involved.

As a family Martial arts center, we encourage everyone to participate. We invite your family to join our family in the quest for better health, improved relationships and, of course, a Martial Arts Black Belt!

## lifeline

Words of Wisdom

**"Leadership and Learning are indispensable to each other."**

**-- John F. Kennedy**  
U.S. President



# Kickin' Kids Korner



## Presidential Occupations?

Do you know what our Presidents did before they were elected?  
Test your knowledge with the following questions  
(Don't Peek. Answers are below)

1. What was Abraham Lincoln's occupation before he became President?

- A) Tailor    B) Cook    C) Poet    D) Lawyer

2. Which U.S. President was once a teacher at a small school in South Texas

- A) Dwight Eisenhower    C) Lyndon Johnson  
B) Jimmy Carter    D) George W. Bush

3. Presidents often become writers after leaving office, but which President won a Pulitzer Prize in 1957 for writing a book *before* he became president?

- A) Dwight Eisenhower    C) Lyndon Johnson  
B) John F. Kennedy    D) Richard Nixon

4. What occupation did George Washington and Jimmy Carter have in common?

- A) Lawyer    B) Sailor    C) Farmer    D) Teacher

5. President George W. Bush was once a business leader who managed and owned a professional sports team. What sport did the team play?

- A) Football    B) Hockey    C) Basketball    D) Baseball

Answers: 1. D, 2.C, 3. B, 4.C, 5. D

# Healthkick

SPEED versus QUALITY

By Chris Widener

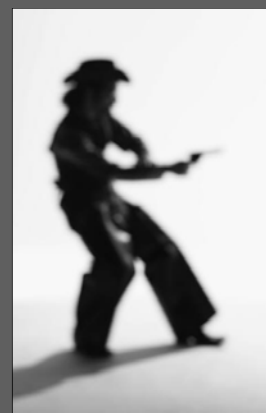
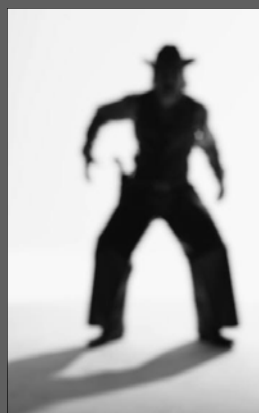
**W**e live in a very fast paced world. Everything is needed NOW. I suppose there is a market for fast, and there will be some who are rewarded handsomely for it, but most success stories revolve around quality rather than speed.

Someone may be doing it faster, but the "successful" do it better. The first go around may go to the fastest, but when people realize there is lesser quality there, they will look for, and stay with, the better quality from then on. I remember early on in my career when I was building an organization I had started, and an old friend sent me a card that said only these words, "Remember, you are growing an oak tree, not a squash." Good words for me. Good words for all of us.

Is there something you have been pushing to get done fast, at the expense of quality? Take some time today to slow down, go over it again, improve the quality and readjust your schedule.

Build something that is strong and that lasts, though it takes longer -- not something you can build fast, but that dies out soon thereafter.

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**FAST IS FINE.**

**BUT ACCURACY IS EVERYTHING!**

--Wyatt Earp

# Upcoming Events



- August.....1-2 ..... Survivor Savannah (Studio Closed) - Jekyll Is., GA
- August.....9 ..... Black Belts for Christ Tournament - Anderson, SC
- August.... 15-16..... Dixieland Nationals (Studio Closed) - Irmo, SC
- August.....23 ..... Open Saturday
- August.....30 ..... Labor Day Vacation Begins (Studio Closed)

*\*Studio closing due to holiday or tournament participation of students and/or staff*

## Think!

Dennis’s mom has left him in charge of his younger brother while she runs out to do a few errands. Dennis is supposed to get lunch for his brother and then take him to the park. All Dennis has to do is microwave a couple of hot dogs, make chocolate milk, and put out some carrots and chips. But Dennis’s brother is being a pest. He doesn’t want chocolate milk in the yellow cup; he wants the blue cup. And when Dennis gets out the chips, his brother screams because he wants pretzels.

Dennis finally manages to get lunch on the table and his younger brother seated in his chair. Dennis grabs the yellow mustard from the fridge but his brother starts carrying on because he doesn’t like mustard on his hot dogs. Totally frustrated, Dennis goes back to the fridge and gets the ketchup. Pointing it at his brother, Dennis tells him to calm down and quit crying. Dennis doesn’t realize the bottle’s top is open, and when he squeezes the bottle in frustration, ketchup squirts on his brother and on the wall. Dennis’s brother screams louder.



Just then, Dennis’s mother walks in. She takes one look at the ketchup on the wall and the screaming child, and immediately blames the younger brother for the mess and is about to punish him. How should Dennis react?

Should he . . .

- A.) Say nothing -- after all, his brother has been a real pest and deserves to be punished for something?
- B.) Encourage his mother to be merciless?
- C.) Suggest a lighter punishment?
- D.) Say that the dog grabbed the ketchup, squirting it on the wall?
- E.) Admit to being the one who accidentally squirted the ketchup?

To know how Dennis should respond, read Exodus 20:16.

## MEMORY MINDER

### KARATE CLASS ACTIVITIES

Please do not call the karate studio to find out what is scheduled on any particular day. Check the website’s “Studio Calendar.” If the calendar lists “Karate” -- please come prepared for anything, maybe everything. If it is not possible to check the Studio Calendar, consider it a “Karate” class.

## UFC and BTS

Ultimate Fitness Course - Next Class begins this Fall. Call 783-5425 for more information or to register.

“Back To School” specials are going on now! Call 783-5425 for more information or to schedule your “Free” introductory class.



www.lifeforcekarate.com

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Special Delivery



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# MARTIAL ARTS KIDS Are Better Prepared for Academic School!

Our Back to School Special is going on now!

Martial Arts training can give your child the confidence to excel in school, never settle for second best and grow as a leader. Your child will learn awareness and bully-avoidance techniques that will give you peace of mind.

CALL FOR MORE INFORMATION

**Lifeforce Karate & Fitness**  
**(803) 783-KICK (5425)**

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