

FullContact

A Monthly Publication of LifeForce Karate & Fitness

Finding the Right Balance

Balance is everything. Nature, the universe, depends on balance, and that includes the martial arts and its students.

For example, ignoring the “arts” of martial arts and doing too much sparring causes imbalance in your training. You must also be careful that you don’t dwell on forms, and slight self-defense or sparring.

Techniques should be practiced, using both left and right sides. Kicks and punches, depending on the balance required by your style, need adequate treatment. Balance grappling techniques with striking techniques. Ignoring one reduces your self-defense skills.

As you constantly strive for physical perfection, you must also develop your mental skills. That’s why martial arts encourages meditation, emphasizes character development and strives for non-violence.



When you neglect part of your training, you limit your abilities. For example, concentrating solely on kicking leaves you ill prepared to go to the mat. So when you do, you won’t know how to respond.

Finding balance requires that you practice what may seem pointless. You may rather spar than practice forms, but forms contain many, if not all, parts of your chosen martial art. Forms were designed to provide balance; they contain the grammar of martial arts. Within each form are a variety of hand strikes, blocks, body movements and stances.

Granted, forms don’t do much for sparring or self-defense with a live competitor. That’s why martial artists spar and practice self-defense, too. Yet, the muscles and coordination that allow you to punch, kick, etc. are practiced and developed in forms.

Balance life outside the martial arts with your training. “Living” the martial arts is an admirable pursuit. When a martial art becomes an obsession, however, overshadowing your family and social life, then you’re living an unbalanced life.

When you strive for balance everyday, you are an example of the true spirit of the martial arts and Black Belt excellence.

lifeline

Words of Wisdom

There is no telling how many miles
you will have to run while
chasing a dream.

~Author Unknown



Martial Arts Success Stories

KIDS ZONE

Personal Profiles

Personal Profile



How Martial Arts Has Helped Me By Ethan Feilich, Age 12

Training in the martial arts has made me aware of my surroundings, and improved my self-esteem, respect for others and myself, strength and self-defense abilities.

Karate also made me strong. With exercise, I learn to control my strength, and become even stronger. Karate is also a much better way to use my spare time than watching TV or playing video games.

Karate gave me guts. I used that ability more then once. Most of all, training in the martial arts is teaching me how to defend others and myself. I was taught to use Karate constructively and defensively, and never to be abusive or offensive.

Karate has taught me much. I will continue to train and become better.

Ethan Feilich is a student of Mark Speranza at the Academy of Martial Arts in Lindenhurst, New York.

Kickin' Kids

Korner



Welcome to Kickin' Kid's Korner, the mind-boggling, brain-teasing section of Kid's Zone. If you guess all ten words in one minute or less, you're a Grandmaster; two minutes, a Master; three minutes, an Advanced Student; four minutes, an Intermediate Student; five minutes, a Beginner Student; six minutes, do 10 sit-ups; seven minutes, do 10 push-ups; or eight or more minutes, do 10 sit-ups and 10 push-ups.

Martial Arts Word Guess: Guess each word based on the definition provided. Hint: Each word is martial arts-related. Guess the Bonus word and add +1 to your score. Good luck!

1. Able to be bent repeatedly without injury or damage..
2. Good health or physical condition, especially as the result of exercise and proper nutrition.
3. A feeling of assurance in one's own abilities.
4. To equip or supply with an ability to act.
5. Being able to inspire the conduct of others.
6. Showing deferential respect.
7. To regard oneself with respect.
8. Having knowledge or acuity to one's surroundings.
9. Being able to prevent harm or injury.
10. Having a fixed intention or a firmness of purpose; resolve.

Bonus: Willingness to show consideration or appreciation to another person.

Answers: 1: Flexibility; 2: Fitness; 3: Self-Confidence; 4: Empowerment; 5: Leadership; 6: Humility; 7: Self-Esteem; 8: Awareness; 9: Self-Defense; 10: Determination; Bonus: Respect.

Healthkick

Committing to a Healthier You

Ten Tips to Make Fun in the Water Safer!

What do surfing, fishing, water skiing, and swimming have in common? They are great fun...and they all take place in, on or around the water! Water activities are a great way to stay cool and have a good time with your friends and family. Follow these tips—and your common sense—to have a blast this summer!

- **DO learn to swim.** If you enjoy water activities, then you must be a strong swimmer.
- **DO take a friend.** Even though you may be a good swimmer, you never know when you may need help.
- **DO know your limits.** Know when you're too tired, too cold or too far from safety, and have had too much sun and activities.
- **DO swim in supervised areas only,** and follow all signs and warnings
- **DO wear a life jacket** when boating, jet skiing, water



skiing, rafting or fishing.

- **DO stay alert to the currents** when white-water rafting. If you are caught in a strong current, then don't fight it. Swim parallel to the shore until you have passed through it. The current can be unpredictable near piers, jetties (lines of big rocks), small dams and docks. If you find it hard to move, then head to shore. Learn to recognize and watch for dangerous waves and currents.
- **DO watch the weather.** If you spot bad weather, then gather your belongings and take the fun inside.
- **DON'T lose control of play** in the water. Pushing or dunking your friends can lead to dangerous situations.
- **DON'T dive into shallow water.** If you don't know the depth of the water, then don't dive.
- **DON'T float where you can't swim.** Keep checking to see if the water is too deep, or if you are too far from the shore or the poolside.

Upcoming Events

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July 4Fourth of July Holiday (Studio Closed)

July 11.....Open Saturday

July 17-18.....Mount View Open - Hickory, NC

July 25Rank Tests (By invitation only. Times vary.)

THINK!

Cyrus is walking home when a car pulls up beside him. He doesn't recognize the woman in the car. She looks very upset, and she motions for Cyrus to come over.

Thinking it might be the mother of one of his friends, he stops and listens but does not move toward the car. The woman, who doesn't introduce herself, asks Cyrus if he has seen a little girl, about two years old, wearing a purple top and blue pants. The woman explains that her daughter wandered away from a friend's back yard while she was visiting, and she can't seem to find her anywhere. Cyrus tells the woman he hasn't seen her, but he will keep a lookout for her.

But the woman doesn't leave. As Cyrus continues walking, she drives the car alongside. "Please, I think she might have wandered over to the park. But I don't know this neighborhood. Maybe you



can show me the way. Please get in and help me look for my little girl" she begs. Cyrus doesn't know what to do. He knows he should not get in a car with someone he doesn't know, but this is a mother who needs help. And she is

so upset about her daughter. He truly wants to help her. What do you think Cyrus should do?

Should he...

- A. Get into the car to help the woman look for her daughter?
- B. Tell the woman that he will get his bike and meet her at the park to help her look?
- C. Run from the car, screaming "Kidnapper!"?
- D. Give the woman directions to the park?
- E. Immediately go home or to his nearest friend's house and ask an adult to call the police?

Read Judges 16:16-19 to see what happened to Samson when he made a wrong decision, even though he knew better.

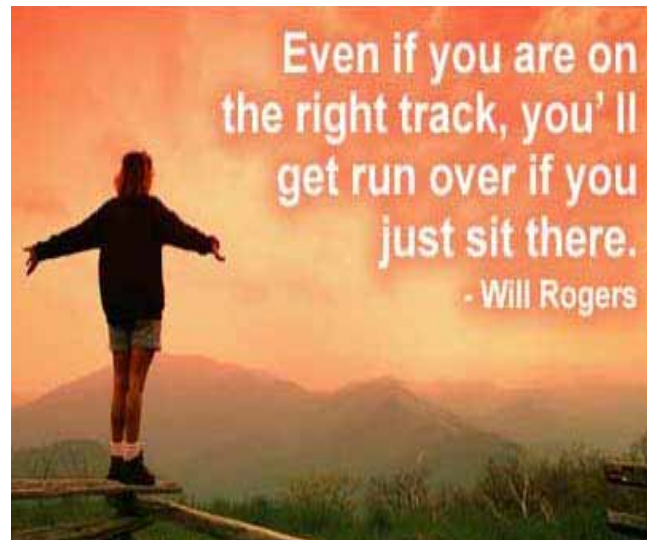
MEMORY MINDER

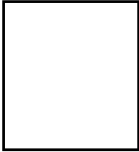
Running a little late for class?

A reminder that students who are more than 8 minutes late for class will not be able to participate for safety reasons. It will also help instill a greater sense of personal responsibility for getting to class on time.

Practice gathering any needed equipment and preparing a clean neat uniform the night before. Younger students can also remind Mom and Dad, too. Students have the option of attending a later class if another is offered for their rank/skill level or attending class another day.

The exception to this policy are 5 p.m. classes (Mighty Mites and Tiny Tots) who are less prone to injury due to lack of warming up and whose classes start so early.





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