



Kickin'

Published Monthly for the Friends and Family of this NAPMA School

Seven Habits of Highly Successful Martial Artists

by Joseph Galea

Regardless of how old you are or what rank you have earned, most martial arts students share a common goal... to be the best they can be. Sure, you may never be able to leap five feet in the air, flip, and accurately side kick your target. But, in reality what matters is that you are striving toward your personal potential. Follow the Seven Habits of Highly Successful Martial Artists to help you get there.

Habit One - Be There: Getting to class is important not only to continue your learning but to provide your body with the routine of physically and mentally utilizing your knowledge.

Habit Two - Practice: Reviewing at home what you learn in class is critical if you want to master your skills. Furthermore, home practice makes your class experience more beneficial and comfortable.

Practice anything new you learn in class for five to ten minutes as soon as you get home that day.

Habit Three - Eat Right: You are what you eat. Eat healthy and your body will pay dividends when challenged. Good nutrition is a necessity for peak performance.

Habit Four - Stretch Daily: Muscles that are stretched regularly become more flexible and are less prone to injuries. Flexible muscles can help your body perform techniques with an amazing degree of speed, accuracy and power.

Habit Five - Meditate: Just take five to ten minutes a day by yourself; close your eyes, relax, and breath deeply. Visualize yourself performing challenging martial arts techniques perfectly. Doing this can help you fine-tune your techniques.

Habit Six - Teach: Help a fellow student or teach yourself. The teaching process actually "hard- codes" information into your brain and helps you learn faster. Stand in front of a mirror and verbally teach yourself how to perform a technique. Make necessary corrections and positively reinforce yourself.

Habit Seven - Set Goals: Have you officially set black belt as your goal yet? Have you set a specific time-line to achieve that goal? What are your goals? A goal set is a goal already half completed.

Follow these seven habits of highly successful martial artists and you'll achieve your true martial arts potential... and you may surprise yourself at how incredible your potential actually is.

NAPMA's Director of Continuing Education, Kathy Marlor, became a world champion using these habits.

action
principles

Set Goals

Unless you shape your life, circumstances will shape it for you. You have to work, sacrifice, invest and persist to get the results you want.

Choose them well. You can't start your planning until you know where you want to go.

Bill FitzPatrick is a 5th-degree black belt, holds a Master's Degree in Education and runs the non-profit American Success Institute: www.mastersuccess.com.





Kids Zone

Martial Arts Success Stories

By Isabella DeSisto, Age 8

Profile
personal



My name is Isabella DeSisto and I am eight years old. My brother and I tested for our green belts last Saturday. I have learned patience at my martial arts school.

When my mom asks me to clean up my room, I don't get mad or talk back. I just keep being patient, and then I get big hugs when I'm done. My teacher at school told me that my focus is very good in class when I am taking a test. I like the number one rule at my karate school "Try your Best" because all the kids feel good when Sensei tells them they did a good job! I like going to karate class because it keeps my muscles strong and I get to earn patches and stickers! Karate is good for kids!

Isabella DeSisto is a student at Dawn Barnes' Karate Kids

Kickin' Kids korner



Welcome to Kickin' Kids, the mind-boggling, brainteasing section of Kid's Zone. If you score: 10 or more, you are a Grandmaster; 9 a Master; 8 or 7, an Advanced Student; 6, an Intermediate Student; 5, a Beginning Student; 4, do 10 sit-ups; 3, do 10 push-ups; 2, do 10 sit-ups and 10 push-ups. Good luck!

Movie Match: Steven Seagal or Jean Claude Van Damme

- | | |
|-----------------------------|----------------------------|
| 1. Executive Decision _____ | 7. Nowhere to Run _____ |
| 2. The Glimmer Man _____ | 8. Exit Wounds _____ |
| 3. Double Team _____ | 9. Desert Heat _____ |
| 4. Hard to Kill _____ | 10. The Foreigner _____ |
| 5. Hard Target _____ | 11. Marked for Death _____ |
| 6. Blood Sport _____ | 12. Time Cop _____ |

Answers: Steven Seagal - 1, 2, 4, 8, 10, 11
John Claude Van Damme - 3, 5, 6, 7, 9, 12

HealthKick: New Law Allows You To Make Better Food Choices

By Jennifer G. Galea MS RD

Due to a ruling by the Food and Drug Administration in July 2003, we will soon have more information available to us, to make healthy food selections. In the near future, food and supplement manufacturers will be required to include the amount of trans-fatty acids on their nutrition labels. For martial artists who are working toward achieving maximal health, this information is crucial to make appropriate food choices.



As martial artists, we strive to embody the ideals of the martial arts: being healthy in mind and body. To achieve our health goals, we must physically exercise regularly and eat correctly by making appropriate food choices. This is not to say that you can never eat "unhealthy" foods. However, you should know all the facts about the foods you are eating, before you choose to ingest them. The new labeling law will help give you the information you need to make an informed choice.

But what are trans-fatty acids and why are they significant? Trans-fatty acids occur naturally in small quantities in some foods, including beef, pork, lamb, butter, and milk. The crucial word here, though, is small. The vast majority of trans-fats that we actually consume are ingredients in processed foods. Fats that are "hydrogenated" are the main culprits in supplying trans-fatty acids. Oils in foods are hydrogenated to produce more palatable products or to make foods last longer. Some peanut butters are hydrogenated to make them "creamier." And liquid vegetable oil is hydrogenated to produce solid (stick or tub) margarine.

Trans-fatty acids affect your body in much the same way as saturated fats. They tend to raise your cholesterol levels of the "bad" LDL-type, and even decrease the "good" HDL-type cholesterol in your blood. Even if you have normal cholesterol levels, trans-fats are an "unnatural" substance that does your body no good at all.

While your body does need some fat in your diet, the type of fat you select is crucial to consuming a healthy diet. Good choices of fats are "polyunsaturated fats" such as those found in safflower, sunflower, corn, and soybean oils; and "monounsaturated fats" such as those found mainly in canola, olive and peanut oils.

An overall maximally healthy diet is the compilation of mostly excellent food choices, mixed with some "okay" food choices, and very few "poor" choices. In this way, your diet can assist you in reaching your martial arts goals, culminating in a healthy mind, body and spirit.



FULL CONTACT



INFORMATION FOR THE FRIENDS & FAMILIES OF
LIFEFORCE KARATE & FITNESS

THINK!

Julie and Deb were good friends until Deb received a beautiful opal ring for Christmas. At first Julie was happy for Deb. She showed genuine excitement and praised Deb's new possession. That wore off quickly, however, as their other friends made such a big deal over it.

"Wow! What a gorgeous ring!" "Look at the way it reflects all the colors of the prism!" "It goes great with your eyes!"

Julie has become so frustrated that yesterday she even blurted out to her mother, "Deb and her stupid ring! That's all

she ever talks about. What should Julie do?

a) Save up all her money and buy a ring that is bigger and better than Deb's?

b) Forget about the ring, be happy for Deb, and be thankful for having her as a friend?

c) Tell her friends the ring is a fake?

d) Politely ask Deb not to wear the ring when the two of them are together?

e) Call Deb "Opal," compliment the beautiful "Deb" on her finger, then laugh real loud at the joke?

For help in knowing what Julie should do, read Exodus 20:17 and 1 Corinthians 13:4.

FIGHTER GROUP NEWS: State & Regional Championship Awards

One member of our Competition Team won a SC Sport Karate Association (SCSKA) State Championship last year.

Latrille Adams won the Senior Womens 2nd Intermediate to Advanced Sparring. **Stephanie Adams**, (Latrille's daughter), competed in intermediate divisions at the beginning of the year and finished the year competing in advanced divisions. Although she did not win a championship, she was right up at the top of her divisions.

Stephanie was 1st Runner-Up in the 12-13 Girls Novice to 1st Intermediate Sparring; 1st Runner-Up in the 12-13 Girls 2nd Intermediate to Advanced Sparring; 3rd Runner-Up in the 12-13 Intermediate Contemporary Weapons; 2nd Runner-Up in the 12-13 Advanced Contemporary Weapons; and 2nd Runner-Up in the 12-13 Advanced Traditional Forms.

Congratulations to all of our students who trained hard and made significant progress last year.

UPCOMING EVENTS

- Jan. 1 -- New Year's Day [No Regular Classes.]
- Jan. 3 -- Special Sparring Session - Noon
- Jan. 10 -- Open Saturday
- Jan. ?? -- Rank Test [TBA]

Detailed information for events can be found at www.lifeforcekarate.com on the Studio Calendar.

LIFELINE...

*"Be at war with your vices; at peace with your neighbors,
and let every new year find you a better man."*

--Benjamin Franklin (1706 - 1790)

MEMORY MINDER

PARKING

Please remember that our parking area ends at the speed bump. We are permitted to park in our neighbors area only after 5:15 p.m. during the week and not on Saturday, since this is their busiest day.

Thank you for your cooperation.

Lifeforce Karate & Fitness
7808 Garners Ferry Road
Columbia, SC 29209

PLACE
STAMP
HERE



Special Delivery



A New You in the New Year!

This year, why not do something that's good for your body, mind, and spirit?

TRY MARTIAL ARTS!

Martial arts training will give you the exercise you need to stay physically and mentally fit. Plus, your spirit will soar as you gain confidence, control stress, and meet new friends.

So in the New Year, create a new you with martial arts training. It's the best resolution you'll ever make. Call Now!

Insert School Name, Contact
info and Website Here

MEMBER: National Association of Professional Martial Artists