



# Kickin'

Published Monthly for the Friends and Family of this NAPMA School

## Sponsor a New Student In Your School

by Joseph. Galea

**M**artial art schools have changed substantially over the last two decades. Differences range from class curriculum to training benefits to an expanded student age base. But what hasn't changed is what's at the core of the martial arts experience: the teacher-student relationship. I am actually referring to the cycle that you undergo as a martial arts student. Despite the fact that you may never open your own school or even teach professionally, the student in some way becomes a teacher. And it is this special transition that has carried the martial arts from generation to generation. Here's a basic explanation.

Each new martial artist begins as a novice until he or she has extracted enough knowledge to be considered an intermediate-skilled student. At the same time, each has also become a novice teacher. You are not going to receive recognition for this title, but you will begin to find yourself in situations where you are offering your expertise to a beginner student or a group of students. It is inevitable that a beginner student will eventually ask you for help. It is a wonderful, flattering experience to help pass along your martial arts knowledge. It is for this reason that I encourage you to sponsor a new student into the martial arts and your school.

Sponsoring a new student means that you seek out one individual who you feel would benefit from the martial arts training you have received. It also means that you will take personal responsibility for that new student in two very important ways. The first is to be available if that student ever needs help with any techniques learned in class. The second way is that you "oversee" their training. You do this by paying attention to training progress and

When necessary, you

Dawn Barnes is a nationally recognized childrens instructor from Los Angeles, California.



ing class attendance. can be a motivational force that can help the student get back on target towards the goal of black belt.

It is a rewarding experience to help someone with training. There is a special feeling each time that student progresses through each rank knowing that you are partly responsible for the results. This feeling that you will share is what drives us as instructors, and is why we have this school for you. I hope you will consider sponsoring a new martial artist because, in the end, we are all students who teach the martial arts.

## action principles

### Stay Fit and Healthy

Be prepared to succeed both physically and mentally. You do not know when you will be called upon to defend with a block, a blow, or a word. You can swim, run, or roller blade. You can take a walk. Staying fit also helps to prevent injury and helps you deal with stress and fatigue.



If you want to be thinner, start putting out more calories than you take in and you will lose weight. Start now. If you want to be healthier, add more fruits and vegetables to your diet. Drink a lot of water. If you want a strong heart, do twenty minutes of vigorous callisthenics each day.

Bill FitzPatrick is a 5th-degree black belt, holds a Master's Degree in Education and runs the nonprofit American Success Institute: [www.mastersuccess.com](http://www.mastersuccess.com).





Kids Zone

## Martial Arts Success Stories

Personal Profile

By Drew Crumb, Age 10

Profile  
personal



I joined karate four years ago because I wanted to learn how to do karate and my mom wanted me to have discipline. Karate has helped me with discipline, defending myself, and self-control. I am the middle child in my family and I have one older sister and one brother who are younger.

My goal in karate is to become an 8th degree master belt. Some of goals for school are to graduate high school and college, then get my masters degree. When I grow up, I want to be a mechanical engineer.

One of the most important things my instructors in the martial arts have taught me is discipline.

Drew Crumb is a student at Duane Brummit's Tri Star Martial Arts Academy.

## 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; 1, do 10 sit-ups and 10 push-ups. Guess the Bonus and add +1 to your score. Good luck!

- |                              |       |
|------------------------------|-------|
| 1. Black Mask                | _____ |
| 2. Romeo Must Die            | _____ |
| 3. Lethal Weapon 4           | _____ |
| 4. Shaolin Temple            | _____ |
| 5. Once Upon a Time in China | _____ |
| 6. Fist of Legend            | _____ |
| 7. The One                   | _____ |
| 8. Hero                      | _____ |
| 9. Dragon Fight              | _____ |
| 10. Kiss of the Dragon       | _____ |
| Bonus: My Father the Hero    | _____ |

Answers: Shaolin Temple (1982), Dragon Fight (1988), Once Upon a Time in China (1990), Fist of Legend (1994), My Father the Hero (1995), Black Mask (1996), Lethal Weapon 4 (1998), Romeo Must Die (2000), Kiss of the Dragon (2001), The One (2001), Hero (2002)

# HealthKick:

Are You Increasing Your Meat Consumption?

By Jennifer G. Galea MS RD



The media has been bombarding us with nutritional information about the positive impact of increased protein consumption on our metabolism and on reaching our health and fitness goals. While most of these claims are pretty well founded in nutritional science, what should you watch for when incorporating more meat back into your diet?

First, balance your diet. Don't eat just meat, or just one kind of meat. Balance each meal with a protein source and a fruit, vegetable, and/or carbohydrate source. Eat a variety of protein sources. Incorporate different meat choices (such as chicken, fish, beef, pork, etc.) as well as alternative protein sources, such as nuts, legumes, and other vegetarian entrees. Try different recipes that incorporate a variety of food groups, as well as a variety of foods within the groups. Every food has something unique to offer.

Next, when eating meats, take care regarding the fat content. In the near future, new labeling laws will be enacted to provide you with more information when selecting meats, but for now you can rely on the specified cut. Below are a number of beef cuts that have fewer than 300 calories and 10 grams of fat for a cooked three-ounce serving. Remember to double the calories and fat if you are eating double the portion!

Finally, be sure to trim any visible fat from your meat. According to studies by Tufts University, a three-ounce choice grade T-bone steak contains 174 calories and three grams of saturated fat, as long as it is carefully trimmed of fat. If you choose to consume even the very small ribbon of fat along the edge, these numbers jump to 274 calories and eight grams of saturated fat, for the same three-ounce portion!

Good choices for beef: (All contain fewer than 300 calories and 10 grams of fat per cooked three ounce portion.)

Round: Eye Round Roast (Select), Bottom Round Roast, Round Tip Roast (Select), Top Round Steak (Select).

Short Loin: Top Loin Steak (Select and Choice), Short Loin T-bone Steak (Choice), Tenderloin.

Rib: Rib Eye (Choice)

Sirloin: Top Sirloin

Flank: Flank (all grades)

Chuck: Arm Pot Roast, braised (Select and Choice)



# FULL CONTACT



INFORMATION FOR THE FRIENDS & FAMILIES OF  
LIFEFORCE KARATE & FITNESS

## THINK!

Jerome is a good kid. He is nice looking, polite, athletic, and a good student, and he has a great personality. But Jerome isn't very popular. That's because he just moved to the area last spring, so he doesn't know too many people. During the summer, however, Jerome met Jason, a boy in the same grade who lives a few blocks away. He and Jason became pretty good friends. They spent sunny afternoons shooting baskets in the park and rainy days surfing the Internet.

But now the boys are back in school. Jerome still doesn't have many friends besides Jason. He certainly would like to be popular, especially with the athletes and cheerleaders.

Earlier today, Ted, the football quarterback, and Justine, a cheerleader, were very friendly to Jerome in English class. That made him feel really good about himself. Then, after practice, they called him over to their circle of friends as he began to walk home. Right now, Jerome stands

with that circle of popular kids on the field near the locker room. They're talking and laughing, and he loves it. Then one of the kids sees Jason leaving school by another door, and makes a joke about the "computer geek."

Some of the others laugh and make cutting comments about him. Jerome wants to be accepted by this group, but Jason is his friend. What do you think Jerome should do? Should he . . .

A) Keep quiet and hope that someone changes the subject?

B) Agree with everyone and tell a very funny story about Jason and his computer?

C) Fall on the ground and pretend to have a seizure, then jump up and say, "Just kidding?"

D) Come to Jason's defense by telling everyone what a great guy he is?

For help in knowing how Jerome should react, look at what God says in Proverbs 17:17 and 1 Corinthians 12:7.

## UPCOMING EVENTS

**Feb. 07 -- Union County Classic - Wingate, NC  
Wingate College - 9:00 a.m.**

**Feb. 14 -- Open Saturday - 5:00 p.m.**

**Feb. 21 -- Fighter Group Demo / Meet Mwanzo  
Studio - 1:00 p.m.**

**Feb. 28 -- Mid-Cleveland Championships - 9:00 a.m.  
Boiling Springs, NCPaul Porter Arena**

Detailed information for events can be found at  
[www.lifeforcekarate.com](http://www.lifeforcekarate.com) on the Studio Calendar.

## LIFELINE...

Watch your thoughts; they become words. Watch your words; they become actions. Watch your actions; they become habits. Watch your habits; they become character. Watch your character; it becomes your destiny.

--Frank Outlaw

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“My mom tells her friends that martial arts has been great for my confidence and that I’m treating my little sister better. That’s nice I guess. But I know why I love my martial arts school, IT’S FUN!”

– Jason Davis

## THE TRUTH ABOUT Martial Arts for Kids

**B**y now you’ve probably heard all about how martial arts lessons can help kids learn lifesaving self-defense skills. Sure, we teach them how to kick and punch. But that’s just the start. The truth is that martial arts does so much more for children of all ages.

*At our school, your child will learn:*

- To set and achieve goals
- Respect, courtesy, and self-discipline
- To be a leader, not a follower
- Physical fitness and coordination skills
- To keep a positive attitude & much more!

So that’s the truth about martial arts for kids. But don’t take our word for it, find out for yourself with our no-obligation beginner’s course. Classes are forming, call now!