



# Kickin'

Published Monthly for the Friends and Family of this NAPMA School

## With Great Knowledge Comes Great Responsibility

by Joseph. Galea

**E**ven after just a few months of martial arts training, you will be amazed at how much you have learned. However, the longer you train the more you realize the vast sea of knowledge that still awaits you. Regardless of whether you are a beginner or an advanced student, the powers of learning self-defense can be very exciting. As you become a skilled martial artist, it is important to understand with knowledge comes responsibility.



1.

Be respectful. It is tradition in the arts to show respect to those of higher rank than yourself. The basis for this relationship is respecting the knowledge that this person has acquired. Those who have achieved higher knowledge appreciate that they need to exercise greater responsibility for the knowledge they have obtained.

2. Be humble. It is equally important to maintain humility with those of lower rank than yourself. Your knowledge of the martial arts is a personal achievement. It is not to be used to show off to others or to make others feel inferior.

3. Be defensive. Unless you are under supervision at your training school, performing a demonstration, or practicing at home, your skill is to be used only to defend yourself or another person from physical harm. It should never be used to

offensively threaten or harm others in any way.

4. Be resourceful. The martial arts teaches you many ways to resolve conflict without physical force. You can use patience to resolve issues peacefully. You can use confidence to prevent altercations from ever beginning. There are better solutions available than fighting.

5. Be representative. You always carry with you the image of the martial arts. People you know will view the martial arts based on how you behave as a person outside of the school. You have a responsibility to represent the martial arts in a positive manner.

In the movie Spiderman, Peter Parker's uncle told him that with great power comes great responsibility. There is no greater power than knowledge, and how you use it ultimately determines the person you are today and the person you will be tomorrow. u

## action principles

### Risk Failure

Be ready. There is no better time to start taking positive action than right now.

You research and you have confidence in your preparations. You don't allow yourself to become paralyzed by indecision. You realize that a time comes when you must act. If you hesitate too long, doubts will linger and turn into fears. Yes, you may stumble. Yes, you may be rejected. Yes, you may fail. This is life. Life's winners accept that in trying they may have to adjust and even start again and again. The difference between successful people and others is not whether you make mistakes or even temporarily fail, but how you respond. Many people look for guarantees before taking independent action. Yet, in seeking assurances, they frequently receive cautions, which can easily be used as excuses for inaction. Be aware that those who love you the most may be the loudest in warning you not to risk.



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 Milo Poon-Fear, Age 8

Profile  
personal



Considering Milo's age, it would be easy to understand if he was disappointed about missing out on some fun. Last summer, while many of his friends had big vacation plans, Milo made the most of a major family transition. Milo's grandmother was moving into a retirement home, and his parents devoted most of the summer's spare time to packing, moving and helping his grandmother to settle in.

His parent's reflect... "since he wasn't in any summer camps, Milo was with us as we helped Mom through it all, from packing and moving to waiting patiently while we met with realtors. He really put his life skills to use this summer." Milo's parents attribute his great patience and respect to his martial arts training. "We know how focused he is in the martial arts."

And it appears that Milo made new friends last summer at the retirement home. "Milo's been so friendly and respectful with our mother's new neighbors, they get quite a kick out of him (and vice-versa). Our little one has certainly blossomed through the martial arts."

## Kickin' Kids korner



Welcome to Kickin Kids, the mind boggling, brain teasing section of Kids Zone. Check out the 10 words that are partially spelled. Can you fill in the missing letters to figure out what the words are? If you score (9 or more), you are a Grandmaster, (7 or 8) a Master, (6) an Advance 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 word and add +1 to your score. Good luck!!!

H \_ M I \_ I \_ Y

P A \_ I \_ N C \_

\_ P P \_ E C \_ A T \_ O N

I M \_ G \_

R \_ S \_ O N \_ I B \_ L \_ T \_

S K \_ \_ L \_ D

\_ E L \_ T \_ \_ N S \_ I P

S \_ H O \_ L

D \_ F \_ \_ S \_ V \_

S U \_ E R \_ I S \_ O N

Bonus Word: R \_ P R \_ S \_ N \_ \_ T \_ V \_

Humility, Appreciation, Relationship, Responsibility, Relativship, Bonus Word: Representative  
Skilled, School, Supervision, Bonus Word: Representative  
Image, Patience, Defense, Image

# HealthKick: The Serving Size

By Jennifer G. Galea MS RD

One half cup of pasta. One and a half ounces of cheese. Three ounces of meat. One cup of raw broccoli. Did you know that these are all single serving sizes? Do you ever actually measure your foods?

If you are like most people, each meal is a "guess-timate." And even if you once measured a "correct" portion size, the longer the time since that measuring, the larger the portion now is. According to a recent survey by the American Dietetic Association, 54% of those surveyed overestimated the serving size of cooked meat. Eighty-one percent underestimated the serving size of natural or unprocessed cheese, which is 1.5 ounces. Needless to say, most adults consume much more protein foods than the body needs, but are not meeting the body's calcium requirements (especially women).

So what is the best way to keep your portion sizes on track? Occasionally measure frequently eaten foods as a "reality check." Keep in mind that a portion is the amount you eat, and a serving is what the food guide pyramid or other dietary recommendation uses. You can eat more than this recommendation (your portion), but then you need to count it as more than one serving.

In addition, here are some comparisons you can make that may keep your portions more under control:

Cheese: 1.5 ounce serving is the size of four stacked dice.  
Fruit, cooked rice or pasta, and cooked vegetables: one half cup is the size of a tennis ball cut in half.

Cooked lean meat, poultry, or fish: two to three ounces is the size of an audio cassette.

Raw leafy vegetables: one cup is the size of a tennis ball.





# FULL CONTACT



INFORMATION FOR THE FRIENDS & FAMILIES OF  
LIFEFORCE KARATE & FITNESS

## FIGHTER GROUP NEWS

The Battle of the Carolinas, a Fellowship of Christian Martial Artists (FCMA) tournament, was held in Matthews, NC just outside of Charlotte on February 22, 2003.

Once again, it was a fun, feel-good tournament! Fighter Group members competing were: **Derek Rast, Stephanie Adams** and **Allyson Ayers**.

Others from our studio who also competed were: **Joshua Lewis, Latrille Adams, Dwayne Ayers** and **Ray-Ray Stierwald**. Everyone did well.

## FIT FROM WITHIN

A fit body is more than toned muscles or a sleek physique. Physical exercise can also help boost memory. Just three 30-minute sessions each week will help you:

- Improve word recall
- Think more clearly
- Make snappier decisions
- Remember appointments
- Concentrate better
- Be more alert

-- Peace Out  
Bobbie Purvis

Prevention Weight Loss Guide  
[www.prevention.com](http://www.prevention.com)

## THINK!

It's the final seconds of the basketball game, and Kellee is having a great time. Everything seems to be going right tonight. The game is close, however, and it comes down to the last few seconds. A teammate passes the ball to Kellee, and Kellee shoots the winning basket.

The crowd goes wild, and all of Kellee's teammates gather around and give each other high fives. After the game, just about everyone comes up and tells Kellee it was a great shot. Kellee goes home feeling good. Now that Kellee is a star, what should Kellee do?

A) Keep practicing hard and play with teamwork? (After all, it was a team effort.)

B) Feel really proud and begin to hang out with other "cool" kids?

C) Think about turning pro and start shooting the ball all the time?

E) Start taking applications for the Kellee Fan Club?

For help knowing what Kellee should do, read Proverbs 27:2.

## UPCOMING EVENTS

- March 08 -- Open Saturday - 11:00 a.m.
- March 08 -- Parents' Coaching Class - 10:30 a.m.
- March 15 -- Great Southeast championships
- March 22 -- Rank Test (By Invitation Only)
- March 28 -- No Karate / No Fit Kick - 5:30 p.m. due to Staff involvement at Martial Arts Expo
- March 28 -- Fighter Group Demo at Martial Arts Expo Airport High School - 7:00 p.m.

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

## LIFELINE...

*You may be disappointed if you fail, but you are doomed if you don't try.*

--Beverly Sills

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PLACE  
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*Special Delivery*

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# How to Protect Your Child from Bullies!



**A** recent survey conducted by the CDC showed that 10,000 children stayed home from school at least once a month because they feared bullies. Bullying is a serious problem that can lead to emotional withdrawal, substance abuse, and even suicide.

Many concerned parents are turning to martial arts at our school. Our program develops the confidence, awareness, and personal protection skills that your child needs to avoid or deal with bullies of all kinds.

So don't wait. Give your child the edge over bullies with martial arts classes at our school. Our program is safe, fun, educational, and risk free. Call now!

MEMBER: National Association of Professional Martial Artists