



Kickin'

Published Monthly for the Friends and Family of this NAPMA School

Teach Your Child to Finish What They Start

by Joseph. Galea

Martial arts training builds character. Self-confidence, esteem, and perseverance are benefits that are connected with learning the arts. To receive the benefits of training, you or your child must participate in classes regularly.

Keep in mind that the good habits your child develops now, tend to stick with them as adults. So, if your child learns to overcome obstacles, and finish what they start now, chances are they'll do the same as adults.

Here are some tips you can use to help teach your child to finish what they start:

1. Talk to your child about the value of achieving something that they work hard for and not giving up when the going gets tough.
2. Motivate your child by complimenting them on what they do correctly rather than what they do wrong. Focus on the positive.
3. Remind your child about a time in their life that was tough, where they stuck it out and succeeded in the end. Tell them you have faith in them.
4. Communicate with your child's instructor often about how your child is doing, and let them know if you see any lack of motivation. The instructor can team up with you to re-motivate your child.
5. Make up games and give a reward to mark progress. For example: Each time your child can demonstrate something they learned in class at home, give them a point. Once they earn 20 points, give them a prize or reward such as getting to stay up late, or seeing a movie.

New activities are always exciting but enthusiasm can subside when things get tough. That's when children want to give up and quit. Help your child ride out the tough spots and model perseverance. Teaching your child that success is up to him/her early in life is a powerful lesson that will help them a lifetime.

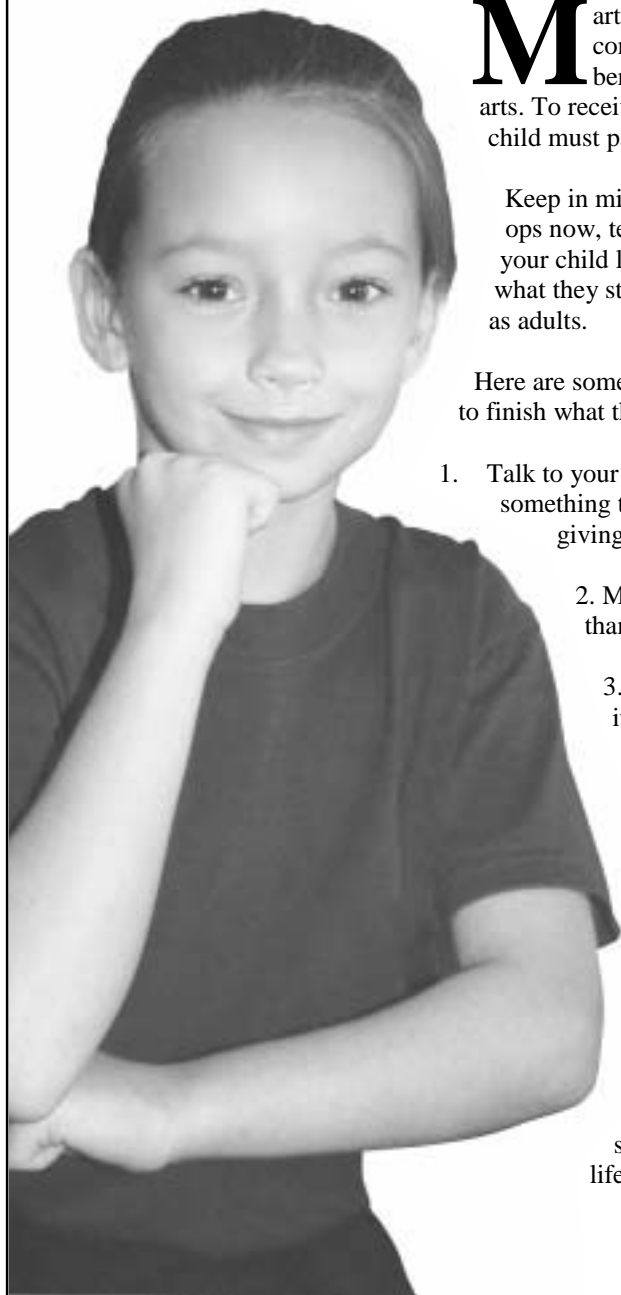
action principles

Get Tough

You've got to be tough to do the big things in life like taking risks, admitting mistakes, and changing bad habits. You've got to be tough to do the little things like biting your tongue, waiting your turn and putting up with fools. Self-reliance and self-confidence will demand your toughness. Then, you must temper toughness with kindness, realizing that many times it will be tough to be kind.



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.



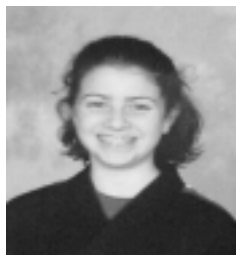


Kids Zone

Martial Arts Success Stories

Personal Profile

By Julia Fournier, Age 12



What Karate Means to Me

It means having a positive attitude toward yourself and others; developing self-esteem, confidence, and making the right decisions. Karate can be put in many words, but I would say it is meant to be a way a life. When I say it helps you have a positive attitude I mean it helps you not make a fool out of yourself.

When you have a positive attitude other people want to be with you

and when you have a negative attitude it just rubs off people so they'll have a negative attitude too.

I learned how to treat others the way I want to be treated from martial arts. I think karate is the most motivational thing anybody could do. From just being a kid with no confidence I grew to become a kid with confidence and best of all self-esteem.

When are striving to reach your goals and you think your not going to earn your way to that goal you still have the motivation to keep going. When I was testing for my black belt even though it was really hard I kept going and didn't give up. I would say that karate has done all these things for me and that I am who I believe I can be.

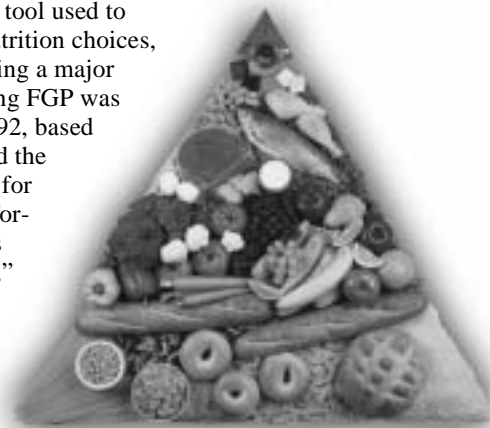
Julia is a student at Fournier's Olympic Karate Centers. Drew Crumb is a student at Duane Brummit's Tri Star Martial Arts Academy.

HealthKick:

A New Food Guide Pyramid?

By Jennifer G. Galea MS RD

The Food Guide Pyramid (FGP), that familiar tool used to guide our nutrition choices, is currently undergoing a major overhaul. The existing FGP was first published in 1992, based on a document called the "Dietary Guidelines for Americans." The information in the FGP is nutritionally "sound," but somewhat outdated.



Martial artists are a diversified group with various nutritional needs. The new FGP will be especially important to martial artists, because the "typical" student can be male or female ages 3 to 80.

So what are the major revisions being made to the FGP? First is an expansion of the "food intake patterns" in the accompanying "consumer booklet." The current guidelines offer only 3-calorie levels, but the new one will have 12, to better represent differences in requirements based on gender, age, and activity level.

The second revision is in the representation of the quantity of foods to consume. The current "serving" is confusing to many people, leading to over-eating. Since obesity is epidemic, an objective is to make the new FGP the best possible tool not only to assist us in making appropriate food choices, but also to balance our energy expenditure with our food intake. This is crucial in maintaining appropriate weight and performance for martial artists.

Finally, it may shift the emphasis of certain food groups over others, based on new research. One anticipated example is an emphasis on more fruits and vegetables over whole grains. There is likely to be a recommendation for increased consumption of dark green vegetables, legumes, oil, and soft margarines (as substitutes for solid fats) to increase consumption of dietary Vitamin E.

And of course, the guidelines are going to increase the amount of recommended exercise!

We don't have to wait to make changes in our diets. We can balance our food intake with our activity level, watch the size of our food portions and exercise daily. We can eat from all food groups, especially the fruits and vegetables group and cut out unhealthy fats and added sugars. We can get the benefits of the new Food Guide Pyramid right now.

Profile
personal

Kickin' Kids kornor

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. C _ _ E _ _ C _ _ _ T

8. T _ _ R _ _

2. F R _ _ _ T

9. F _ _ Y

3. H _ _ O _ _

10. G _ _ _ B

4. _ _ A C _ _

5. R _ _ _ N _ _ - H _ _ U _ _

Bonus: S C _ _ _ S _ R

6. _ _ X _ _

7. S _ _ _ E

Answers: 1. Crescent 2. From 3. Hook 4. Back 5. Round-house 6. Axe 7. Side 8. Turn 9. Fly 10. Grab Bonus: Scissor



FULL CONTACT



INFORMATION FOR THE FRIENDS & FAMILIES OF
LIFEFORCE KARATE & FITNESS

THINK!

Mack and his friend are hanging out after school. It's a warm spring afternoon, so they decide to walk over to the park and mess around there for a while. They spend some time chasing each other on the play ground equipment. After a half hour of running, the boys flop down on the grass under a shady tree for a rest.

Mack picks up a twig to twirl when he suddenly notices a five-dollar bill at the base of the tree. He points out the money to his friend. Just as Mack is about to jump up and get the money, his friend beats him to it and claims

ownership. Mack is stunned. He saw the five-dollar bill first, but his friend insists that the money is his. Now what should Mack do?

- a) Not say anything and let his friend have the money?
- b) Keep his cool and suggest that he and his friend split the money?
- c) Insist that the money is his because he saw it first?
- d) Argue for a while and then go home mad, vowing never to play with that friend again?
- e) Challenge his friend to a fight -- winner takes all?

For help knowing what Mack should do, read Proverbs 13:2.

LEADERSHIP

We are looking for a few good students for our leadership program. Our Leadership Program is designed to help students gain greater success in all areas of their lives--making seemingly impossible dreams a reality. This program is based on the National Association of Professional Martial Arts *Guidance On Leadership Program* and Mr. Purvis' 30 years of experience in the martial arts.

The Leadership Program has virtually no restrictions for age, rank or physical ability. Whether the student is in elementary school or an officer for a Fortune 500 company, leaders (like martial arts instructors) are selected based on personal merit. Leaders are not born, they are created -- created with physical, mental and philosophical experiences and lessons such as those provided in our Leadership Program.

The key to success in our program is your personal conviction and commitment to become a role model: which ultimately defines you as a classy human being, a fine martial artist and a true leader.

Mr. Purvis and the instructors are now looking for students ready to begin this level of training. If we believe you are ready for this level of training, you will receive an invitation.

UPCOMING EVENTS

March 06 -- American Open - Danville, VA - 10:00 a.m.

March 13 -- Open Saturday - Studio - 11:00 a.m.

March 13 -- Sword Seminar Four - 1:30 p.m.

Studio - Past participants only.

**March 19-20 -- Great Southeast Championships
Spartanburg, SC - Waccamaw Expo**

March 19 -- Open Saturday - 11 a.m.

March 27 -- Rank Test - Studio - Times will vary.

March 27 -- Spring Open - 9:00 a.m.

Fayetteville, NC - Holiday Inn Bordeaux

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

LIFELINE...

*Don't measure yourself by what you have accomplished,
but by what you should have accomplished with your ability.*

--John Wooden

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

PLACE
STAMP
HERE



Special Delivery



Is Your Child Fit for Life?

A ccording to recent studies, many of today's kids are spending way too much time "glued to the tube" and "surfing the net". As a result, they are not getting the exercise they need to stay healthy and fit.

Parents: Why not make sure your child stays in shape with our "Fit for Life" martial arts program?

Our specialized curriculum teaches kids valuable self-protection skills and builds confidence like no other activity. Plus, every class we teach provides a safe, fun, high-energy workout that motivates children to reach new levels of mental and physical performance.

So parents, give your child the edge. Try our special "Fit for Life" martial arts program today!

Call now for a FREE no-obligation class!

MEMBER: National Association of Professional Martial Artists