



Kickin'

Published Monthly for the Friends and Family of this NAPMA School

Hey Kids, Why Are There So Many Rules?

by Joseph. Galea

I imagine if you woke up one morning and there were absolutely no rules to follow. What would life be like if you could sleep until 11:00 am and skip school? Imagine if you could drive a car anywhere you wanted without needing a driver's license. What if you could eat your favorite snack food as your dinner? How about going to bed anytime you wanted? Although living with no rules might initially be appealing, life without rules would be very detrimental to your life. No school means no education. No minimum driving age results in more traffic accidents. Not eating well-balanced meals keeps you from being physically fit, strong and ultimately healthy. Ignoring sensible bedtimes deprives your body of much rest needed to restore your energy. Rules are actually essential to our overall well-being as individuals and as a society.

At our school, we have rules that we ask our students and parents to follow. Some rules are simple, such as coming to class prepared and on time. This allows classes to start punctually and therefore to be a benefit to all students. Students should arrive in proper clothing that is neat and clean. This shows respect for your school and for yourself. There should be no disruptive talking while classes are in session. This allows students to properly focus their attention on their training.

These basic

rules teach responsibility, respect, and courtesy for others. The rules are put in place for your benefit as well as the benefit of our school as a group. As students of the martial arts, it is important to embrace all school rules and allow them to guide you to becoming better martial artists.



It's true that martial arts schools tend to be more strict than many other places or activities you may attend. But this is also why martial arts training has earned a positive reputation for helping children to develop better self-discipline. It is our goal that all students can take the rules of our school and apply them to their everyday lives at home, at their scholastic school, and eventually at their careers. So the next time you read or hear a rule, policy, or regulation, ask yourself how this will make you a better person and make the rule your own?u

action principles

Cause Change

The status quo may be comforting, but for there to be growth, there must be change. Since you seek growth, you must seek change. You must see yourself and your environment not only as it is, but also as it could and should be. You seek the changes necessary to reach the better you so that you can play your part in making a better world. First, you change yourself. Can you change your day and spend more time with your family? Can you change your standard lunch routine and take a walk? Can you change your drive home and stop at a nursing home for twenty minutes and see someone who may have few visitors? Can you change your office habits and find the time to make five more phone calls? What are the possible consequences of not changing? Realize that many people don't make plans because they don't want to risk any change. Doing little with your life is much easier and safer than taking risks, but then you will be a small person. Instead, seek the changes, which will allow you to be all that you can be.



Bill FitzPatrick is a 5th-degree black belt, holds a Master's Degree in Education and runs the nonprofit American Success Insti-



Kids Zone

Martial Arts Success Stories

The Martial Arts is my Life
By Peter Evans, Age 13



Mum enrolled me in the martial arts 7 years ago so I could defend myself! Now I realize just how much more I have gained from my training. My focus has improved not only during training but also at school. I recently received a class excellence award which proved to me that I was concentrating more at school too. I have already reached many

of my goals. I am a proud Junior Black Belt, a member of the Leadership Team, Demonstration Team and a Class Assistant. Having the opportunity to help teach other junior students is rewarding for me and I love giving back some of my knowledge. I hope my dream to become an instructor becomes reality one day.

I train 3 times a week and have a study timetable to make sure I keep up with my school work. I find myself practicing often, physically and also going through moves in my mind. My training is great and also hard work!

I love my training so much - it's my main passion. My little brother is following in my footsteps and because we practice together we get along well with each other. He is beginning to feel how I feel about training in the martial arts.

My training gives me confidence and I feel I can handle life's challenges. I've tried most sports and the martial arts gives me all that I need.

Peter Evans is a student at Jonathon & Alyson Hourigan's Defence Fit (Australia)

Tips for Making "Easy Meals Healthy:

By Jennifer G. Galea MS RD

Probably all of us would love to eat healthy home-cooked foods for every meal every day. But who has the time to eat such meals, let alone prepare them each day? Many of us rely on prepared foods, take-out, or dining out. Here are a few suggestions for improving the healthfulness of "easy" meals, based on recommendations from the American Institute for Cancer Research.



Perking up Prepared Foods

- Add a single serving can of tuna and chopped veggies to pasta salad purchased from the grocery store deli counter. (Make sure the pasta salad has a "light" dressing on it.)
- Top frozen pizza (plain, no extra cheese) with lots of tomatoes, peppers, mushrooms, broccoli and onions.
- Try a breakfast of whole grain frozen waffles topped with fresh or frozen fruit, hot applesauce or low fat yogurt.
- Add raisins or other dried, chopped fruit to instant oatmeal or other hot cereal.
- Open a can of fat-free refried beans, heat in the microwave, add veggies and salsa then roll mixture in a tortilla.

Meals on the Go

- Read the entire menu. There may be delicious "lite" or "healthy choice" selections that you may not see if you don't take the time to review all your options.
- Try something new. Ethiopian, Indian, Thai, Lebanese, Japanese, and many other cuisines offer a wide variety of healthy menu items.
- Ask for extra veggies.
- Split two entrees with a friend. You will get more variety and nutritional value in your meal, without ordering additional food.
- Order a healthy appetizer or bowl of soup (not cream based) as a main course and round out your meal with a garden salad with low fat dressing with grilled chicken on it.

You can eat healthfully while eating "easy," it just takes a little bit more thought than choosing what sounds the tastiest to you at the time. Focus on cutting down on the fat and increasing the veggies while trying to maintain variety, and everything will fall into place.

personal Profile

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!!!

S _ R _ N G	A _ S I _ T A _ T
L _ N G _ A _ E	R U _ E S
S T _ D _ N T	R _ P U _ A T _ O N
D I _ C I _ L I _ E	E D _ C _ T _ _ N
D E _ O _ S T R _ T _ _ N	
L _ A D _ R _ H I _	
Bonus Word: A _ R I _ - F _ O L _	



FULL CONTACT



INFORMATION FOR THE FRIENDS & FAMILIES OF
LIFEFORCE KARATE & FITNESS

THINK!

On a beautiful spring afternoon Jessie decides to go for a bike ride. She calls up her friend, and they decide to meet at the park and ride along the bike trail by the river. Jessie tells her mom and dad her plans for the afternoon, and off she goes.

To get to the park from her house, Jessie has to cross a busy street. There's a traffic light and crosswalk, so it's not too dangerous if you pay attention. As Jessie approaches the intersection, she sees a car speed through just as the light turns

red. There's a terrific crash as the speeding car plows into another car making a turn. Jessie watches in horror as shards of glass fly through the air. What should Jessie do now?

- a) Say, "How Cool!" and wait for the explosion?
- b) Ride to the nearest house and call for help?
- c) Ride away quickly?
- d) Get her friend at the park so she can see the excitement?
- e) Ride home, run to her room and lock the door to stay safe?

For help knowing what to do, read James 4:17.

FIGHTER GROUP NEWS

Six members of the Fighter Group competition team competed in the Great Southeast Championships, March 14-15, 2003 in Spartanburg, South Carolina.

Latrille Adams placed 3rd in Sparring; **Stephanie Adams** placed 1st in weapons, 4th in Forms, and was a Sparring finalist; **Allyson Ayers** placed 2nd in Weapons, 5th in Forms, and was a Sparring finalist; **Chelsa Gower** placed 4th in Sparring, and 6th in Forms; **Jay Gower** placed 4th in weapons, 5th in forms, and was a Sparring finalist; and **Derek Rast** placed 3rd in Weapons, 5th in Forms, and 6th in Sparring.

"One" turned out to be a cool number for Stephanie. She earned 1st place in weapons at her 1st major tournament. Way to go Stephanie!

UPCOMING EVENTS

April 04 -- Beach Battle - Myrtle Beach, SC

April 05 -- Beach Battle - Myrtle Beach, SC

April 12 -- Open Saturday - 11 a.m.

Parent's Coaching Class 10:30 a.m.

April 26 -- Rank Test (By invitation only. Times will vary).

Fellowship of Christian Martial Artists - 3 p.m.

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

LIFELINE...

Success is to be measured not so much by the position that one has reached in life as by the obstacles one has overcome while trying to succeed.

--Booker T. Washington (1856-1915)

Educator



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