



Kickin'

Published Monthly for the Friends and Family of this NAPMA School

Why Kids Want to Train in Martial Arts

by Joseph. Galea

You might think that kids want to learn martial arts because of the latest Jackie Chan movie they've seen. Or perhaps you saw them watching an old time favorite like the Karate Kid or a Bruce Lee flick. I believe, however, that children of the new millennium are more sophisticated than those from the 80's and 90's. Today's kids want to train for many of the same reasons that their parents want them to train... to develop discipline, confidence, focus, patience, self-control and respect.

The environment that children face today is very different from what the last generation experienced only 15 years ago, and likewise that period was different from 15 years prior, and so on. These environmental changes have created a trend where children are forced to mature faster, take on more responsibility, and to make adult-like decisions years earlier than in previous generations. It is easy to see why martial arts benefits, such as self-discipline and personal confidence are appealing to the modern child. Children want structure in their lives; it gives them a feeling of self-control and security.

The martial arts have made an important shift over the past 20 years, from a recreational activity to one of real necessity for our children. You don't need to look further than this publication to understand their needs and how ongoing martial arts training will impact their life.

And let's not underestimate the essence of martial arts



training, self defense. While it isn't the primary benefit children and parents are seeking, the ability to defend and protect oneself from physical harm is critical to the development of the character-building benefits of martial arts training. According to Dr. Abraham Maslow, a renowned psychologist, people have five levels of needs. He says that we must satisfy the lower levels before we can move on to achieve higher level needs. Following Maslow's theory, we need to feel secure and protected from the outside world before our mind can concentrate on reaching higher needs, such as self-actualization, prosperity, success, self-respect, and self-fulfillment. In this way, the martial arts helps us move beyond Maslow's level 2, "Safety and Security Needs." The martial arts provide our young people with self-defense knowledge, which enables them to concentrate on academics without added distractions and anxiety stemming from insecurity.

action principles

Act as You Feel

When you feel in the mood to do something, this is the best time to do it.

If you feel happy, smile.

If you feel daring, act.

If you receive good service, compliment.

If you feel energetic, do something positive.

If you know a good joke, tell it.

If you feel generous, give.

If you are interested in becoming wealthy, save and invest.

If someone needs help, lend them your strong hands or soft voice.

If you give your word, keep it.

If you want to make things better, vote.

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

Martial Arts Success Stories

Personal Profile

By Peter Paidoussis, Age 12



The martial arts are a very important part of my life. As a little boy, I had always dreamed of being in the martial arts. I had asked my father to take me to different dojos to see what the martial arts were like.

I have been training now for more than two years. Before I joined the martial arts, my schoolwork was never done well. I was always misbehaving in class, not doing my homework, and always getting into trouble at home. Now I am excelling in all my classes and my teachers have noticed a big difference.

Since I have been training in the martial arts for so long, I have been growing faster and becoming stronger. I am dedicating my life to the martial arts because of what it has to offer, and what I can give back to it.

Peter Paidoussis is a student at Robert Waltzer's Aikido School of Self Defense.

personal Profile

Kickin' Kids korner

Welcome to Kickin' Kids, the mind-boggling, brain-teasing section of Kid's Zone. If you score: 18 or more, you are a Grandmaster; 15-to-17, a Master; 13-to-15, an Advanced Student; 11-to-12, an Intermediate Student; 10-to-11, a Beginner Student; 8-to-9, do 10 sit-ups; 7 or less, do 10 push-ups and 10 sit-ups. Guess the Bonus and add +1 to your score. Good luck!

Jackie Chan is one of today's hottest martial arts action stars. How well do you know the name of the movies he appeared in? Write "YES" next to each Jackie Chan Movie. Score 1 point for each correct "YES" you provide and subtract 1 point for each incorrect "YES." Hint: Read Carefully!

- | | |
|----------------------------|--------------------------------|
| 1. ___ Shanghai Express | ___ Rush Hour |
| 2. ___ Heart of Dragon | 13. ___ Twin Dragons |
| 3. ___ Strike One | 14. ___ Dragon Slayer |
| 4. ___ Operation Condor | 15. ___ The Tuxedo Man |
| 5. ___ Rumble in Manhattan | 16. ___ Mr. Nice Guy |
| 6. ___ Shanghai Knights | 17. ___ The Accidental Tourist |
| 7. ___ The Medallion | 18. ___ The Accidental Spy |
| 8. ___ Drunken Grandmaster | 19. ___ My Lucky Stars |
| 9. ___ City Hunter | 20. ___ Old Master |
| 10. ___ Cannonball Run | |
| 11. ___ Dragon Punch | Bonus: ___ The Big Boss |

Answers: Yes - 2,4,6,7,9,10,12,13,16,18,19 & Bonus (also known as Fists of Fury)

HealthKick:

Sleep - A Vital Nutrient for Your Martial Arts Training

By Jennifer G. Galea

Sleep is crucial to healthy body functioning. But in today's fast paced world are we obtaining adequate sleep? How much sleep is adequate sleep?



I use the word "obtain" purposefully when referring to sleep. Adequate sleep is a goal to be achieved, like all other health-related goals. We work to "get in shape," perfect a technique, ingest adequate nutrition, and achieve overall health. Adequate sleep is another vital component of every martial artist's training, both physical and mental.

It is obvious to most of us that sleep is required to reach our physical goals. We need sleep to rest and repair our bodies, including our brains. Sleep actually increases the function of the immune system. This is why we should be sure to obtain adequate sleep when fighting off a cold, flu, or other infection. Of course, it's advisable to regularly obtain adequate sleep so that we can decrease the likelihood of the onset of such infections!

The brain requires sleep, the same as the rest of the body, for physiological processes that rejuvenate it. For the brain this means restoring neurons, replenishing neurotransmitters, increasing production of brain proteins and some hormones. This also includes the hormones controlling growth. Children need even more sleep than adults, and this sleep is crucial for adequate growth. Sleep may also affect the brain's efficiency at controlling energy balance.

In addition to these "physiological" needs for sleep, the brain requires sleep for a number of other vital tasks. Adequate sleep increases our ability to learn, as well as our ability to process what we have learned and retain it. This applies to both "mental" learning as well as "physical" learning (techniques). Furthermore, sleep not only increases memory, but also "deletes" unneeded memories.

So how much sleep is enough? Generally, 7-8 hours of sleep per 24 hours is recommended for normal, healthy adults. According to researchers, increased exercise does not increase the amount of sleep needed. However, every person is unique and an individual's need may vary from the "norm," as well as from day to day. You may be "OK" with only six hours of sleep, but be sure not to sacrifice this vital component of your health. You will enjoy your body and your health much more if you "work at" obtaining the optimal amount of this "nutrient."



FULL CONTACT



INFORMATION FOR THE FRIENDS & FAMILIES OF
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THINK!

Marcus has an English teacher who is known for springing pop quizzes. Everyone knows this but some of his classmates don't take it seriously. So far, they haven't had one pop quiz. To be safe, Marcus reviews the day's English lesson each night.

When Mrs. Wagner announces a pop quiz today in class, Marcus smiles to himself. He is ready. Some of his classmates look nervous and a few desperately leaf through their textbooks, as if they can glean the knowledge they need to pass the quiz in thirty seconds or less.

As Mrs. Wagner hands out the quizzes, Marcus notices his friend across the aisle trying to get his attention. Roger drops

his pencil and leans towards Marcus. "Hey," he whispers. "Can you help me out? Can I look at your paper for the answers? I can't fail this quiz." What do you think Marcus should do?

A) Answer in a loud voice, "No, that would be cheating?"

B) Move his paper to the edge of the desk so Roger can get a good look?

C) Politely whisper "No," and hide his answers?

D) Write down all the wrong answers to teach Roger a lesson?

E) Pretend he can't hear Roger and ignore him?

For help knowing what Marcus should do, read Proverbs 8:1-8.

Things We Can Learn From a Dog

Wisdom comes from many sources. Here's one source you probably never considered before today.

- Never pass up an opportunity to go for a ride.
- Allow the experience of fresh air and the wind in your face to be pure ecstasy.
- When loved ones come home, always run to greet them.
- When it's in your best interest, practice obedience.
- Let others know when they've invaded your territory.
- Run, romp, and play daily.
- Eat with gusto and enthusiasm.
- Be loyal.
- Never pretend to be something you're not.
- If what you want lies buried, dig until you find it.
- When someone else is having a bad day, be silent, sit close by and nuzzle them gently.
- Avoid biting when a simple growl will do.
- On hot days, drink lots of water and lay under a shady tree.
- When you're happy, dance around and wag your entire body.
- No matter how often you're scolded, don't buy into the guilt thing and pout. Run right back and make friends.
- Delight in the simple joy of a long walk.

UPCOMING EVENTS

- April 2-3 -- Beach Battle - Myrtle Beach SC - 5:00 p.m.**
- April 2 -- Martial Arts Expo - Tri-City Leisure Center - 7:00 p.m.**
- April 2 -- Studio Closed!!**
- April 16 -- Southeast Middle School Demo - 2:00 p.m.**
- April 17 -- Open Saturday**

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

LIFELINE...

*To acquire knowledge, one must study;
but to acquire wisdom, one must observe.*

--Marilyn vos Savant

Lifeforce Karate & Fitness
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Would you like to become a more powerful person? Once you start learning martial arts, you'll become powerful in ways you've never imagined.

Naturally, our martial arts classes will increase your physical strength, teach you practical self-defense skills and give you plenty of extra energy. But wait until you see how much we'll strengthen your mind.

Our unique curriculum will teach you how to focus like a laser. We'll coach you into higher levels of confidence, self-discipline, and courage. Plus, we'll rocket your attitude to the next level and beyond. But best of all, our students see results FAST!

So if you're ready to make your mind, body and spirit more powerful than ever - call now and ask for a FREE no-obligation trial class!

MEMBER: National Association of Professional Martial Artists