



Kickin'

Published Monthly for the Friends and Family of this NAPMA School

Open Your Mind and You Will Be Open to More Opportunities

by Joseph Galea

You may feel as though you know it all. You may feel as though others have nothing to teach you. You may even believe that a good education alone will take you where you want to go. The reality is that there is always more to learn.

Even college graduates do not “know it all;” wisdom is not wrapped in a diploma. People gain wisdom by living, not simply by studying. In fact, many successful people will state that it was not their educations that lead them to their greatest achievements; it was their openness to the world and the experience of life. This does not mean that education is unimportant; rather, that it helps you make good choices as you absorb ideas from others.

Be open-minded, observe others, listen to what they say and try to find value in their ideas. Be open to the fact that everyone’s ideas are worthy of consideration. You can learn valuable lessons from even the least likely people!

The world is full of opportunity, if your eyes and mind are open. Many people don’t like change; however, so they will pass on a good opportunity to avoid change. Closing your mind in this manner is apt to stop you from achieving your goals. By opening your mind to change, you open more doors.

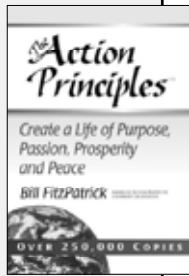
Read books and magazines, scan the Internet and seek out new ways to learn. Watch educational shows and motivational movies and listen to audiotapes. Take extra classes, attend seminars and workshops and participate in extra-curricular activities. The more you seek, the more you will find. When you open your mind; you maximize your growth.

“Experience happens when you’ve made that mistake” is a good philosophy to adopt for yourself. In other words, until you (or anyone) make a mistake, how exactly do you learn how to avoid the same error in the future? The answer: Open your mind and listen to the ideas and suggestions of others. You should be able to learn from their experiences to help you improve your life: family, friends, work, etc. Don’t limit yourself by ignoring others; liberate yourself by listening. 🦋

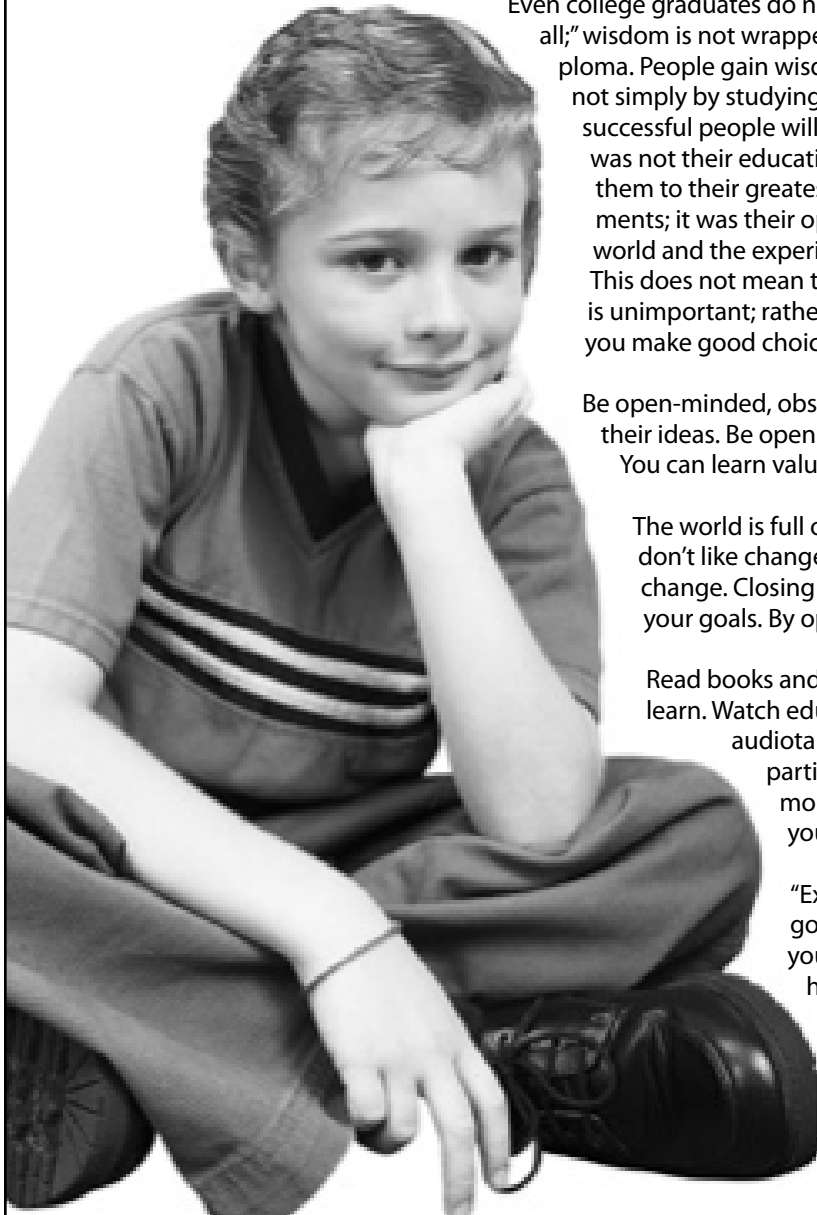
action principles

Look in the Mirror

Look at yourself as your family, friends, fellow students, teachers and the general public may be seeing you. Endeavor to like and admire what you and they see. You can’t honestly judge others if you can’t honestly judge yourself.



Bill FitzPatrick is a 5th-degree Black Belt, holds a Master’s Degree in Education and runs the non-profit American Success Institute at: www.mastersuccess.com.



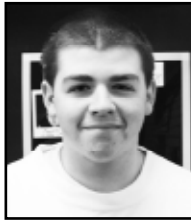


Kids Zone

Martial Arts Success Stories

Personal Profile

By Anthony Fulginit, Age 16



To me, martial arts is more than a word or a sport; it's a way of life. Martial arts has made me think of everything with a different perspective, and also the way I view myself. I feel the martial arts has made me a better person, physically and mentally.

Most importantly, it gave me respect for myself and for others. For me, martial arts is like building blocks that never end. It keeps me alert and aware of my environment. It has also improved me, physically. I have more stamina, and I've also become more responsive and agile.

I try to set goals for myself to become an even better martial artist and person. Then I rate them on a scale of 1 to 10 and try my hardest and push myself to achieve them. Martial arts has now become a part of me and what I am. I am proud and honored to call myself a martial artist.

Anthony Fulginit is a student at John McGonigle & Johanna Grassia's Martial Arts Lifestyle Center.

personalProfiles

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.

Martial Arts Word Create: Here's how it works. Use all the letters in the words B-L-A-C-K-B-E-L-T to create as many new words as you're able. Words that count towards your score must consist of three letters or more. Each word is worth one-half point. You are allowed to use each letter only once in each new word. BONUS: Give yourself a full point for any word created using at least five letters! Example: MARTIAL ARTS creates words... SMART... RATS... TART.

YOUR WORD IS: BLACK BELT

- | | |
|----|-----|
| 1. | 10. |
| 2. | 11. |
| 3. | 12. |
| 4. | 13. |
| 5. | 14. |
| 6. | 15. |
| 7. | 16. |
| 8. | 17. |
| 9. | 18. |

Some Answers: BLAB, BELL, BET, BALL, BACK, ALL, ACT, LACK, LET, LAB, TACK, CALL, CELL, TELL, TALL
Bonus Words: TABLE, CABLE, BLEAT, CLEAT

Healthkick: Can YOU Beat the Odds and Live Longer?

By Jennifer G. Galea MS RD

For the first time, since the U.S. has been an industrialized society, there is a strong likelihood that life expectancy will actually decrease this century, according to leading researchers. This is one of the expected consequences of the worsening global obesity epidemic. It also means that, even with all the advances in medicine, you, because of your actions and decisions, are still the key factor in controlling your health and your life expectancy!

Everyone knows some of the negative health effects of being overweight: blood sugar problems (diabetes), lung and other organ problems, increased risk of certain kinds of cancer, joint problems, etc. All of these effects are directly related to your weight. A poor diet and a sedentary lifestyle are likely to have numerous other negative impacts on your health and longevity, which are in addition to their impact on your weight.



Now is the time to take control of your destiny. If you haven't already done so, start eating more healthfully. Even tiny changes are likely to make huge differences in your life. Take something as simple as the beverages you drink or the breakfast you eat. Think about how many empty calories you'll be able to eliminate simply by drinking water with a meal instead of soda, or eating a serving of whole grain cereal instead of a donut for breakfast. All those tiny changes will have a huge impact on all aspects of your health and wellbeing. Once you start making changes, you will see those changes snowball into a complete healthy lifestyle.

Physical activity is the other central component of a healthy lifestyle. The martial arts is the perfect program in the perfect environment to become and remain physically fit. To increase your longevity and to maximize the positive impacts of physical activity, you need to take a "holistic" approach to exercise. The martial arts provides that and more: physical activity personalized for your fitness level, an enjoyable and commitment-based program to ensure your continued training, and mind and body wellness instruction. Regular physical activity will also snowball into a healthful mind and body lifestyle that will help you beat the odds during this obesity epidemic.



FULL CONTACT



INFORMATION FOR THE FRIENDS & FAMILIES OF
LIFEFORCE KARATE & FITNESS

THINK!

Hunter's older brother turns sixteen tomorrow, and Hunter wants to find the perfect birthday gift. His mom offered to buy it for him, but Hunter wants to pick something out by himself. He doesn't want it to be a "kid" gift, either. He wants to get something more "mature." Hunter asked his best friend to help him look around for a gift after school today. His mom dropped the two boys off at the mall and promised to return in an hour. The boys drifted into store after store but nothing strikes Hunter as appropriate.

As the two boys browse, Hunter's friend notices a section in the back of the store. A sign reads "Adults Only." Hunter's friend nudges him toward the section. "I bet you'll find something for your brother in there." Hunter is unsure if they should go into that section, but his friend urges him on. "You said you wanted to find something your brother will really like. I bet you'll find it in here." Since no one is watching, Hunter and his friend go in. Immediately Hunter realizes that this

material is intended for adults only. What should he do?

- a) Browse along with his friend, looking for a grown-up gift?
- b) Trash the section by pulling all the dirty books, tapes and novelty items from the shelves and run from the store?
- c) Take a quick look at everything in the section as long as he is there?
- d) Tell his friend that if they don't leave now, an alarm will sound?
- e) Tell his friend they have no business being in that section and that they had better go?

Read 1 Timothy 4:12 for help in knowing how Hunter should respond in this situation.

UPCOMING EVENTS

May 07 -- Open Saturday
May 08 -- Mother's Day
May 14 -- Rank Tests [By invitation only. Times Vary]
May 28-30 -- Memorial Day Holiday [Studio Closed]

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

LIFELINE...

*To understand the heart and mind of a person,
look not at what he has already achieved,
but at what he aspires to.*

– Kahlil Gibran

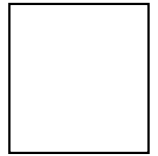
SUMMER ENROLLMENT SPECIALS!!

This year we've made it easier for parents to enroll children in a structured summer enrichment program. Our **Six-Week Summer Special Karate Classes** start when you enroll your child anytime during the month of June. Whatever week you choose will mark the beginning of your six week period.

We also offer **Full Day, Week-Long Summer Camp Sessions**. Choose a single week, up to four weeks, or any number of weeks during the month of June.

Our programs offer the flexibility you need at a price you can afford. Current students receive a discount on the full day summer camp! Call for pricing information at (803) 783-5425. This year the choice is yours. Register today!

LifeForce Karate & Fitness
7808 Garners Ferry Rd.
Columbia, SC 29209



Special Delivery



3Rs + 3Cs =
a well-rounded kid

Just as the schoolroom teaches him the 3Rs, martial arts teaches him the 3Cs: confidence, control and concentration.

Martial arts has the formula for creating happy, smiling, well-balanced and disciplined kids. Our school's curriculum is fun, but it's also physical activity and challenges that teach important life lessons. Our professional instructors teach age-appropriate skills and all activities are carefully supervised in a safe, healthy environment.

Call our school today for all the details and to schedule an appointment!

Member: National Association of Professional Martial Artists