



Kickin'

Published Monthly for the Friends and Family of this NAPMA School

A Father's Three Wishes

by Joseph. Galea

I am a Dad. I have a son turning six this month and a daughter three and a half. I don't think I am unlike most Dads out there: I love my children intensely and I want the absolute best for them. I feel a strong sense of responsibility for their character development, potential for success and their health and safety. I am very strict regarding rules, always looking toward their future. It can be as simple as saying "zip your coat and put your hat on" when the weather is cold, or as vital as rewarding them for great behavior to instill good habits. I take my job as Dad seriously. When I think of martial arts and my children, there is no choice: It's mandatory, just as there is no choice about attending school. I am thinking toward the future, knowing that martial arts gives my children an advantage.

If on Father's Day, I were granted three wishes for my children, here's what I would ask:

My first wish would be for my children to grow up with good values. I want them to be altruistic and honest and to make their decisions with these values in mind. The martial arts classroom assists in promoting these values. Between kicks and punches, there are life lessons taught, reinforcing my efforts at home.

My second wish would be for my children to develop into confident, self-assured adults. I want them to know how to set their own goals and go out and achieve them. The martial arts teaches both short and long-term goal-setting. You focus on the next "belt" but you realize that it is a small step of many to reach a larger goal.

Even black belt is not the conclusion of training but rather another step towards additional learning and development, much like life.

My third wish would be for my children to be safe. Right now this responsibility falls on the adults who care for them... their mother and me, their grandparents, teachers, babysitters, etc. But as children age, the responsibility slowly shifts to them, until they are ultimately responsible for themselves. If my children ever found themselves in a "situation," their martial arts knowledge could save their life.

I don't expect a genie to pay me a visit on Father's Day. However, I believe that the wishes I would make will be achieved anyway.

Like most dads, I am always looking to the future, and I never want to hear myself say, "If my kids had taken martial arts; maybe things would have been different."



action principles

Learn

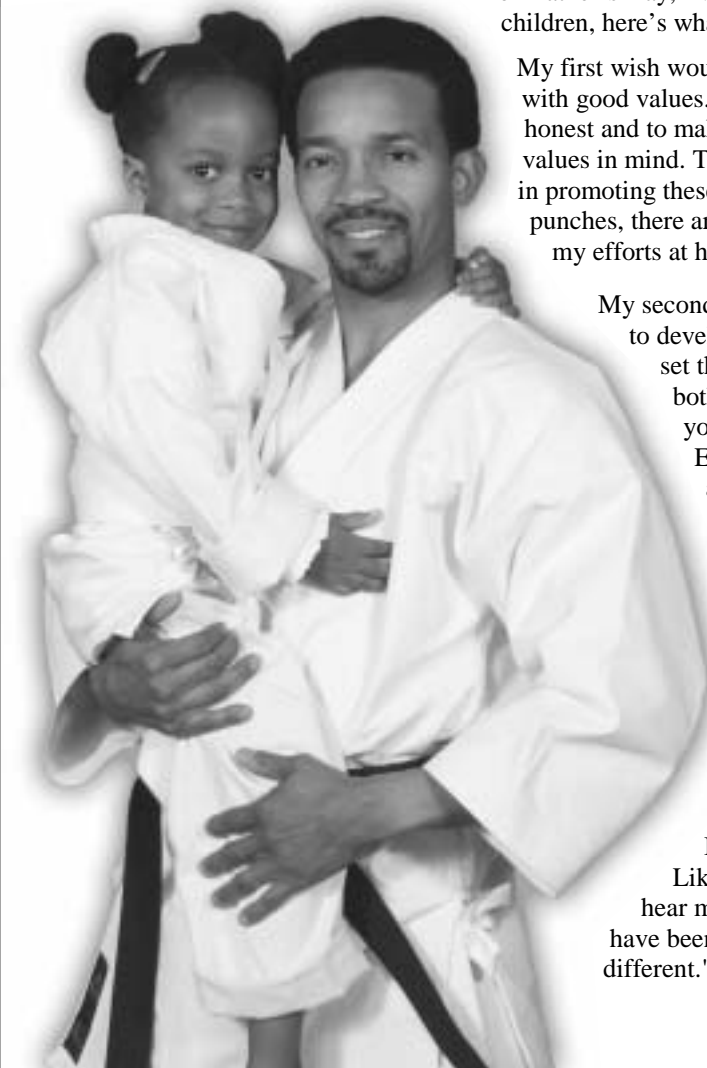
There is always more to learn. Your employees, family, friends and even your competitors may all have suggestions that you can put to profitable use.

Be open-minded. Observe, read and listen. Be open to the fact that lots of people are going to have ideas worthy of your consideration. Welcome them. Incorporate the better ideas into your business and personal dealings.

Find new ideas in books, magazines, videos, audiotapes, newsletters and on the Internet. Find new ideas at conventions, seminars, lectures and by taking evening courses. Seek new experiences and adventures. He who dares...wins.

We must guard against being unchangeable or apathetic.

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 Joshua Taylor, Age 18



"Son, I met a black belt at church today," dad said casually. Little did he know that the teacher he just met would change my life. I gingerly began training and soon fell in love with the art. Years passed, the school grew, and so did I. Nevertheless, the spirit remained the same. I'm still a tiny kid in a brand new world. My interest

blossomed into a way of life, and soon I began to apply all that I learned about effort, discipline and self-control. With a martial arts lifestyle I've achieved success in school, proficiency from training, and the best group of friends anyone could ever ask for. Now, nine years later, I wish I could say all I feel in 150 words. In reality, the only way I could ever do my teachers justice, is live my life in a manner which would make them proud. I humbly implore all who read this: Learn all you can, teach all who will listen, and be proud to call yourselves martial artists.

Joshua Taylor is a student at Villari's Self Defense and Fitness owned by James & Vicki Schulenburg

personal Profile

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. Guess the Bonus and add +1 to your score. Good luck!

Take this quiz with Dad and see how you do!

1. The sentence "The quick brown fox jumps over the lazy dog" is unique because...
2. What do the words 'racecar' and 'kayak' have in common?
3. How many ways are there to make change of a dollar?
4. There are only four words in the English language which end in "dous." What are they?
5. Which character is missing from the Flintstones Chewable Vitamins?
6. What is the longest word you can make using the top row of a typewriter or keyboard?
7. Who invented the scissors?
8. In the last 4,000 years, how many new animals has man domesticated: 3; 0; 1; 37?
9. When someone says, "I'll be there in a 'jiffy,'" how long should you wait for them to show up?
10. Only one English word ends in the letters "mt," what is the word?

Bonus: If the population of China walked past you, in single file, how long would you have to wait until the line came to an end?

Answers: 1. It uses every letter of the alphabet. 2. They are palindromes; they are the same read left to right or right to left. 3. 293. 4. tremendous, horrendous, stupendous, and hazardous. 5. There's no Betty Rubble. 6. typewriter. 7. Leonardo Da Vinci. 8. none. 9. A 'jiffy' is an actual unit of time; it equals 1/100th of a second! 10. Dreamt. **Bonus:** Eternity.

HealthKick:

Beware of Low-Carb Claims

By Jennifer G. Galea MS RD



What do low carbohydrate claims, such as "carb smart," "carb aware," "carb countdown," "carb fit," and "carb sense," actually mean? In a word: nothing.

You shouldn't see the actual term "low carb" on any food labels, since that term has not been defined by the Food and Drug Administration (FDA). Such health-related claims must be defined by the FDA before they can be used on labels. Instead, many manufacturers are using other terms to imply lower carbs without actually saying it, and without having to back up their claims. In contrast, if a product claims to be "reduced-fat" or "reduced-calorie," the statement needs to be supported by a comparison to the "regular" product, right there on the label.

A bizarre term being used is "net carbs." Manufacturers arrive at this number by subtracting sugar alcohols, fiber, and other carbohydrates that they say have "minimal impact on blood sugar." But can they prove their claim with any research proving the impact of their product on blood sugar? And is blood sugar the only thing we care about when evaluating the carbohydrate content of a food?

Effect on blood sugar is definitely NOT the only thing we are concerned with when evaluating a food product. As with any food product in a diet, we need to evaluate the entire composition of the diet and compare that to the body's nutrient needs. Always look for "real" foods that pack the most nutrition into the fewest calories. Focus on the type of carbs you are eating, such as whole grains, fruits and vegetables, rather than on the absolute number of grams. Limit added sugars. Avoid saturated fats and trans fatty acids. And always incorporate exercise into your healthy lifestyle.

Just because your carbohydrate intake is low doesn't mean that you will lose weight, or that your body fat will be low. "Low carb" foods (no matter what the label may claim) aren't "free" foods, or even necessarily healthy foods!



FULL CONTACT



INFORMATION FOR THE FRIENDS & FAMILIES OF
LIFEFORCE KARATE & FITNESS

THINK!

Colin is riding his bike home from his piano lesson. As he rounds the corner by the school, he sees a group of kids standing around the back of the school. He notices one of the kids has something in his hands that looks like a can of spray paint. As Colin gets closer, he sees some graffiti spray painted onto the school wall. The kids move away as Colin passes by, but Colin sees one boy quickly hide something behind his back. What should Colin do?

- a) Get his own spray paint and join the group?
- b) Tell his parents, who call the police?
- c) Ride away and do nothing?
- d) Ride up to the kids and point out a misspelled word?
- e) Yell "Police!" so the kids will scatter?

For help in knowing what Colin should do, read Ephesians 5:11.

Sizzlin' Summer Camp 2004

Come join us for a week (or two) of fun at our *Sizzlin' Summer Camp*. We offer popular physical activities like martial arts and gymnastics. Plus, kids will also participate in character building exercises and field trips to cool places! We offer 2 one-week sessions for children 7-13 years of age (no experience required).

Week 1 - Monday June 14 through Friday June 18, from 8:30 a.m. to 4:30 p.m.

Week 2 - Monday June 21 through Friday June 25, from 8:30 a.m. to 4:30 p.m.

Sign Up for Summer Camp Today!

Regular registration for Week 1 of Summer Camp ends Monday, June 7th; Week 2 ends Monday, June 14th. Fees go up for late registration so don't hesitate, register today!

UPCOMING EVENTS

- June 9-10 -- Bring A Friend Day
- June 19 -- Open Saturday
- June 14-18 -- Sizzlin' Summer Camp - Week 1
- June 20 -- Father's Day
- June 21-25 -- Sizzlin' Summer Camp - Week 2
- June 26 -- The Rumble, Apex, NC

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

MEMORY MINDER

Lifeforce T-Shirts (shirts with the Lifeforce Logo) may be worn during the summer months of June, July & August. T-Shirts must not be torn, spotted, stretched or excessively faded. Please "retire" old, worn-out T's.

LIFELINE...

"Ever since I was a child I have had this instinctive urge for expansion and growth. To me, the function and duty of a quality human being is the sincere and honest development of one's potential."

Bruce Lee (1940 - 1973) US martial arts expert, actor

Fighter Group Members Exhibit Winning Attitudes at Battle of the Carolinas

Latrille Adams, Stephanie Adams, Evan Dyson, and Billee Purvis competed in the Battle of the Carolinas in Charlotte last month. Each received an Olympic style medal.

Lifeforce Karate & Fitness
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Columbia, SC 29209

PLACE
STAMP
HERE



Special Delivery

Give Dad a Gift That Will Positively Change His Life!

This Father's Day, rather than giving dad a tie, shirt, or pair of socks that he'll soon forget, why not give him a gift that has the power to positively change his life...like martial arts?

If your dad wants to become:

- Physically Fit
- More Energetic
- Less-Stressed
- Skilled in Self-Defense

...then our adult martial arts program is just what the doctor ordered. Your dad will enjoy working up a sweat as he punches and kicks his way to becoming skilled in self-defense while getting rid of unhealthy stress. As he drops a few pounds and increases his fitness level, he'll gain more energy and feel great! So help dad make positive changes in his life by giving him the gift of martial arts training.

Call now and ask about our special Father's Day gift certificates and give dad the best gift of all.



MEMBER: National Association of Professional Martial Artists