



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

Many people do not recognize your true talents because they do not let their imaginations soar. The key to great talent is having a powerful imagination.

Many of the world's greatest artists began with mediocre talents. It was their consistent effort to develop, utilize and strengthen their imaginations that made them great. A great example is the White Belt who dreams of being a Black Belt.


Even those of us who don't have a powerful imagination are able to learn how to create one and put it to very beneficial use. It takes practice, however, just as anything else you want to master. The more you practice using your imagination, the more powerful it will become.

Here are a few tips to help you build a powerful imagination:

1. Think big – Envision something spectacular.
2. Make time – Set aside time each week, or better yet, each day, to create and let your imagination run wild.
3. Start to work – Write, draw, paint, train, play music; whatever your mind enjoys. Let your imagination do the rest.
4. Do not judge or criticize yourself right away – When you first begin to write, paint, play music or do whatever your heart desires, do not criticize your first results.

Just patiently let your imagination grow. Given enough time, you will naturally become better.

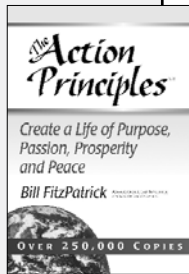
5. Pat yourself on the back – Each time you complete a poem, a piece of art, a song or whatever your imagination creates, take a moment to pat yourself on the back for allowing your imagination to soar.

Remember, great things begin with a vision. You will not find the perfect answer or create a polished "work of art" right away. If you allow your imagination the time to develop, then it will become more and more powerful. Great achievements will result from your soaring imagination, if only you take advantage of the opportunity. 

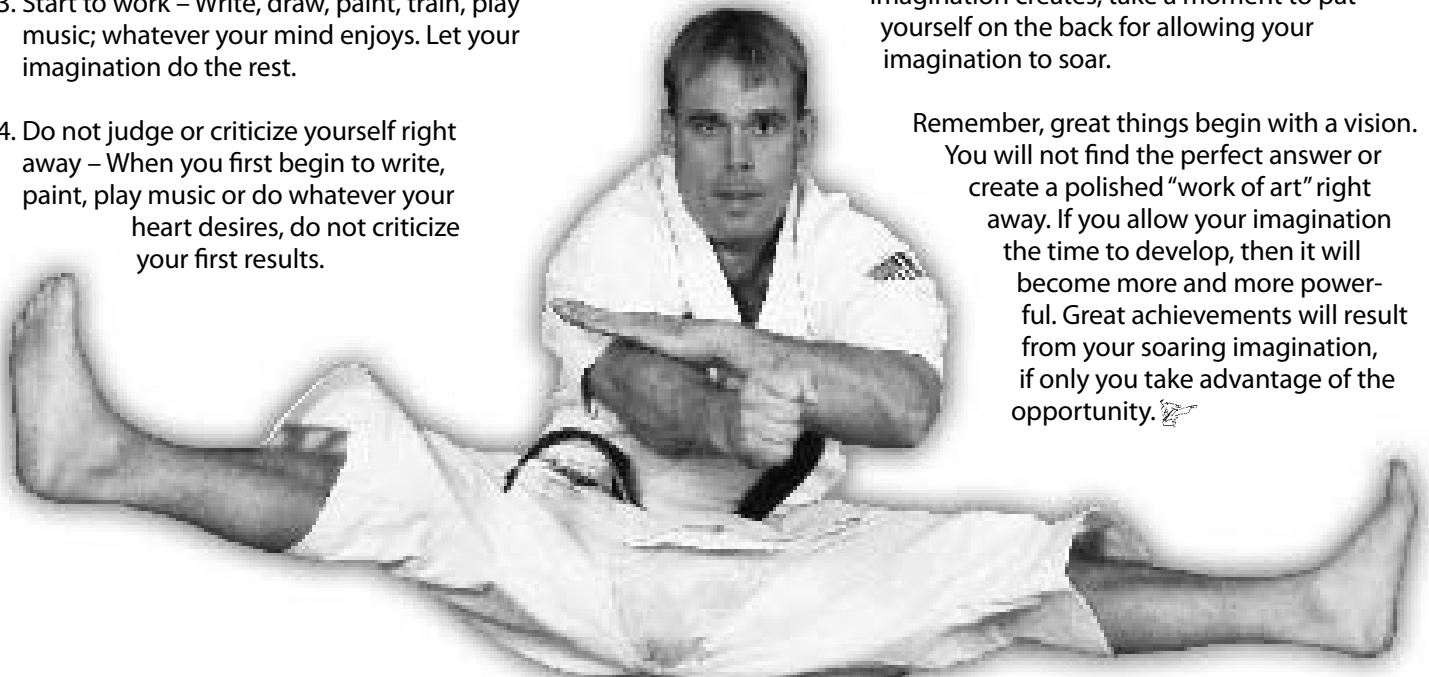
action *principles*

Rejoice in the Day

You awoke early. You did your best work. You exercised your mind and body. You were pleasant to others. You did a good deed. You took time to reflect and plan tomorrow. Take pleasure in your accomplishments.



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 Ryker Wells, Age 13

personal profiles



I have been taking martial arts instruction since I was five years old. My mother said that I needed a way to work off some energy, so she enrolled me in martial arts classes. By training in the martial arts, I have learned that actions have consequences. It has taught me self-discipline, and how to focus

and be respectful of others. Those in my life also notice the difference that martial arts has made in me. I've made many really good friends of all ages, and it has helped me to stay fit and made me understand the meaning of good sportsmanship.

My father also recognized all the benefits of martial arts training and he too started taking lessons. He is now a green belt, and we train together frequently. Martial arts has made us closer as a family.

For me, martial arts is a part of my life, not just a hobby. Martial arts training has become part of who I am.

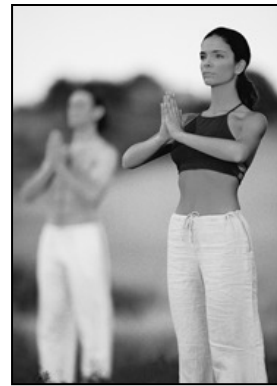
Ryker Wells is a student at United Martial Arts, owned by Brent Crisci.

Healthkick:

Dietary Guidelines for a Healthy Body

By Jennifer G. Galea MS RD

During January 2005, the U.S. government released its latest version of the "Dietary Guidelines for Americans." Issued every five years, the edition reports on and clarifies scientific evidence to help the public make healthy food and lifestyle choices. While these guidelines govern federally sponsored food and education programs, they are only suggestions to the general public. All of us should take the personal responsibility not only to read the findings, but also to integrate the suggestions into our diets and behaviors. For martial artists, good nutrition is a crucial component of body and mind training.



The first, and most important, area of dietary guidance is "encouraged foods." These are foods that research has found to be beneficial to health and, therefore, the panel has recommended that they be the foundation of a healthful diet. These foods are "real food" in our household. Whole fruits and vegetables taste great and don't need heavy sauces or additional sugar. Whole grains include whole wheat breads, brown rice, whole

grain pasta and similar foods. Low fat milk products, such as low fat yogurt and low fat milk are tastier and more nutritious when you add real fruit rather than sugary syrups. Each of these foods provides numerous health benefits, with no negative effects.

The flip side of these recommendations is the list of foods that should be avoided. According to the guidelines, you should eliminate most trans-fatty acids. These are fats that occur in partially hydrogenated oils. You should also decrease your salt consumption, most of which usually comes from packaged and prepared foods. You need to become a label reader to follow these recommendations; otherwise you could be consuming much more salt and trans-fatty acids than you realize.

The guidelines also recommend eating fewer sugary foods. A healthy diet allows for approximately eight teaspoons of sugar daily. A can of soda contains about 17 teaspoons! Also remember that many processed foods contain added sugars. (We're still waiting for this information to be displayed on labels!)

Finally, the guidelines significantly increase the amount and type of exercise recommended. To maintain health and prevent weight gain in a healthy adult, it is important to include at least 60 minutes of moderate to vigorous exercise "during most days."

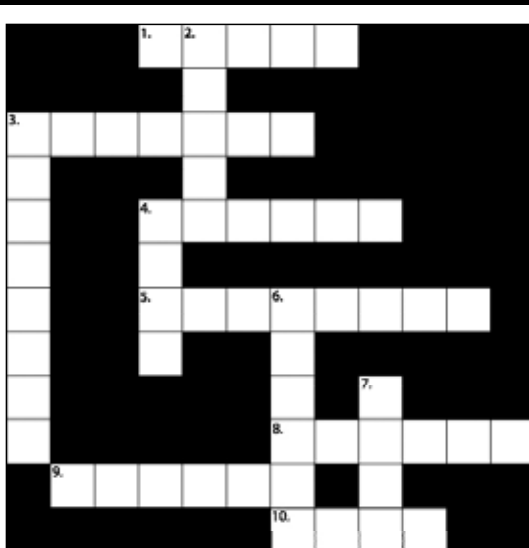
The actual report, detailing the dietary guideline recommendations, provides many valuable tools as well as comprehensive information on these and additional topics. To learn more, go to <http://www.healthierus.gov/dietaryguidelines>.

Eat healthfully, train hard and live well!

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.



DOWN

- Healthy beverage
- Contact fighting
- Japanese word for "training hall" or school
- The one was _____ spectacular performance
- Martial arts form

ACROSS

- Samurai weapon
- To improve flexibility
- Crouching tiger, hidden _____
- Brazilian martial art
- Someone who creates his own path.
- Japanese word for "teacher"
- Throwing weapon

Answers: Down - 2. Water 3. Sparring 4. Dojo 6. Jet Li's 7. Kata
Across - 1. Sword 3. Stretch 4. Dragon 5. Jiu Jitsu 8. Leader 9. Sensei 10. Star



FULL CONTACT



INFORMATION FOR THE FRIENDS & FAMILIES OF
LIFEFORCE KARATE & FITNESS

THINK!

Mark is not allowed to see PG-13 movies. On Friday, he and his friends decide to see the latest G-Rated movie at a local theater. Mark's parents give the OK and drive them to the theater. Once they get there, Mark's friends have a change of plans. They all head to the nearest PG-13 movie, leaving Mark standing in the middle of the lobby. What should Mark do?

- a) Hide in the bathroom?
- b) Politely explain that he doesn't want to see a PG-13 movie and go to the G one, whether anyone joins him or not?
- c) Go to the PG-13 movie but keep his eyes closed?
- d) Excitedly agree and lead his friends into the movie?
- e) Pretend he has a stomachache and tell his friends he has to go home?

For help in knowing what Mark should do, read Romans 12:2.

UPCOMING EVENTS

- June 10-12 -- Warrior's Weekend
- June 18 -- Open Saturday
- June 19 -- Father's Day
- June 25 -- Dynamic Breaking Seminar 2

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 instead of Karate tops during the months of June, July and August. T-Shirts must be clean and neat. Please retire very old design T-Shirts, shirts that are torn, spotted, *s t r e t c h e d* or excessively faded.

LIFELINE...

"A word of encouragement during a failure is worth more than an hour of praise after success." --Anonymous

Kids aren't the only ones who love our summer programs!!

Sizzlin' Summer Camp For Kids!

Summer can be a fun time. It can also be the perfect opportunity to jumpstart learning for the coming school year. Join us in June for up to four weeks of fun and development. We offer 4 one-week sessions for children ages 7 to 13. Sessions meet Monday through Friday from 8:30 a.m. to 4:30 p.m. beginning June 6, 13, 20, and 27. Kids participate in martial arts training, character building exercises and field trips to cool places. Class space is limited and fills up quickly. Contact us about family discounts and sign up early to avoid late registration fees.

Karate Classes Summer Special!

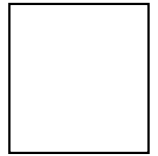
Not sure if you or your child is ready? The first class is absolutely FREE and at no obligation so there's no need to make a decision until after you see for yourself at a FREE class. Adults love our summer programs, too! Age specific classes separate adults from younger children allowing everyone to train more effectively. A 6-Week Introductory Course, including uniform is only \$119. Start any time during the month of June.

Fitness Kickboxing Summer Special!

Learn safe effective Kickboxing techniques in a fun environment. We offer a 6-Week Introductory Course including bag gloves and hand-wraps for \$79. Start any time during the month of June. Try before you buy: A FREE class can make getting into shape a fight you can win!

Call 803-783-5425 for more information on our Summer Specials. Ask about our Family Discounts!

Lifeforce Karate & Fitness
7808 Garners Ferry Road
Columbia, SC 29208



Special Delivery

What are his **idle hands** doing this summer?

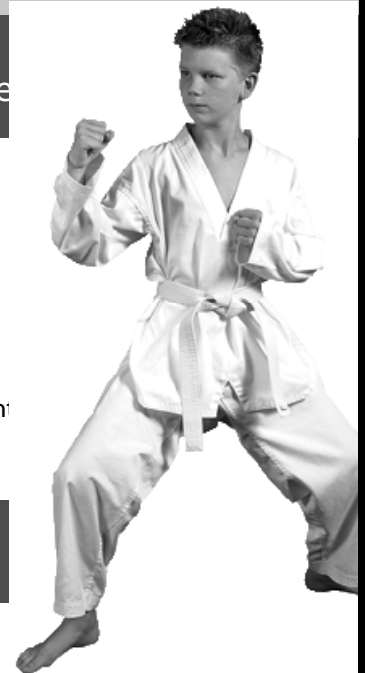


Try **martial arts** summer

martial arts summer camp will help him aim at worthy goals—confidence, control and concentration—plus develop self-esteem and discipline to direct his energies toward positive activities with positive results.

Work all day with more peace of mind, knowing your child is participating in healthy physical activities, learning important life skills and enjoying fun and games—all in a safe, secure environment supervised by professional martial arts instructors.

Call our school today for martial arts summer camp information.



Member: National Association of Professional Martial Artists