



Kickin'

Published Monthly for the Friends and Family of this NAPMA School

Make Martial Arts a Declaration of Your Independence

by Joseph. Galea

For kids, Independence Day is not the Fourth of July, but the day they turn 18 years old! The fact is that children start their drive toward independence at a much earlier age and some parents are reluctant to support that quest. Parents nurturing instincts are to provide for all their children's needs.

However, allowing children to develop independence helps them take on responsibilities and teaches them to be accountable for their actions. When children make their own decisions, they control the end result. They will learn that their actions have consequences and experiences will prepare them for life on their own. The more "experiences" they have, theoretically, the better prepared they will be to become independent adults.

As parents in a perfect world, we would let kids be independent as often as possible, give them responsibilities, monitor their results, and hold them accountable... good or bad. In reality parental influence is just one variable in a child's life and our kids make independent decisions many times without us on a daily basis, at school and so forth

So how can we ensure that their learning experiences are positive? Unfortunately, there is no foolproof strategy. However, we can provide children with tools to give them the best chance for success. We believe there is no better tool than martial arts training.

Martial art training builds self-confidence in children, which is the ultimate internal support system. Confident children make decisions unaffected by peer pressure and base decisions on the values instilled in them. In addition, confidence allows children to welcome independence rather than be fearful of it.

As instructors, we hold students accountable in various areas, such as arriving at class on time, looking neat and clean, practicing at home, and showing respect to fellow students and teachers. While some of these areas, such as transportation to class, may not be totally in the students' control, holding them accountable teaches them the importance of each responsibility.

Parents of older children agree that it seems like "yesterday" that their kids were young and totally dependent. Time moves fast. It's important to cherish that time when children are young, but to stay one step ahead of their natural tendency towards independence. We want you to know that as martial arts instructors we recognize our importance in your child's life. And together, we can pledge allegiance to the goal of helping your children prepare for the independent years ahead.



action principles

Be Open to New Ideas

There is always more to learn. Your employees, family, friends, suppliers, 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 facts 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.

Seek new experiences and adventures. Who dares win. 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.





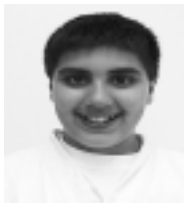
Kids Zone

Martial Arts Success Stories

Personal Profile

By Brett Orren, Age 11

Profile
personal



Martial arts training has helped me in many ways. One way is my concentration in school. Because of this I am one of the best students in my grade. I also have a better attitude than most students in my class because of martial arts. Some friends of mine say that they want to kick and punch people when they get mad and upset, but because of martial arts classes, I know that's not the right thing to do.

The martial arts keeps me out of trouble. It teaches me how to defend myself. It also keeps me in shape. The kicks and punches we do is very good exercise.

Another incredible thing about martial arts is that it improves your memory. I am in fifth grade and I have a lot of notes that I have to remember for tests. Doing martial arts forms helps to improve your memory a lot. I also play other sports too. One is basketball. For basketball I have to remember different plays. Again martial arts training improves my memory, so I can remember those different plays.

Brett Orren is a student at Burns' Tae Kwon Do owned by Dave Burns

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!

Quote Match: Theme: American History (Match these famous men with their

Choose from: Patrick Henry, Jesse Jackson, John F. Kennedy, Abraham Lincoln, Dr. Martin Luther King Jr., Franklin D. Roosevelt, General George S. Patton, Harry S. Truman, Booker T. Washington, Benjamin Franklin

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| 1. "Give me liberty, or give me death." | 5. "I have a dream that one day this nation will rise up and live out the true meaning of its creed: We hold these truths to be self-evident; that all men are created equal." |
| 2. "Four score and seven years ago our fathers brought forth on this continent a new nation, conceived in liberty, and dedicated to the proposition that all men are created equal." | 6. "When you see a rattlesnake poised to strike, you do not wait until he has struck before you crush him." |
| 3. "Democracy is two wolves and a lamb voting on what to have for lunch. Liberty is a well-armed lamb contesting the vote!" | 7. "I don't measure a man's success by how high he climbs but how high he bounces when he hits bottom." |
| 4. "Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed." | 8. "Leadership has a harder job to do than just choose sides. It must bring sides together." |

Bonus: "And so, my fellow Americans: ask not what your country can do for you—ask what you can do for your country."

HealthKick:

Fast Food Dining in 2004

By Jennifer G. Galea MS RD

As a martial artist, you may have decided to adopt the popular "low carbohydrate" diet in an effort to lose weight or improve performance. So now you can go into any fast food restaurant of your choice and order whatever you would like, as long as you don't eat the bun and the fries, right? Not quite. Many chains offer "low carb" options. But beware: low carb doesn't mean the same as healthy.



Fast food chains are making huge strides toward offering healthier foods on their menus. The first step to enjoying a healthier meal at a fast food chain is through education. You can find a wealth of information about the foods offered online, via toll-free numbers, and even by reading in store "brochures." The more you know, the more appropriate choices you can make. You'll want to minimize your fat intake, especially saturated fat and to make sure the carbs you do eat count, focus on whole grain breads, fruits and vegetables.

You must make wise food choices to obtain adequate "micronutrients" (vitamins, minerals and other nutrients), without putting your energy consumption out of balance.

Here are some suggestions to keep in mind when dining at fast food restaurants that will help you fuel your body and promote optimal performance, both in class and in your daily life. This requires the right energy balance from carbohydrates, protein and fat, as well as adequate vitamins and minerals.

- Have a salad as your "side." Use fat free or reduced fat dressing.
- Do not "supersize." It may seem like a bargain, but it can add as many as 1,000 extra, unwanted calories.
- If you want a sandwich, have it on a whole grain bread.
- Double the vegetable toppings on sandwiches and burgers.
- Use low or no fat spreads, toppings, and condiments. An example: use mustard instead of mayonnaise.
- Go for broiled over fried. For example, a fried chicken breast has eighty percent more calories than a broiled one, and five times the saturated fat. Just because it is chicken doesn't mean it is low in fat or saturated fat.
- Choose unsweetened tea or bottled water, or even diet soda occasionally. Skim milk provides many health benefits with its calories, so it, too, is a good choice. u



FULL CONTACT



INFORMATION FOR THE FRIENDS & FAMILIES OF
LIFEFORCE KARATE & FITNESS

THINK!

Melissa really wants a new CD player for her room. She's been saving her baby-sitting money and whatever else she has earned for chores around the house. Melissa knows which CD player she wants, and today she sees that it's on sale. The only problem is that she is short about thirty dollars. Melissa's next baby-sitting job isn't for several weeks, and the sale is only for the next two days. What should Melissa do?

- a) Take the money she needs from her mom's purse?
- b) Plead with her parents to buy the CD player for her?
- c) Relax and wait, knowing that it will be on sale again in the future?
- d) Give up saving for a CD player and spend the money she's already saved on something else?
- e) Apply for a credit card?

For help in knowing what Melissa should do, read Galatians 5:22.

UPCOMING EVENTS

July 5 -- Independence Day Observed: Studio Closed

July 10 -- Open Saturday

July 16 -- Black Belt Ceremony

July 17 -- Dirty Combat Seminar

July 31 -- Back to School Bash

July 31 -- Rank Tests

[By invitation only. Times vary.]

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

LIFELINE...

All the great things are simple, and many can be expressed in a single word: freedom; justice; honor; duty; mercy; hope.

--Sir Winston Churchill

Dirty Combat Seminar

If you want to learn "Real Combat for Real Situations," don't miss the *Dirty Combat Seminar Saturday July 17, 2004, at LifeForce Karate & Fitness.*

Martial artists, Fitness Kickboxers, even those with no experience, can benefit from this seminar, which offers 4 hours of instruction between 10:00 a.m. and 2:30 p.m. Sessions include: *Hand-to-Hand Defense, Hand-to-Weapon, Double Dagger Form, and Use-of-Weapons in Self Protection.* Participants, who feel that any part of the instruction is not for them, are free to skip that part or leave early.

This seminar is directed and taught by internationally renowned, close quarter combat specialist *Mwanzo Umeme*, who is the founder and head of the African martial science "Vita Saana."

Mwanzo Umeme has been involved in martial arts for over 31 years, and has won numerous martial arts championships. He has trained men, women and children from all walks of life, law enforcement and correctional officers, emergency medical technicians, and martial artists (including Billee Purvis and Sugarr Banks).

Pre-register by July 10 and take \$10 off the \$50 registration fee. Discounts for LifeForce Students, National Black Belt Club Members & Multiple Family Members. Videotaping Pass: \$50.

For more information contact *Elite Professional Combat Training* at (215) 414-7905, or *LifeForce Karate & Fitness* at (803)783-5425.

LifeForce Karate & Fitness
7808 Garners Ferry Road
Columbia, SC 29209

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Kids Want It... We've Got It!

During the summer, kids want to break away from their usual routine and get involved in something that's fun, exciting and challenging. In our martial arts classes, your child will practice priceless self-defense skills and valuable character development lessons. They'll have a great time in our positive "yes I can" classroom, earning rewards for their achievements, and making new friends.

This summer and all year 'round, give your child what they want...Martial Arts.

Call Now and mention this ad to receive a
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MEMBER: National Association of Professional Martial Artists