



Kickin'

Published Monthly for the Friends and Family of this NAPMA School

NEWSFLASH! Martial Arts Training Can Help Prevent Breast Cancer

by Joseph. Galea



One of the first lessons your martial arts instructor will teach you is that martial arts training is to prevent fighting. However, if a negative situation is not preventable, your training will help you defend yourself from an aggressive attacker. We learn that prevention is always smarter and better for us in the long run. The more we learn about martial arts training, the more we realize that this very same philosophy applies in other areas as well. I was excited to read about another possible benefit to martial arts training - breast cancer prevention, which I am eager to share with you.

Breast cancer has probably touched each of us, either battling the disease ourselves or witnessing someone else's fight. As martial artists, we try to have a holistic (mind and body) approach to our wellness. We all know from the monthly HealthKick articles that eating right and exercising regularly have been proven to be the cornerstones of a healthy body. So it comes as no surprise that maintaining appropriate weight and exercising regularly have been proven to decrease one's risk of developing breast cancer. What's interesting and exciting for all of us is that Cornell University's (CU) Medical College has specified a particular type of exercise to aid in the prevention of breast cancer, one that has many other mind and body benefits: martial arts!

A recent article published by CU's Weill Medical College advocates yoga, meditation (part of all martial arts), and tai chi as methods for reducing stress. According to the article, stress suppresses the immune system. New research is showing that stress may increase your susceptibility to developing breast cancer. And while this study has targeted breast cancer prevention, it makes you wonder what other types of cancer may be preventable with reduced stress.

Breast cancer prevention is yet another potential benefit of martial arts training. And who couldn't benefit from being healthier, even if breast cancer were not a risk. Eat healthier and reduce stress. That is a winning combination for a healthier body for any martial artist.

action principles

Knowledge, Practice and Courage are Your Weapons Against Fear

Fears can be rational or irrational. Everyone has fears. To diminish a fear, you must first face it. The one hundredth speech won't be as traumatic as the first. The best way to deal with fears are through a combination of logic and bravery. Logically, most people who give speeches don't die. They succeed through preparation. If your speech is carefully crafted and practiced, you are ready to speak.

Associate with confident people who have already done what you fear doing. Now, do what they have done. Courage grows with action. Fear is learned and must be unlearned. After facing that fear, you will feel exhilarated. Without fear, there can be no courage. Fear provides the opportunity to be brave.

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
DJ Esteller, Age 14

Profile
personal



Hi, my name is DJ Esteller. I have been doing martial arts since I was two years old. I train with my father who has his own school. The martial arts are a family tradition: my grandfather is a black belt as well as several of my uncles.

I know that the martial arts have made things better for me. It has allowed me to excel in sports and do well in school. I have achieved success because I have been able to stay focused. It has kept me healthy and allowed me to get into good shape, which has also helped in all my school sports.

In class, as a junior black belt, I always help my dad teach. Because of that opportunity and experience, it has led me in my career choice, which is primary education. I took a test at school on what our careers should be and it said I should be in education.

I thank martial arts and my father for teaching me how to protect myself and giving me self-confidence.

DJ Esteller is a student at Ron Esteller's Martial Arts

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.

Test Your Martial Arts IQ (Integrity Quotient). Answer True or False. Guess the Bonus and add +1 to your score. Good luck!

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| 1. Practicing martial arts at home is important, so I should play-fight with my siblings. | techniques with my friends. |
| 2. Martial arts training will help me develop positive character traits. | 7. If a friend is interested in my training, it is ok to show them something cool I learned in class, as long as I do not make physical contact with them. |
| 3. If someone picks on me at school, I have the right to beat them up to make them stop. | 8. My martial arts training provides me with essential tools; such as self-confidence, the ability to focus, and determination, which will help improve my grades at school. |
| 4. Martial arts training is great exercise and will help me maintain a healthy weight. | 9. Consistently attending class is essential for optimal progress in the martial arts. |
| 5. Kids can have stress too and my martial arts training will help me manage it. | 10. Breaking boards with my bare hands sounds really cool, so I should get some wood and try it sometime. |
| 6. It's ok to show off my martial arts | |

Bonus: It is a sign of respect to make sure my uniform is clean and neat

Answers: 1. False, 2. True, 3. False, 4. True, 5. True, 6. False, 7. True, 8. True, 9. True, 10. False, Bonus: True.

HealthKick:

Are Your Supplements Helping or Harming You? By Jennifer G. Galea MS RD

As martial artists, we are often tempted to try herbal and/or "all natural" supplements to increase our athletic performance. Like many people, we might also try these types of supplements to cure or improve a variety of ailments as well. But because these supplements are not considered to be drugs by the government's regulatory agencies, the ingredients aren't well controlled. This means that potentially and even proven harmful ingredients can be



included in the supplements. Products containing these ingredients can be readily found in stores and online, most without any hint on the label or packaging that they contain a potentially harmful substance. Consuming many of these can lead to major organ damage (kidney, heart or liver) and some are potentially carcinogenic.

As with any substance that you put into your body, the most important aspect is to know what you are taking and what its effects are. Read labels carefully. Research any ingredients on which you do not have full information to make your decision.

The May 2004 issue of Consumer Reports has a full listing of the varied names under which each of the following substances may be listed.

Do not use any supplements that contain any of the following ingredients:

- Aristolochic acid
- Bitter orange
- Comfrey
- Organ/glandular extracts
- Androstenedione
- Lobelia
- Chaparral
- Pennyroyal oil
- Germander
- Scullcap
- Kava
- Yohimbe



FULL CONTACT



INFORMATION FOR THE FRIENDS & FAMILIES OF
LIFEFORCE KARATE & FITNESS

THINK!

Jim's dad has been out of town on business for the past several weeks. He has promised Jim and his brother, Dave, that he will spend Saturday with them and do a special activity of their choosing. Jim really wants to try out the latest video game at the arcade in the mall.

Saturday comes, and when his dad asks what the boys want to do, Jim shouts, "Let's go to the mall!" But his brother disagrees, "No, let's go to the basketball game." Jim stares in disbelief at his brother. How could he not want to play the new video game. Their father awaits the decision. What should Jim do?

- a) Present his case for why they should go to the mall?
- b) Whine and nag until his father says, "Forget the whole thing -- we're staying home?"
- c) Go to the basketball game but refuse to have fun and have a rotten attitude the entire day?
- d) Suggest another activity that both he and Dave would like to do?
- e) Flip a coin?

For help in knowing what Jim should do, read 1 Corinthians 13:5.

UPCOMING EVENTS

August 6 - 8 -- Dixieland Nationals, Sheraton Hotel and Convention Center, Columbia

August 6 -7 -- Studio Closed

August 13 - 14 -- Warrior's Weekend, Sesqui Centennial State Park, Columbia

August 21 -- Open Saturday

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

LIFELINE...

It's not that some people have will power and some don't. It's that some people are ready to change and others are not.

--James Gordon

Fourth Annual Warrior's Weekend

WARRIOR'S WEEKEND is quickly becoming one of the South's Premier Seminar Events. This year six dynamic seminars will be offered by:

Kyoshi Jim Logue 9th Dan
Oyata Shin Sho Ho Ryu

Guru Jihad Miller 8th Dan
Silat Al-Amen

Master Kenny Moody 8th Dan
Te-Merrian Martial Arts

Shihan V. Sanhodo 7th Dan
Sanhodo Jujitsu

Shihan Will Marvin 6th Dan
SoGo Shin Do

Mistre T. Perry 6th Dan
Capoeria Americana

Seminars will take place August 13,14 and 15, 2004, at the Conference Facility at Sesqui Centennial State Park, Columbia, South Carolina. Fees are: \$99 per person and include all six seminars, meals and lodging. For more information contact Shihan V. Sanhodo at (803)254-0554.

✍ MEMORY MINDER

3 P's of Success in Martial Arts

1. Participate in class regularly.
2. Pay attention during class.
3. Practice 15 minutes every day you do not attend class, except Sunday. Fifteen minutes a day 4 days a week adds up to an extra hour of practice and makes a BIG difference.

Lifeforce Karate & Fitness
7808 Garner's Ferry Road
Columbia, SC 29209

PLACE
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HERE



Special Delivery



Unlock Your Teen's Potential with Martial Arts!

Does your teenager have tons of positive potential, but may not always put it to good use? Then give them "the martial arts advantage" and help them unlock their true potential.

When your teen studies with us, he or she will:

- Develop an improved self-image
- Increase concentration skills
- Become a leader
- Learn to set goals and overcome obstacles
- Avoid negative influences
- Have fun with other goal-oriented teens

When your teen has a positive outlook on life and the confidence to succeed, they'll be ready to take on almost any challenge.

So don't wait any longer, call now
to schedule a free week!