



Kickin'

Published Monthly for the Friends and Family of this NAPMA School

The Power of Goal Setting

by Joseph Galea

There are always a few butterflies in your stomach when you embark on something new. Sometimes we need to overcome personal challenges just to get ourselves going, while in other circumstances we have no choice but to proceed. In either situation, I believe

that most people want a favorable result for their efforts.

Your best chance for success is to understand the power of goal setting.

Did you know that you are half way to achieving a goal by merely setting one? The fact is that most people don't take the time to properly set goals and therefore never get to take advantage of the act of goal setting. If you set goals, you are already well on your way to being successful.

When you set a personal goal it makes you accountable for a result. If you were to establish a goal to achieve black belt, wouldn't you be more likely to train hard in class to produce this result? Wouldn't you be more likely to attend class consistently as opposed to doing something else? Goals create action, action creates results.

Is one goal enough? It can be, but more often, a single goal can get challenged by variables life may throw our way. If setting a single goal was enough, wouldn't most beginner martial arts students become black belts? In reality only a small percentage will go the distance. That's why I believe in setting multiple goals that tie together. In addition to setting my goal to be a black belt, I may also set some physical goals like 100 push-ups and 100 sit-ups, a specific time to achieve all the ranks, and my preferred weight and body fat percentage. All these goals can be achieved by attending class, working hard, and practicing. Because I have multiple goals, I will be more motivated to overcome the challenges that prevent me from attending class, working hard, and practicing.

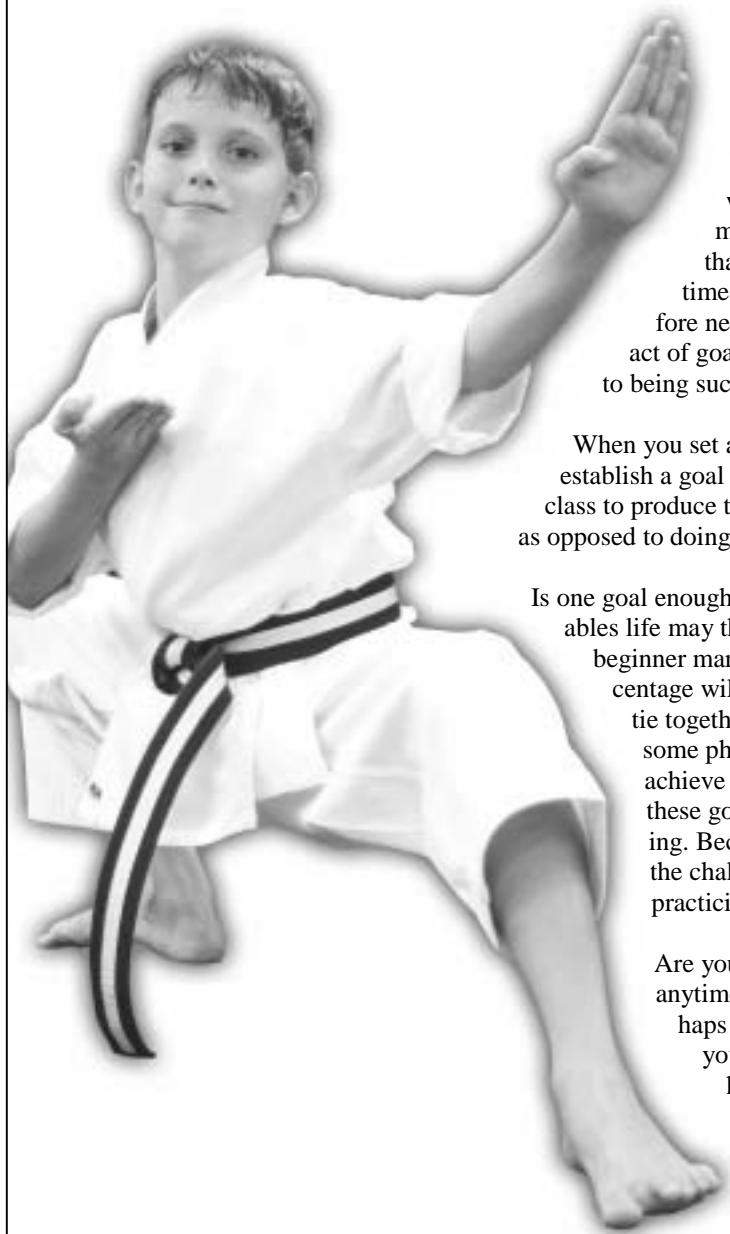
Are you ready to set a goal? Of course you are. Goal setting can be done at anytime. Maybe you're considering joining a martial arts program or perhaps upgrading your existing program here at the school. Regardless of your personal circumstances, goal setting can help you get started or help you get back on the right track. Remember, while setting one goal is often considered "being half way there," setting multiple goals will keep you very motivated. Good luck!

action
principles

Set Goals

Unless you shape your life, circumstances will shape it for you. You have to work, sacrifice, invest and persist to get the results you want. Choose them well. You can't start your planning until you know where you want to go.

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





Kids Zone

Martial Arts Success Stories

Personal Profile
Ryan Villogram, Age 11

personal Profile



Hello, my name is Ryan Villogram and I would like to tell you how the martial arts have helped me in my regular day life and in my martial arts career.

As soon as I stepped into the academy for the first time, I knew that this was for me. My instructors

taught me how to start and then complete my goals, one of which was to become the very first junior black belt at my academy. So, I set out to achieve my goal and made it through hard work, dedication and with the support of my instructors.

I started as a white belt at the age of 7 and became a junior black belt 4 years later at the age of 11. I don't intend to stop. My instructors always push me to do my very best in and out of the Martial Arts Academy.

Thanks to the martial arts, I was able to complete elementary school on honor roll and receive the school's most prestigious awards: Presidential Education Award for Excellence, The Maryland General Assembly Award for Outstanding Citizenship, two music awards, Outstanding Peer Mediator, and "Write a Book" Award of Excellence.

HealthKick:

Are Low Carb Diets Safe for Kids?

By Jennifer G. Galea MS RD

These days, it seems everyone is following a low carbohydrate diet. Adults usually lean toward this diet plan to lose weight, and sometimes even just to maintain weight. But should children adopt this low carbohydrate diet to lose weight? If they follow a low-carb plan just to eat the same food as their parents, is it safe for them?



To answer these questions, we must consider the fundamental differences between adults and children. First, children are still growing: therefore their nutritional needs are vastly different. They require more nutrient-dense foods to meet their vitamin and mineral needs. In addition, they require much higher calories per body weight. And finally, due to their metabolisms, they are much more sensitive to diet composition than adults: their bodies are much less tolerant to the stresses of a high protein/low carbohydrate diet.

By following a low carbohydrate diet, a child is at high risk of failing to obtain adequate nutrients, especially if in the process they eliminate entire food groups. For example, on a low-carb diet, a child may restrict dairy products, depriving their bodies of the many valuable nutrients this food group provides. In addition, if their carbohydrates are restricted severely, they may not have appropriate energy due to low blood glucose levels, not to mention the stress on their bodies/organs caused by obtaining their energy from predominantly protein sources.

How do you help an overweight or obese child? Statistically, overweight children become overweight adults, with all the associated health risks, so this issue should be addressed immediately. For children, the goal for "weight loss" is usually for them to grow (height wise) into their weight. In many cases, however, a more significant weight "rearrangement" is needed, requiring actual weight loss. The best and safest way to accomplish this goal is to encourage and insist on daily activity and better food choices, rather than a traditional "diet" approach.

For children, rather than a "low carb diet," you need to select healthier carbohydrate foods. Achieving an appropriate weight is all about making healthy food choices and encouraging activity. u

Kickin' Kids korner



Martial Arts Cryptography: How it works - Each code letter below represents another letter. Guess them all and you break the code! Each time the code letter appears in the text it will represent the same decoded letter. Hints: Each code has a key (the relationship between the code and decoded letters).

Observe punctuation. Work on short words first.

Example: LZQSHZK ZQS R HR FQDZS

Solution: MARTIAL ARTS IS GREAT

KEY = the code letter is one letter BEFORE the decoded letter in the alphabet (L = M, H = I, etc)

CODE # 1 (Value 4 points)

ZW RK WZIK PFL UFE'K JLT TVVU,
KIP, KIP RXRZE

CODE # 2 (Value 6 points)

YUQQOTV QOXOT SEUW IQG SEUWW
OTV QOXOT YUQ

Solutions: 1. If at first you don't succeed, try, try again. (KEY: The code letter is nine letters BEFORE the decoded letter.) 2. Winners never quit and quitters never win. (KEY: First separate the alphabet into 2 groups: consonants and vowels. The code letter is two letters AFTER the decoded letter in its group)



FULL CONTACT



INFORMATION FOR THE FRIENDS & FAMILIES OF
LIFEFORCE KARATE & FITNESS

THINK!

Libby's older sister, Natalie, is perfect. Or so it seems to Libby. Natalie does everything effortlessly. She is a talented musician and plays in the school's jazz band. She is a natural athlete and participates in volleyball, soccer and softball during the school year. Those aren't even her best sports. Natalie is an outstanding swimmer who holds records for the swim club in three different events. Everyone likes Natalie. She is pretty, smart and outgoing. Her sister Natalie is a tough act to follow.

Libby is, basically, everything that Natalie is not. She is quiet and enjoys being by herself, reading, or writing in her journal. Libby doesn't really enjoy sports and she's not very coordinated. She doesn't come close to what Natalie can do. Mom and Dad are encouraging Libby to join the band and play an

instrument like Natalie. Libby likes music, but would rather listen to it than play. Instead of band, she would rather join the Literary Club or the newspaper staff.

What do you think Libby should do?

- a) Do everything exactly like Natalie?
- b) Strive to do the things she enjoys and does well?
- c) Agree to play an instrument to please her parents?
- d) Start telling stories about how mean Natalie is so that people won't like her as much?
- e) Keep trying to compete with Natalie until she finally beats her at something?

To know how Libby should respond, check out Galatians 6:4.

Check Out Our On-line Store!

In partnership with *Spread The Word Ministries*, *LifeForce Enterprises* now owns and operates an on-line store. Link to the store from our website: www.lifeforcekarate.com, to order Christian books, music, videos and gifts on-line.

Complete karate program packages may also be ordered for pick-up at the studio. (Sorry, individual karate equipment is not available in the store at this time.) Major credit and debit cards may be used for these purchases.

Check it out and tell us what you think. We'd love to hear from you!

UPCOMING EVENTS

- Sept. 3-4 -- Battle of the Boro - Burke Middle School, Waynesboro, GA
- Sept. 4-6 -- Studio Closed for Labor Day Vacation
- Sept. 10-11 -- Battle of Atlanta - Hyatt Regency Hotel, Atlanta, GA
- Sept. 18 -- Rank Test (By invitation only. Times may vary.)
- Sept. 25 -- Open Saturday
Bring a friend to "Buddy Day"

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

LIFELINE...

Success is focusing the full power of all you are on what you have a burning desire to achieve.

--Wilfred Peterson

MEMORY MINDER

PARKING

Please remember that our parking area ends at the speed bump. We are permitted to park in our neighbor's area only after 5:15 p.m. during the week and not at all on Saturday since this is their busiest day. Thank you for your cooperation.

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

PLACE
STAMP
HERE



Special Delivery

Send Your Child Back To School With The Winning Edge!

The new school year has arrived. And once again, your child will be exposed to bullies, peer pressure and a variety of other potentially negative influences. That's why it's so important that you give your child the winning edge with martial arts training at our school!

Millions of parents have enrolled their children in martial arts classes because they are so effective in developing self-confidence, leadership skills, safety awareness, and fitness. In addition, research conducted by the National Association of Professional Martial Artists has proven that martial arts training raises kids' grades.

So if you like the idea of sending your child back to school with the winning edge, then call us for a free, no obligation trial course. **Class space is limited, so don't wait!**

Insert School Name, Contact
info and Website Here



MEMBER: National Association of Professional Martial Artists