

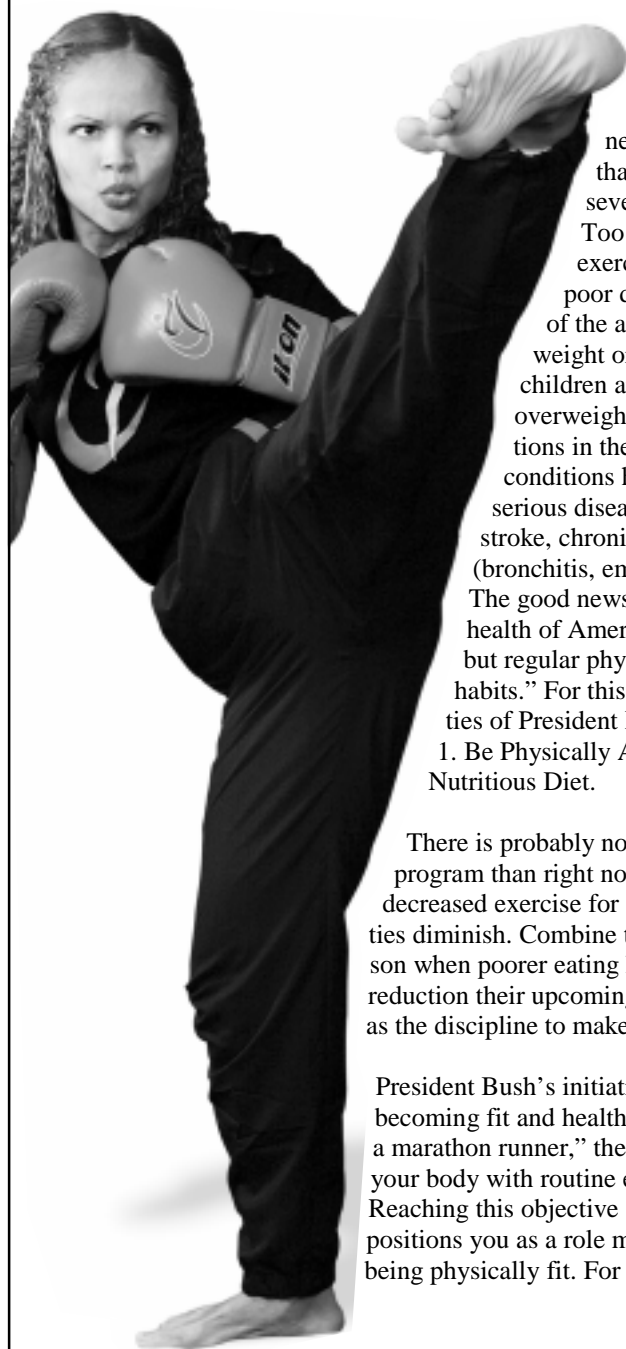


Kickin'

Published Monthly for the Friends and Family of this NAPMA School

Let Martial Arts Help You Get Fit Now

by Joseph Galea



According to the President's Council on Physical Fitness and Sports, nearly half of American adults report that they do not exercise at all, and seven out of ten do so infrequently. Too many of America's youth do not exercise at all, are overweight, and have poor dietary habits. "In 1999, 61 percent of the adult population were either overweight or obese and 15% of American children are overweight." Obesity and being overweight have reached epidemic proportions in the United States. These weight conditions have been linked to increases in serious diseases such as heart disease, cancer, stroke, chronic obstructive pulmonary disease (bronchitis, emphysema, asthma), and diabetes. The good news is that the council states that, "the health of Americans would improve with modest but regular physical activity and better eating habits." For this reason, the first and second priorities of President Bush's Healthier US Initiative are: 1. Be Physically Active Each Day and 2. Eat a Nutritious Diet.

There is probably no better time to start a martial arts program than right now. The fall season marks a point of decreased exercise for many Americans as outdoor activities diminish. Combine this with the upcoming holiday season when poorer eating habits set in; it's no wonder so many people will be making weight reduction their upcoming New Year's resolution. Martial Arts provides necessary exercise as well as the discipline to make better eating choices.

President Bush's initiative has a very simple formula: every little bit of effort counts. The key to becoming fit and healthy relies on the consistency of your fitness plan. "You don't have to become a marathon runner," the council states. Martial Arts provides year round physical activity to provide your body with routine exercise that can help you reach and maintain appropriate body weight. Reaching this objective statistically improves your chances of avoiding certain diseases, and also positions you as a role model for other adults and children. Not to mention how great you will feel being physically fit. For the latest information on the HealthierUS Initiative, visit www.fitness.gov.

action principles

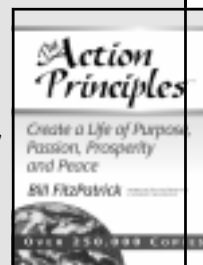
Read Biographies

What if you could learn the success secrets of the greatest people who ever lived?

You can. The lives of the famous and the infamous have been recorded in biographies and are ready for you to read and research. The lives of great government leaders, businesspeople and humanitarians are there. You will read about successes and triumphs. You will also learn how many times champions lose on their way to winning.

In reading biographies, you may come to the startling conclusion of how much greatness you possess. You may conclude, "Hey, I can do that." You can make your life significant. Biographies help show the way. You only have to take the action to go to the library, bookstores or surf the Internet.

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.



See the Kid's Zone Inside!



FULL CONTACT



INFORMATION FOR THE FRIENDS & FAMILIES OF
LIFEFORCE KARATE & FITNESS

THINK!

Arden's best friend is staying with her family for several days while her friend's parents are away on a trip. Arden is eager to spend the time with her friend. She plans to go to her favorite restaurant, go to the movies, and visit a museum while her friend is staying with her. She wishes her friend could stay longer so they could fit more in.

The only thing Arden is concerned about is the TV. Her friend's parents don't allow her to watch television on school nights and are very strict about the type of shows she watches. One of

Arden's favorite TV shows is on tonight. She never misses an episode, and this is supposed to be a good one. She and her friends have been talking about it for days. When her friend arrives, they stow all her stuff in Arden's room. "Come on," says Arden. "It's time for my TV show." Her friend hesitates. She tells Arden that she is not allowed to watch that show. Arden can't believe it. This is the one episode she can't possibly miss. What do you think Arden should do?

A) Make her friend stay up in her room until the TV show is

over?

B) Look at her friend and say, "You've got to be kidding. There's nothing wrong with that show!"?

C) Convince her friend that it would be OK to watch the show this one time?

D) Tell her friend they can skip the show and do something else--summer reruns will be here soon enough?

E) Get her dad to run out and buy a videotape to tape the show?

Read 1 Corinthians 10:23-23 for the biblical principle that should guide Arden's response.

MEMORY MINDER

Tip tests are done periodically throughout the month. Students are not allowed to ask to test. If the instructor sees that you are ready, you will be awarded with your tip.

Here is the Tip order:

1. Sparring and sparring combinations
2. Memory Work
3. Self-Defense
4. Forms, forms basics and weapons

UPCOMING EVENTS

Oct. 5 -- Open Saturday
Parent's Coaching Class - 10:30 a.m.

Oct. 12 -- SC State Games - Anderson, SC

Oct. 19 -- Kick-A-Thon - TBA

Oct. 24 -- Picture Day

Oct. 26 -- Rank Test (By invitation only!)

LIFELINE...

Of all the things which wisdom provides to make us entirely happy,
the greatest is the possession of friendship.
-- Epicurus (c. 341-270 BC, Greek Philosopher)

Translation for Children and Adults: One of the best aspects of studying the martial arts are the many friendships we make in classes. Having friends is so very important.

It's almost as important as being a good friend.

C U on the www @ LifeforceKarate.com



Our very special thanks to *Jay Wingard* for setting up a sharp looking professional website for us. *Jay, you are awesome!*

We invite all to visit our web site:
[http: www.lifeforcekarate.com](http://www.lifeforcekarate.com)

Our website is designed for convenient access to information by current students through our **Knowledge Center**, **Awards and Events** information center, and our **Studio Calendar**.

Very soon, we hope to have security set up for our Knowledge Center, to allow access based on

status here at the studio (e.g., specific privileges for Fitness / Kickboxers, Yellow Belts , Orange Belts, etc). We will then be able to include requirements for the different belt ranks.

For prospective students, there is information **About Lifeforce karate and Fitness**,

our **Programs**, and **Class Schedules**. There is also an **Instructor Bios** page and an easy way to **Contact Us** or **Get Directions** to our site.

In the future, we plan to add a photo gallery, video clips, and may even include some type of forum for discussion (message board or chat area).

Finally, included on the Instructor Bios page are e-mail addresses for each of our instructors. Feel free to contact us at any time.

Fighter Group News

Members of the competition team competed at the Hartwell Open, Hartwell, GA, Saturday, September 21, 2002. Here is a rundown of results:

Chris Quickmire

2nd Place Forms, 2nd Place Weapons

Chelsa Gower

4th Place Forms, 4th Place Weapons

Alan Whitaker

1st Place Forms, 1st Place Weapons

Derek Rast

2nd Place Forms, 2nd Place Weapons

Jay Gower

2nd Place Forms, 2nd Place Weapons

strange **FACTS**

- 1. You blink over 10,000,000 times a year!**
- 2. Baby robins eat 14 feet of earthworms every day**
- 3. There are over 58 million dogs in the U.S!**

LIFEFORCE

KARATE & FITNESS

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Special Delivery



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Martial Arts

MEMBER: National Association of Professional Martial Artists