



Kickin'

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Make Martial Arts Part of Your Family Lifestyle

by Joseph Galea

Raising children today is tough. Many parents must work full time resulting in less parental supervision and limited time to devote to instilling values and discipline. Wouldn't it be great if you could vaccinate your children against peer-pressure, poor academic performance, and negative behaviors? If only it were that easy! In lieu of the miracle shot, we suggest martial arts training to help supplement your efforts at teaching life skills to your children.

Martial arts teaches discipline. Some people are scared off by the word discipline because it brings to mind an aggressive approach to achieving a desired result. Discipline involves setting limits, establishing consistent consequences and making positive behaviors a habit. We strive for children to be disciplined in their actions so that if at first they don't succeed, they will try again. According to family counselor Dr. Ruth Peters, Ph.D., "Discipline will help your child grow into a self-confident, successful adult."

Martial arts provides a positive social environment. Do you know your children's friends and what they do when they hang-out? What children do with their spare time will influence who they choose as friends and what peer pressures they will face when you are not around. While it is difficult to pick your children's friends, you do have the ability to surround them with a better mix. When your children participate in martial arts training they are among other children whose parents want their children to learn the same values and disciplines as you!

Martial arts teaches good manners. Don't you love hearing a child say "please", "thank you", or "excuse me?" Politeness is an underrated character trait that can have a great impact on your children's ability to play or work with others. When children are disrespectful, they will find it harder to make friends as teenagers, and subsequently more difficult to make a good impression as adults. That's why you will hear our students say "Yes...sir!" or "Yes...ma'am" in class. We are teaching them to respond habitually in a positive way to parents and other people.

Although we raise our children differently, most of us want our children to have discipline, good manners, and a positive social environment. When you add martial arts methodology to your efforts, you will increase your chances for success.

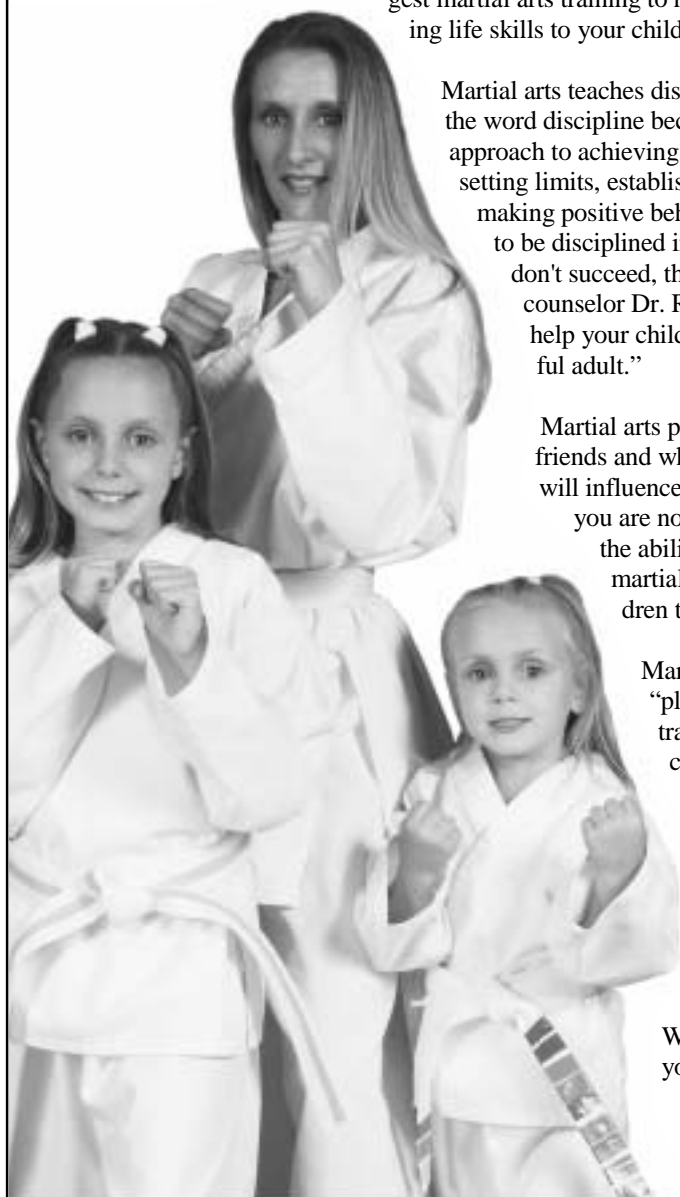
action
principles

Do What You Love Doing

There are 5,000 different types of occupations. Choose one that you love. People have been successful at all of them. They are your models. When you love your job, it doesn't seem like work. Plan to spend a lot of your time doing what you love. You are in control of your own happiness.



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

Charlie Cowen, Age 8



I like martial arts. I have earned an orange belt and I hope that I get my gold belt soon. I have been training for one year and two months. When I first started classes, I was scared. I didn't know anybody or any of the instructors. I wanted to try it out and I thought it was fun. I had a lot of fun and I

kept trying. My favorite games are "Team Dodge Ball," "Dodge Ball" and "Instructor Says". I had a hard time learning how to do the front jump kick but my instructor helped me learn it. Someday I want to be a black belt. I think that I want to try my hardest to be a black belt when I am 11 years old. It's going to take lots of learning and lots of time. My dad likes martial arts too. He has been taking karate for one month and he has a white belt. C.A.N.I. - Commitment to, Constant and Never Ending Improvement towards Black Belt Excellence, Sir. West Coast Power Team AHSAH.

Charlie Cowen is a student at Tres & Kelley Weatherford's West Coast Tae Kwon Do

Ashley Braico is a student at the Pace Institute of

Profile
personal

HealthKick: Chocolate, A Health Food

By Jennifer G. Galea MS RD

For years, nutritionists have told health conscious individuals to avoid chocolate candies due to their high fat content and empty calories. We use to recommend plain sugar type candies because, although they still were empty calories, they had fewer calories and were fat free. Now the recommendations have changed due to recent findings regarding the benefits of chocolate.



Many chocoholics have touted the benefits of chocolate on mood. Ancient Europeans used chocolate to treat anemia, tuberculosis, fever, and gout. We can't support those uses, but here are the scientifically documented benefits leading to the cautious recommendation to consume chocolate:

- **Chocolate, particularly dark chocolate, contains antioxidants and specific flavonoids that have been shown to decrease the risk of cardiovascular disease.**
- **One third of the fat in chocolate is oleic acid, a monounsaturated fat also found in olive oil. This type of fat has been shown to be beneficial for heart health.**

So while no nutritionist would advocate a diet rich in candy of any sort, chocolate intake isn't viewed as the nutrition nightmare that it used to be.

To avoid taking these recommendations "too far," here are some basic guidelines:

- **As with any food item, eat chocolate in moderation, especially considering its calorie content.**
- **Choose darker chocolates, which are higher in antioxidants and flavonoids.**

Incorporate other healthful items into your chocolate, while leaving out the additional empty calories. For example, try chocolate covered raisins or strawberries. (I don't recommend yogurt covered raisins as the yogurt doesn't have the nutritional benefits of chocolate. Further, the yogurt coating usually contains unhealthy fats.) Another example: choose plain dark chocolate rather than chocolate covered caramels, to eliminate the additional empty calories found in caramel.u

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!

Match these films with the year of their theatrical release.

Theme: Bruce Lee Films, Movies, & Documentaries, etc.

Sidekicks	1. _____ (1977)
Code of Silence	2. _____ (1980)3.
Missing in Action	_____ (1982)
Forced Vengeance	4. _____ (1983)
Forest Warrior	5. _____ (1984)
The Octagon	6. _____ (1985)
Top Dog	7. _____ (1986)
Breaker! Breaker!	8. _____ (1992)
Lone Wolf McQuade	9. _____ (1995)
Delta Force	10. _____ (1996)

Sidekicks (1992), Top Dog (1995), Forest Warrior (1996), Bonus: C. 1993
Lone Wolf McQuade (1983), Missing in Action (1984), Code of Silence (1985), Delta Force (1986), Breaker! Breaker! (1977), The Octagon (1980), Forced Vengeance (1982)



FULL CONTACT



INFORMATION FOR THE FRIENDS & FAMILIES OF
LIFEFORCE KARATE & FITNESS

THINK!

It's Friday night, and Beth and her friends go to the party following the football game. A lot of friends from school are there. There's plenty of good food and dancing. Everybody is having a great time when one of the boys brings out a pack of cigarettes.

To Beth's dismay, everybody - including her friends -- takes one and lights up. Beth watches while the pack is passed around the room. Inevitably, the pack ends up in Beth's hands.

What should Beth do?

a) Take a cigarette, light it, and try to look cool?

b) Tell her friends that they are stupid to smoke?

c) Turn down the offer, explaining that she doesn't want to smoke?

d) Pretend to be sick and go to the bathroom?

e) Say she only smokes menthol?

For help in knowing what Beth should do, read 1 Corinthians 6:19-20.

Kick Up Some Fun at Martial Arts Day Celebration

Your child can join Project Action's Kick-A-Thon Fundraiser to prevent juvenile crime at the Second Annual National Martial Arts Day, Saturday, October 18, 2003.

As part of the celebration, students across the United States will attempt to break the World Record of 4.7 million kicks performed simultaneously within one hour. Over 3,000 martial arts, dance and gymnastics schools are participating.

UPCOMING EVENTS

- Oct. 4 -- Carolina Gamecocks Classic, SCSKA Tournament
- Oct. 11 -- Open Saturday
- Oct. 18 -- National Martial Arts Day Celebration
- Oct. 23 -- Grand Opening (Includes Blackbelt Ceremony)
Lexington (Edmund) Studio 6:30 p.m.
- Oct. 25 -- SC State Games, SCSKA Tournament

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

MEMORY MINDER

UNIFORMS

Summer is over and school is back in session. That means T-shirt days have come to an end.

On October 1st, all of our students need to wear their karate uniform tops again.

LIFELINE...

"You will find as you look back upon your life that the moments when you have truly lived are the moments when you have done things in the spirit of love."

-Henry Drummond

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

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How to Make the Most of After-School Time

Parents: Don't let your child waste precious after-school time surfing the net or hanging out. Instead, keep them learning and growing with Our special martial arts program for kids.

We help children develop key areas such as listening skills, goal setting, leadership, and confidence in a safe, fun, and challenging environment.

So, help your child make the most of their daily after-school time with martial arts classes at our school. Call now!

Insert School Name,
Contact info and Web-
site Here



MEMBER: National Association of Professional Martial Artists