



Kickin'

Published Monthly for the Friends and Family of this NAPMA School

Martial Arts Helps Make Parenting Easier

by Joseph Galea

Our goal as martial arts instructors is to develop strong self-defense skills in our students. However, creating an expert martial artist involves more than instilling physical skills. We are equally focused on developing the character of our students. That's why so many parents bring their children to martial arts training and why it helps make parenting easier. In addition to teaching strong discipline and good manners in a positive social environment, martial arts training helps children channel aggression and energy, provides them with praise and positive reinforcement, and develops leadership skills.

It's amazing how a person one third your size can have three times your energy! Sometimes this "extra" energy can be directed to the wrong areas. Martial arts training gives children an opportunity to channel energies, even aggressive ones, in a controlled environment where they learn what is and

isn't acceptable behavior. This is a martial arts benefit that is often the result of long-term reinforcement at home and in class. Don't expect immediate results if your little martial artist is new to class.

We all know that praise can work wonders for a child's self-esteem. However, too much praise can also work against them. In our class, children need a certain amount of correction so that they can develop their skills and form good technical habits. We understand that while making a correction, it is also good to point out something positive. This helps learning and builds real confidence. Think of praise like frosting on a cake: a little makes it taste better but too much will ruin everything.

If you had the choice, would you want your child to be a great leader or a great follower? As a leader, your child ultimately will make decisions based on his or her judgment (upon which you have had an influence) and not the judgment of others. Leadership is the ultimate defense against the forces of peer pressure. That's why developing leadership skills are essential to our instruction. In martial arts, leadership responsibility is dictated in the form of rank. As rank is increased, responsibility in class and to fellow students is increased. Students learn how to deal with leadership challenges and are given more opportunities to develop this skill.

The adult your child becomes will be based on childhood experiences. We are proud to have the opportunity to help you prepare your child for lifelong success!

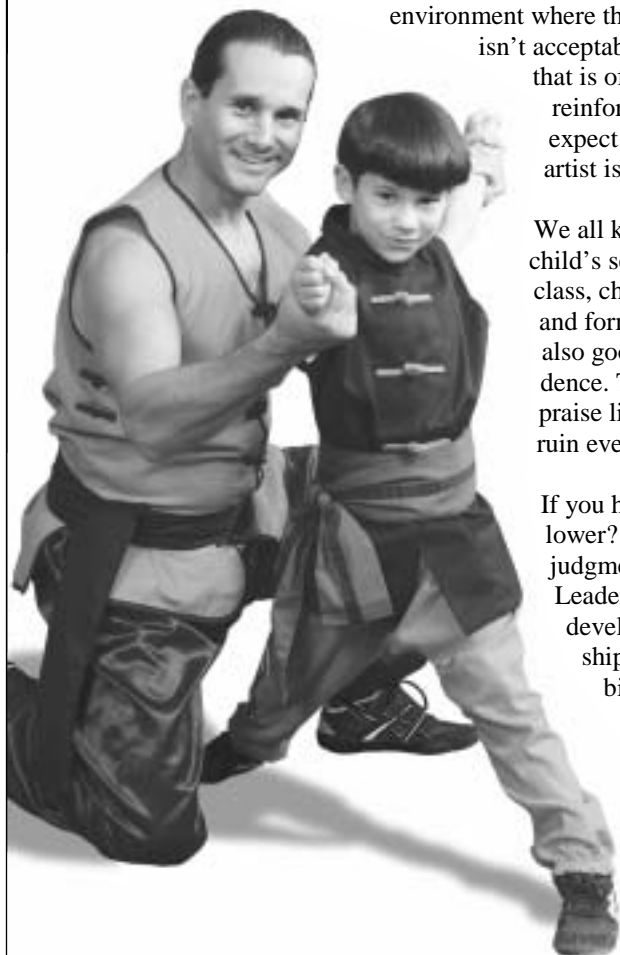
action
principles

Improve Yourself

Every day think of small ways to become stronger, more self-disciplined and more self-reliant. Become aware. What are you doing at home, at work or at the gym? What are you doing to train your body and mind?

How are your savings and investments doing? What are you doing to make your life more comfortable and peaceful? How are you filling your life with beauty? Don't let your life pass in a succession of boring days. Small actions done consistently yield tremendous results!

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.





Martial Arts Success Stories

By Tyler, Age 11

Kids Zone

Profile
personal



Martial arts has taught me some very important lessons like discipline, courage, work ethic, determination and confidence.

The discipline that martial arts and kickboxing has given me has helped with my school work and competition. I have gained confidence and a greater work ethic through my six years of training.

Martial arts has given me the courage to overcome fears that we kids never tell adults about. When I was five years old, just getting into the ring took a tremendous amount of courage and determination. The discipline I acquired through my training gave me the drive to conquer fear during my toughest battles.

My motto from then on was to never give up. If I had any advice to give other young martial artists, it would be to always work harder and never give up.

Tyler currently trains under Ron Chewning, Jason Sorrell and Frank Price, his dad, at Sportsplex Health and Fitness owned by Jeff Branch.

HealthKick: Comfort Foods

By Jennifer G. Galea MS RD

Probably all people have been afflicted by food cravings or “the munchies” at some point in their lives. This tends to happen most during periods of stress and boredom. So what is the best way to combat this desire for “comfort foods?”



First, try to resolve the conditions that cause these cravings. The best remedy for stress is exercise, especially martial arts training which also incorporates many other techniques for stress control. Besides being healthier than indulging in a food cravings, physical activity keeps you feeling better for longer.

And if your munchies are brought about by boredom, getting active is the best solution, as well. You can also try delaying your intake of the food, and maybe the craving will go away.

Second, accept that it is okay for you to seek comfort in the foods you eat. The keys to not letting your comfort foods ruin your chances of a healthy diet are twofold:

1. Beware of your portions. One chocolate chip cookie is not going to destroy your diet, but a whole box of them is going to be impossible to compensate for.

2. Make healthful substitutions for your favorite foods. Try sherbet topped with fresh fruit instead of ice cream with marshmallow topping. Pretzels dipped in mustard instead of potato chips and dip are another idea. You can substitute fruit puree (such as applesauce) for about half the fat in baked goods, such as coffeecakes. To control your portions of baked goods, after your craving has abated, give away the leftovers to co-workers or neighbors, or simply throw them out.

Deal with your emotions in a positive way. Exercise daily and attend your martial arts classes regularly. Recognize your personal comfort foods and indulge in them without compromising your overall healthful lifestyle.

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!

Indicate the Power Color of these Power Rangers
Example: Max - Wild Force Ranger/ Blue

1. Dustin - Ninja Storm Ranger: _____
 2. Cassie - Turbo Ranger: _____
 3. Katie - Time Force Ranger: _____
 4. Zack - Mighty Morphin Ranger: _____
 5. Alyssa - Wild Force Ranger: _____
 6. Shane - Ninja Storm Ranger: _____
 7. Carlos - Turbo Ranger: _____
 8. Cole - Wild Force Ranger: _____
 9. Lucas - Time Force Ranger: _____
 10. Trini - Mighty Morphin Ranger: _____
- BONUS: Zhane - Turbo Ranger: _____

Answers: 1. Yellow 2. Pink 3. Yellow 4. Black 5. White 6. Red 7. Black 8. Red 9. Blue 10. Yellow Bonus: Silver



FULL CONTACT



INFORMATION FOR THE FRIENDS & FAMILIES OF
LIFEFORCE KARATE & FITNESS

THINK!

Katie is having dinner at her friend Hillary's house. Katie is a frequent guest for dinner, and Hillary's mom knows that Katie loves her special double-chocolate fudge brownies. The girls help clear the dishes while Hillary's mom gets dessert ready.

Katie hopes there are brownies for dessert. Sure enough, Hillary's mom brings over a huge plate piled with freshly baked brownies and puts it down in front of Katie. She tells Katie to help herself. What

should Katie do?

- a) Immediately grab a brownie and begin eating?
- b) Say "thank you," take one, wait for everyone to be served, then eat her brownie?
- c) Look for the biggest brownie and put it on her plate?
- d) Take two brownies--one for now, one for later?
- e) Take a brownie and stuff it down so she can have another one before they're all gone?

For help in knowing what Katie should do, read Proverbs 23:19-21.

FIGHTER GROUP NEWS

Members of the Fighter Group competed at two SCSKA tournaments in October. Here is a summary of how they placed:

Carolina Gamecock Classic, Oct 3, 2003, Columbia, SC:
Latrille Adams-1st in Sparring;
Stephanie Adams-3rd in Forms, 3rd in Weapons, and 2nd in Sparring;

South Carolina State Karate Games, Oct. 25, 2003, Anderson, SC:
Derek Rast-3rd in Forms, 2nd in Weapons, and 5th in Sparring; **Latrille Adams**-1st in Sparring; **Stephanie Adams**-5th in Forms, 3rd in Weapons, and 6th in Sparring. Also competing from Lifeforce was **Jeremy Adams**, who placed 4th in Sparring.

UPCOMING EVENTS

- Nov. 6 -- Photo Day
- Nov. 8 -- Open Saturday
- Nov. 8 -- Please Note: The Samurai Sword Seminar will be rescheduled due to a conflict.
- Nov. 22 -- Rank Test [By invitation only. Times vary]
- Nov. 27 - 29 -- Thanksgiving Holiday [Studio Closed]

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

MEMORY MINDER

Parents, please refrain from talking to your children during regular classes. If he is on the wrong side or she is out of step, we will get them on side and in step eventually. In cases of emergency, your assistance is very much appreciated.

LIFELINE...

*"Any man can be broken... by a strength outside greater than himself
or a weakness inside which he cannot understand."*

-- Caine

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

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Special Delivery

Martial Arts

It's Not Just for Kids Anymore!

The secret's out! Adults of all ages have discovered that martial arts training can help them get into great shape, blow-off steam, and kick their confidence level up a notch. Imagine getting in great shape while loving every minute of it. Now you can! Come join other adults in our beginning program, get fit, and feel like a kid again.

Call us today for a free, no-obligation class!

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



MEMBER: National Association of Professional Martial Artists