



Kickin'

Published Monthly for the Friends and Family of this NAPMA School

Let's Focus on G.I.F.T.S!

Life keeps us busy doesn't it? Have you ever wondered what life would be like without a holiday season? Some might say "Yeah, less busy!" However, most would agree that the holiday season provides us with the all important reminder to reflect on all that is truly important in our lives. And although the holiday season can place more responsibility and commitment on our lives, it is a special time of year we would dearly miss. To get the most out of this holiday season, turn your attention towards G.I.F.T.S and make this year a season you'll never forget.

G for Giving: The holiday season sends us all to the shopping malls to purchase gifts to exchange with our family and friends. However, the "gift" of giving can be an empowering experience if you give to those who will give you "nothing" back. Reach out to an orphanage, a hospital for terminal patients, an elderly home, or a shelter in your community and organize a distribution of gifts for people that are often forgotten during the holidays.

I for "You, Yourself": Don't forget about yourself this holiday season. Remember to tell yourself, "I will eat healthy food, exercise (I will attend scheduled Martial Arts classes), and I will allow myself some vital R & R in order to have a healthy holiday season." Time management experts say that most people waste more hours than they realize, because they do not plan their time, they let time plan them.

F for Family & Friends: The inner circle of people who are most important in our lives can often be defined by those on your holiday card list. This year take your message of holiday wishes to the next level. For those family and friends you will not see during the holiday, pick up the phone and give them a call.

T for Thankful: Take out a piece of paper and at the top write "I am thankful for..." Then ask yourself how many things you'd think you'd be able to write down. Put that number in the upper left corner of that page. Your goal is to double that number and you will be surprised at how easy it will be! Doing this exercise in writing will demonstrate that the number of things you are thankful for far exceeds your initial projection.

S for Sharing: Sharing can have different meanings for each person. For children, sharing can mean giving up a favorite toy for their sibling or friend to play with it. Adults may volunteer their time for a local charity. In every case sharing involves the interaction of two or more people. During the holiday season, we all share in celebrating life, the memories of those no longer with us, and creating new memories with those around us.

May the gifts of this season remain with you throughout the year.





Kids Zone

Martial Arts Success Stories

How Martial Arts Changed My Life

By Danny Riday



I have only been doing Martial Arts for about two and a half years, but the physical and mental improvement I have made has surprised even me. Martial Arts is my favorite thing to do. My week has three high points, the days I have Martial Arts classes. Being an assistant for

younger classes is fun. I try to set a perfect example. The mental discipline I have gained from my classes has helped me at school and at home.

Being part of the demonstration team is what I like best. My mother likes knowing I have the skills to defend myself if necessary. Running my own martial arts school some day is my goal and I hope it becomes as popular as my school is now.

Danny is a student at Miller's Martial Arts Academy owned by Korbett Miller.

personal Profile

HealthKick: Start the Days of Your Holiday Season with a Nutritious Breakfast

by Jennifer G. Galea MS RD

What's a good snack to take with you during your busy day? What is a quick, easy and healthful breakfast that even your small child can prepare? What can provide you with much of your body's required fiber? The answer is cereal.



Cereal is quick, easy, and full of taste. And depending on your selection, it can be a very nutritious addition to a healthy diet.

So what should you look for in selecting a cereal, especially since there are so many available? Most people would think to look at the vitamins/minerals, but most cereals are fortified so that is probably comparable among cereals. If your cereal selection doesn't have 100% of vitamins (as some cereals advertise), you still have the rest of your food selections to make up the difference, and you can always add a vitamin/mineral supplement to your regimen.

The next thing most health-conscious adults would consider is calories and/or macronutrients (carbohydrate, protein, and fat content). Most cereals again are very similar, although some have higher fat content based on added ingredients, such as nuts, or part of the grain used. These are important considerations, but truly the most important constituent to evaluate is fiber content. Fiber content determines whether the cereal is either a crucial part of a healthy diet, or a bunch of relatively empty calories.

The current recommendation for fiber intake for adults is 20 to 35 grams. The average adult consumes only 10 to 12 grams, which is only 30-50% of what is needed. Why do you need fiber? A diet high in fiber can protect against heart disease, diverticulosis (a digestive disorder), hypertension (high blood pressure), diabetes, and several forms of cancer. As an added bonus, fiber helps to control weight and bowel function.

To determine the recommended intake for children, add five to their age. So for an 11 year old, the recommended intake would be 16 grams (11 + 5 = 16). Proper selection of breakfast cereals can be an interesting and tasty way to reach your fiber goal, especially for children.

As an enlightening exercise, compare the label for a shredded wheat cereal to a kid's sugary cereal...you'll see the similarities in macronutrients, but the vast difference in fiber content. Always check the nutrition content label: some cereals that would seem to be high in fiber (or at least contain some), such as Honey Graham Oh's, are really just a sugary cereal.

Kickin' Kids korner

Welcome to Kickin Kids, the mind boggling, brain teasing section of Kids Zone. Check out the 10 words that are partially spelled. Can you fill in the missing letters to figure out what the words are? If you score (9 or more), you are a Grandmaster, (7 or 8) a Master, (6) an Advance 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 word and add +1 to your score. Good luck!!!

G _ F _ S

C E _ E _ L

T I _ E

F _ R T _ F _ _ D

M _ S S _ G _

G _ V _ N _

B R _ _ K _ A S _

T H _ N _ F _ L

D O _ A _ I O _

S H _ R I _ G

Bonus Person: _ A _ T A - C _ A _ S

Answers: Gifts, Time, Message, Breakfast, Donation, Cereal, Fortified, Giving, Sharing, Bonus: Santa-Claus



FULL CONTACT



INFORMATION FOR THE FRIENDS & FAMILIES OF
LIFEFORCE KARATE & FITNESS

THINK!

Last night it snowed about 10 inches in Davis's down. School is cancelled and it feels like a holiday. It's a great day for sledding, but first he has to help his dad shovel the driveway. By the time he gets downstairs, Davis discovers that Dad has already shoveled the driveway to get to work. Davis can't believe his good fortune until Mom tells him to shovel the driveway of his elderly neighbor, Mrs. Bates. It takes about forty-five minutes to clear her driveway, but Davis still has time to get in some sledding. He looks up and realizes Mrs. Bates' front walk is not shov-

eled, nor is there a path to her back door. Davis knows his dad always shovels that for Mrs. Bates, but his mom only mentioned doing the driveway. Mrs. Bates probably isn't going out today so she won't need her walkways shoveled. What should Davis do?

- A) Figure that the sun will melt the snow -- eventually?
- B) Promise to come back later, after his sledding, to finish shoveling the walks?
- C) Let his dad shovel the walks when he comes home from work?
- D) Go ahead and finish the job by shoveling the walks for Mrs Bates?

E) figure he has done enough for one day and go sledding?

For help in knowing what Davis should do, read Hebrews 13:16.

Fighter Group News

Two members of the Fighter Group competed against the world's best sport karate contenders at the *NBL Super Grands World Games XIII* in Panama City Beach, Florida, November 2002.

Billee Purvis placed 5th in Creative Forms.

Chris Quickmire placed 6th in Continuous Fighting; 8th in Creative Weapons; and 9th in Creative forms. The Grands is one of the most prestigious sport karate events in the world.



MEMORY MINDER

Rank Test Results must be turned in after being reviewed and signed. Test Results become a part of your permanent record.

Rank will NOT be awarded until results are returned.

PRACTICE! -- Repetition is essential to the learning process.

UPCOMING EVENTS

Dec. 14 -- Rank Tests (By invitation only)

Dec. 24 - 27 -- Christmas Holiday - Studio Closed

Dec. 28 -- Open Saturday

Dec. 28 -- Parents' Coaching Class - 11:00 a.m.

Dec. 31 -- Kick In the New Year Sleepover
No regular classes. More details soon.

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

LIFELINE...

Good character is more to be praised than outstanding talent. Most talents are, to some extent, a gift. Good character, by contrast, is not given to us. We have to build it piece by piece -- by thought, choice, courage and determination. -- *John Luther*



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Date:

Time:

