



Kickin'

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Mothers and Daughters Benefit from Martial Arts Training

by Joseph. Galea

Today martial arts is more popular than ever and is enjoyed by men and women of all age groups. The propulsion behind martial arts' popularity is fueled by its broad benefits to participants. Self defense, weight loss, stress reduction, fitness, and confidence are just a few of the results students can expect from martial arts. The benefits explain why women of all ages are attracted.

Why Your Daughter Should Train in the Martial Arts

Martial arts can help your daughter prepare for life's challenges found throughout her early years and well into adulthood. She can use the confidence developed to help her at school when taking an exam and speaking in front of a group. She will learn to be assertive and protect herself if need be. Statistics say that 1 in 5 college girls has to physically defend themselves on a date. Her training will help her be aware and less likely to be a victim.

Why Women Should Train in the Martial Arts

Women can take advantage of the benefits that have made martial arts popular. Each woman will discover the benefits that are most important to her. Here are some to consider.

Start with self-defense. The ability for a woman to protect herself (and any children in her care) is a serious matter.

Imagine this situation: While on a trip, a woman's car breaks down, a great distance from a populated area. Her cell phone has no signal. A van approaches, stops and a man exits. A woman trained in the martial arts would know that she can control the situation either way.

Consider the health benefits. Today, many woman are susceptible to the same levels of work related stress that have traditionally affected men. Many women need to balance the most challenging job in the world, raising children, with part-time or full-time careers. Martial arts can provide stress management. Whether a woman wants to shed a few pounds, strengthen muscles and improve flexibility, martial arts offers it all.

We believe the most important reason that women should pursue the martial arts is to give them tools that will improve the quality of their life. It is never too late to start learning martial arts. If you're not currently

action
principles

Imagine

Imagine that you can give your family all the money they need.

Imagine that you can give your family all the time with you they need.

Imagine that you will soon be seen as a respected leader in your community.

Imagine that your students will be like you.

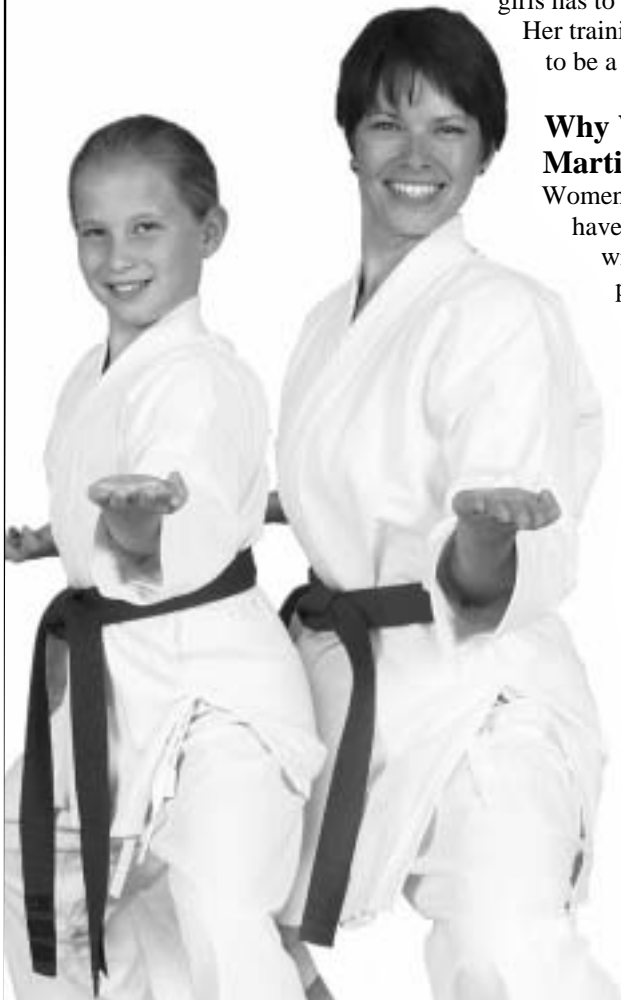
Imagine that your employees will work hard for you.

Imagine that people are telling you that you are making a difference in their lives.

Imagine that you can accomplish all you want.

This is not a daydream. This is a result of following the Action Principles.

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

Sam Arnow, Age 11

Profile
personal



Martial arts plays a big part in my life. It keeps me strong and athletic. All of my friends are at karate, and it helps me stay happy.

Martial arts have helped me get through life. My father was recently seriously injured. My karate studio was one place that

people were concerned, but for 45 minutes I could concentrate and focus on something else besides by father's injury.

Martial arts means so much to me that I even call it "my life." If I have had a bad day, I think about karate and I have a good day. I highly encourage other people to do martial arts, and maybe they will get the same joy out of it as I do.

Sam Arnow is a student at Tres & Kelley Weatherford's West Coast Tae Kwon Do

HealthKick: The Power of Fruits

By Jennifer G. Galea MS RD



Fruits are wonderful "power" foods as they contain a full package of nutrients in every bite. First, the carbohydrate source is fructose, which is handled differently by your body than other "simple" sugars, such as sucrose. Fruits are loaded with vitamins and minerals even though they contain minimal calories.

Fruits are a good source of carotenoids, vitamin C, folate and potassium. Your body uses carotenoids for growth and repair, immune functions and night vision. Vitamin C is involved in wound healing, strengthening blood vessels, maintaining collagen, resisting infections, and keeping gums healthy. The body employs folate in red blood cell formation, protein metabolism, growth, and cell division. Potassium is crucial to fluid balance, control of heart muscle activity, and proper functioning of your nervous system.

In addition to being good sources of crucial vitamins and minerals, the majority of fruits are also good sources of fiber. Fiber is invaluable in its function in bowel and weight regulation, as well as other beneficial biochemical interactions. For all these "powerful" fruit contributions to wellness, you want to be sure to consume at least two fruits per day, along with three vegetables, to reach the recommended minimum of five servings per day of fruits and vegetables.

Checkout the Kids' Zone "Word Guess" for a list of the most "powerful" fruits and their serving sizes, as published by the Center for Science in the Public Interest. Note that these fruits don't all contain significant amounts of all the nutrients listed

Kickin' Kids korner

Welcome to Kickin' Kids, the mind-boggling, brain-teasing section of Kid's Zone. Check out the 18 words that are partially spelled. Can you fill in the missing letters to figure out what the words are? If you score: 16 or more, you are a Grandmaster; 13 or 14, a Master; 12, an Advanced Student; 10 or 11, an Intermediate Student; 9 or 8, a Beginning Student; 7 or less, 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!

Theme: 18 Power Fruits (Answers also contain Serving Size)

G _ A V _ & K _ W _	B _ A C _ B _ R _ I _ S & R _ S _ _ E R R _ _ S
W _ T _ _ M _ L O _	C _ N _ A L _ U P _ & S T _ R - F R _ _ T
GR _ _ E F _ U I _	A P _ _ C O _ S & P _ A C _ E _
P _ P _ Y _ & M _ N G _	H _ N _ Y _ E W - M _ _ O N
_ T R _ W _ E _ R _ E S	Bonus: P _ R S _ M M _ N
O R _ _ G E & T A _ _ E R _ N E	

Guava (1) & Kiwi (2), Watermelon (2 cups), Grapefruit (1/2 pink or red), Papaya (1 cup) & Mango (1/2), Strawberries (8), Orange & Tangerine (1), Blackberries & Raspberries (1 cup), Cantaloupe (1/4) & Star Fruit, (1) Apricots (4 or 1/4 cup dried) & Peaches, (1 or 1/4 cup dried), Honeydew Melon (1/10) Bonus: Persimmon (1)



FULL CONTACT



INFORMATION FOR THE FRIENDS & FAMILIES OF
LIFEFORCE KARATE & FITNESS

FIGHTER GROUP NEWS

Members of the Fighter Group competition team competed in the Beach Battle Karate Championships, April 4-5, 2003 in Myrtle Beach, South Carolina.

Latrille Adams placed 1st in Sparring; **Stephanie Adams** placed 5th in Forms and 3rd in Weapons; **Allyson Ayers** placed 3rd in Forms and 7th in weapons; **Derek Rast** placed 3rd in Forms and 8th in Weapons; **Jay Gower** also made a strong showing. Congratulations to all of our competitors!

THINK!

Dominic is one of the meanest kids Bert has ever met. He's also one of the biggest kids in school, and takes every opportunity to make life miserable for everyone else. Bert and his friends try to avoid Dominic and not get in his way.

Today on the playground, there is a loud crash. Someone broke a window. The playground aide orders Dominic to the principal's office. Dominic says he didn't do it, but the aide doesn't believe him. Actually, Dominic didn't do it. Bert saw Dominic

right before the crash. There is no way Dominic could have done it. Other kids also know Dominic is innocent. *But hey, he's a bully, they think, he deserves whatever punishment he gets.*

Bert is no Dominic fan, but wonders if he should tell what he saw to the playground aide. What do you think Bert should do?

a) Keep quiet like the other kids to teach him a lesson?
b) Tell the aide after he is sure Dominic has received his punishment?

c) Forget about it? Dominic would just beat him up anyway for not telling sooner.

d) Tell the playground aide that Dominic was not responsible for the broken window?

e) Write an anonymous letter to the principal telling him the truth about the situation but include a long list of other "crimes" that Dominic has committed?

To know how Bert should respond, read Leviticus 5:1.

UPCOMING EVENTS

May 10 -- Spring Clean-Up Day

May 17 -- Open Saturday - 11 a.m.

Parent's Coaching Class - 10:30 a.m.

Sword Seminar - 1:30 p.m.

May 26 -- Memorial Day (Studio Closed)

May 31 -- Rank Test (By invitation only. Times will vary).

Fellowship of Christian Martial Artists - 3 p.m.

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

LIFELINE...

*There is little difference in people, but that **little** difference can make a **big** difference.*

The little difference is attitude. The big difference is whether it is positive or negative.

--W. Clement Stone

LifeForce Karate & Fitness
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Special Delivery



Preschoolers Love Little Ninjas!

Our specialized Little Ninjas program offers an age-specific curriculum that has been professionally designed to teach children life skills in a fun, exciting and enriching manner.

Once enrolled in our Little Ninjas program your child will become a sharper student in school and a better listener at home. They'll learn the value of teamwork, good manners, and trying their best at all times. Plus, all of the Little Ninjas class activities are designed to keep your child mentally and physically fit.

Studies have shown that ages three through six are the most important years of your child's development. So enroll your child today, and help prepare them for life!