



Kickin'

Published Monthly for the Friends and Family of this NAPMA School

Are Your Children Prepared for the New School Year?

by Joseph Galea

Whether your child is starting kindergarten or high school, each school year brings new opportunities and challenges to overcome. Imagine if you started a new job every year and had to learn a multitude of new information. It's similar to what children experience when they enter a new grade. Your child's ability to overcome challenges requires many personal skills. It's our goal as martial arts instructors to provide children with a boost in the following areas that play a vital role in your child's success.

Confidence: Children must learn to feel good about themselves and believe that they can succeed. When children are confident, they will attempt new tasks and try again if they don't succeed the first time. Martial art training instills confidence in children through positive reinforcement and the development of self-defense skills.

Independence: Independent children have a greater ability to adapt to changing environments. Your child's progression in the martial arts relies on their own class contributions and practice at home... much like in their regular school.

Motivation: Children must be self-motivated to learn effectively. Children need to enjoy what they are doing and have goals to stay motivated. We teach fun lessons that show children how they can stay motivated in and outside of the class too.

Persistence: Children must learn to finish what they start. Parents and instructors can team up to teach children to finish what they set out to do. There is great satisfaction in working to overcome obstacles and achieve a goal such as black belt.

Cooperation: Children must be able to get along with others, learn to share and take turns. Children get many opportunities to practice cooperation and teamwork in the martial arts classroom with their peers and learn the value of working together for a common goal.

Self-control: Children must understand that some behaviors, such as hitting, are inappropriate. They need to learn that there are good ways and bad ways to express anger. Children that learn self-defense learn how to control their anger and are less likely to hit others. They are less likely to be a bully or give in to peer pressure because of the self-esteem they develop through martial arts training.

Source: U.S. Department of Education publication "Helping Your Child Get Ready for School"

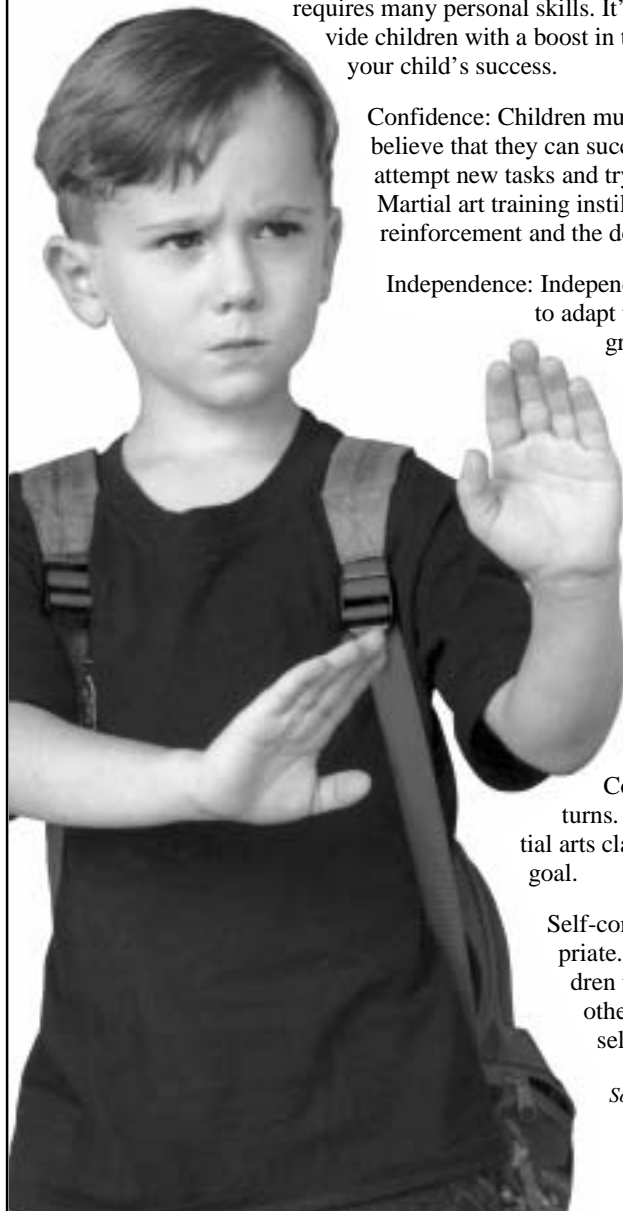
action principles

Pass the Test

Life is a test and the points on that test are earned by how much attention you give to improving yourself and helping others. When your test is graded, to what will you attribute your success: study, hard work, personality, talent, skill, opportunity, patronage, or luck? No amount of material success earned and kept will be awarded credit. The greater your blessings, the greater your obligation to share your good fortune.



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

Kids Zone

Ashley Braico, Age 12

Profile
personal



My training has benefited my life dramatically. Before I began my training, I would let people push me around. Now I realize that I'm a valuable person and should not be pushed around. I used to think bad about myself. Now,

because of my training, my self-esteem level has raised. If anyone tries to hurt me, I know I can defend myself. I'm not afraid of anyone anymore. Since I have started training I have made new friends and even a best friend. Because of my training I know I have become an all-around better person.

Ashley Braico is a student at the Pace Institute of Karate in Vernon, NJ Owned by Michael Pace

HealthKick:

Protein: How Much Do I Need?

By Jennifer G. Galea MS RD

Over the past year, the media has exploded with views on the pros and cons of high protein diets. How much protein do we actually need?



As an athlete, your dietary requirements are not all that different than what is recommended for anyone trying to maintain a healthy diet. Your calorie needs may be increased due to increased exercise (if you aren't trying to lose weight). Since most protein recommendations are given in relation to overall calories, your protein requirements may be slightly higher as well. The recommendations for protein consumption range from 12 to 20 percent of total calorie intake.

Another way that protein recommendations are expressed is in terms of grams per kilogram of body weight. (To convert your current weight to kilograms, divide the pounds by 2.2.) Research suggests that for endurance athletes, the required protein level is 1.2 g/kg per day. For bodybuilders and strength athletes, the recommendation is increased to 1.6 to 1.7 g/kg. Research has not yet determined exactly how much this recommendation needs to be adjusted for female athletes. What is important to remember is that increasing your protein consumption will not increase lean body mass; only exercise and training can accomplish that.

The easiest way to regulate protein intake is to eat a well balanced diet. Skewing the scales to protein has been successful in promoting weight loss. At the same time, experts agree that consuming more than approximately 2 grams per kilogram body weight is probably not in your body's best interest. This recommendation is easy because it converts to eating no more than one gram of protein per pound of your body weight.

What is most important in a diet is what you are actually eating. Eliminating carbohydrates (carbs) is not the answer; rather control the type of carbs that you eat. So focus your protein on the lean cuts and emphasize fish (which has a great number of health benefits). Make sure your carbs are whole grain or whole fruits and vegetables. Minimize your fats, especially the "trans fatty acids" and saturated fats. Eat a little bit of each type of "real food" (as I'm a fan of saying) at each meal and you will have a winning diet. u

Kickin' Kids kornor

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 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!

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

F_S_S - _F - _UR_	EN_E_ - TH_ - _R_GO_
T_E - _HI_E_E - C_NN_C__O_	G_M_ - O_ - D_AT_
M_RL_W_	G_EE_ - HO_N_T
R_T__N - O_ - T_E - D_A_O_	T_W_R - _F - _EA_H
_HE - _EG_N_	
T_E - IN_ER__PT_N_ - FI__	
Bonus: A - _A_R__R'_ - J__R__Y	

Answers: Fists of Fury; The Chinese Connection; Marlowe; Return of the Dragon; The Legend; The Intercepting Fist; Enter the Dragon; Game of Death; Green Hornet; Tower of Death; Bonus: A Warrior's Journey



FULL CONTACT



INFORMATION FOR THE FRIENDS & FAMILIES OF
LIFEFORCE KARATE & FITNESS

THINK!

Les is one of the best cross-country runners at his school and has a chance to be crowned district champ at the meet today. He is well liked and has a good reputation among his team members and coaches as well as among the competing runners.

Les feels confident running on his home turf. He knows the route well and knows where he should conserve his energy, and where to make his final sprint. As long as the weather holds, it should be a good race for Les.

Several hours before the race, it begins to rain. If there is no thunder or lightening, the race will be held, but it will mean a more difficult course.

At race time, the rain ends, but the course is muddy and slippery.

Les lines up with the rest of the runners. At the sound of the gun, they're off! Les gets off to a quick start, but he can feel the others right behind him.

As he rounds the first corner, Les slips and tumbles several times. He gets up and stumbles a bit before he can get in stride again. He has fallen well behind his closest competitors.

Glancing behind him, he sees that the next group of runners are fairly well behind him. Les knows a path up ahead that would allow him to cut off a portion of the course and get him right back to the leaders -- where he would be

if he had not slipped. No one would suspect him of taking a short cut, so why not? What do you think Les should do?

a) Give up and walk the rest of the way in because the course is muddy?

b) Take the shortcut -- after all, he is expected to win?

c) Continue to run the course and do the best he can?

d) File a complaint with the judges that the course was too slippery?

e) Accuse one of the other runners of pushing him down?

Check out 2 Corinthians 8:21 to know what Les's top priority in finishing this race should be.

UPCOMING EVENTS

- Sept. 1 -- Labor Day (Studio Closed)
- Sept. 13 -- Open Saturday
- Sept. 27 -- Rank Test [By invitation only.
Times will vary.]

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

MEMORY MINDER

3 P's of Success in Martial Arts

1. **Participate** in class regularly.
2. **Pay Attention** during class.
3. **Practice** at least 15 minutes every day except the days you attend class and Sundays.

LIFELINE...

[Courage is] when you know you're licked before you begin but you begin anyway and you see it through no matter what.

--Harper Lee (1926 -), *To Kill a Mockingbird*, 1960

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Special Delivery



Your Child will "Learn to Earn" at Our Martial Arts School

In today's world of immediate gratification, it's getting harder to teach children the value of working towards goals and the satisfaction that comes from a job well done. Our children's program focuses on reinforcing traditional martial arts values such as trying one's best and never giving up. Our students take pride in hard work and achieve their belts the old fashioned way. They earn them!

Insert School Name,
Contact info and Web-
site Here

MEMBER: National Association of Professional Martial Artists