

# FullContact

A Monthly Publication of LifeForce Karate & Fitness

## Some Day Your Child Will Be a Blackbelt



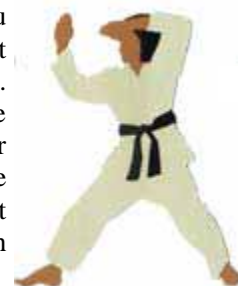
It has been a rough day, you're exhausted, and it's raining. And you still have to take your child to martial arts class. A fleeting thought of skipping class enters your mind, but you know attendance is very important. You pause a moment, take a deep breath, exhale, and move on. "Do you have everything for class?" you ask. "Ok, let's go," you say as you grab the keys to the car. You open the door and the crackling sound of thunder fills the air and the rain pushes down even harder. Umbrella in hand, you're off and running. Why? Because some day your child will be a black belt.

Parents are often the unsung heroes in the martial arts. They remain in the shadows, all the while making it possible for their children to have an edge in life. You should know that your role as a parent is appreciated. And with every kick, punch, and power yell, your children move closer to achieving their goals. You play an integral role in the re-motivation process, by your own perseverance and dedication. You are doing the best for your children. Why? Because some day your children will be black belts, and it will all be worth it!



Along the road to success, there are many hills and valleys. At school, it takes a team effort of instructors and parents to motivate and re-motivate children to give them the support they require on their road to a black belt. During this journey, your children's character becomes stronger and their development as martial artists progresses as they demon-

strate qualities of perseverance and commitment. You play an integral role in the re-motivation process, by your own perseverance and dedication. You are doing the best for your children. Why? Because some day your children will be black belts, and it will all be worth it!



## lifeline

Words of Wisdom

"Success is not final, failure is not fatal; it is the courage to continue that counts."

-- Winston Churchill  
British Orator, Author  
And Prime Minister

By Joseph Galea



## BRAIN TEASERS

ANSWER EACH QUESTION BELOW.

#1. What do the following numbers have in common?  
3 7 10 11 12



#2. How Many Peppers ?

Peter picked one pepper more than Paul. Pat picked one pepper more than Pam. Peter and Paul picked 10 more peppers than Pat and Pam. Peter, Paul, Pat and Pam picked 60 peppers. How many peppers did Peter pick?



#3. The Black Dog

A black dog stands in the middle of an intersection in a town painted black. None of the street lights are working due to a power failure caused by a storm. A car with two broken headlights drives towards the dog but turns in time to avoid hitting him. How could the driver have seen the dog in time?

#4. Riddle Me This

Four men sat down to play. They played all night till break of day. They played for gold and not for fun. With separate scores for everyone. When they had come to square accounts, they all had made quite fair amounts. Can you the paradox explain. If no one lost, how all could gain?



#5. What is it?

You use it between your head and your toes, the more it works the thinner it grows. What is it?

1. The only vowel they contain when written is the letter "E."
2. Peter picked 18 peppers.
3. Who said this happened at night?
4. The men were mustelians.
5. A bar of soap.

# Healthkick

## Attitude is Everything!



Jason's next door neighbor, Stan, was his best friend. They grew up together. Stan seemed to excel at everything. Stan made top grades in school and was always on the National Honor Roll. Jason was an average student. The two boys joined a local martial arts school. Stan loved it and practiced all the time. Stan was fast becoming the "star" in his age group.

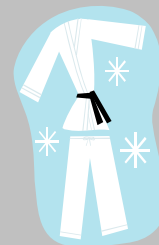
Jason felt a lot of anger toward Stan because he was so good at everything. He told Stan that he was tired of him always showing off and making him look bad in front of his parents and peers. Stan's mouth fell open! He said, "I never show off! It's not my fault that you never set goals, never study and never practice. You choose to be average. You could choose to be just as good at everything as I am. You have two arms, two legs and a brain just as I do, but you choose not to be good at anything. You choose not to care and take pride in what you do. When I do good, I'm not trying to make you look bad. I am trying to fulfill my own goals. Why don't you choose to do that?"

Every morning when you get up, you make a choice of what kind of day you will have. Every day you can whine and cry because you have to go to school, or, as a Black Belt, you can rejoice that you are getting an education and eagerly open your mind and fill it with a wealth of knowledge. Every day of your life is waiting to be shaped and you are the sculptor who shapes every hour and every minute. What the days, weeks, months and years ahead of you are like is entirely up to you. You are the one who makes the choices. You and only you are responsible for being average or being great.

# Upcoming Events



- March..... 08 .....Daylight Savings Time Begins
- March..... 14 .....Universal Championships, Lancaster, SC
- March..... 17 .....St. Patrick' s Day
- March..... 21 .....Rank Tests [By invitation only. Times vary.]
- March..... 28 .....Karate United Invitational - Columbia, SC



**No Open Saturday This Month. Please Come to the Karate United Invitational.**

For the past several weeks, Henry has been totally absorbed in his family's new computer. He has already mastered all the computer games and has learned how to make some really cool party invitations. But the most fun is surfing the Internet. So far, he has found several sports Web sites, a site devoted to trading baseball cards, and some cool chat rooms for kids.

Today at lunch, Henry overhears some boys at the next table talking about "this really cool Web site. You've got to see it to believe it!" Henry catches up to the boy who was talking about it and asks for the address. The boy looks at him closely and says, "Well, I guess it's OK."

When Henry gets home, he grabs his cookies and milk and heads back to the computer. He easily finds the Web site the boys were all taking about, but when he get into it, he immediately realizes that the material is X-rated.

## Think!



What do you think Henry should do? Should he . . .

- A.) Write down the Web site address and tell his friends all about it?
- B.) Download information from the Web site and print it out to show his buddies?
- C.) Quickly find a more appropriate place to surf?
- D.) Visit some other sites listed at this particular address?
- E.) Take a good look to see what this site is all about?

Read 1 Timothy 6:11 to find the biblical principle that should underlie Henry's response.

## MEMORY MINDER

### EARN YOUR STRIPES

Stripes are given in the following order:

1. Sparring Combos, New Kicks and Punches
2. Memory Work
3. Self-Defense
4. Current Form, Forms Basics, and Current Weapon

## Ultimate Fitness Course

**COURSE STARTS APRIL 13, 2009**



Our ten-week **Ultimate Fitness Course™** for adults will jump-start your fitness goals.

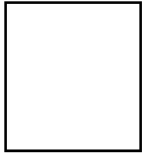
We use techniques from Boxing, Karate, Aerobics, Martial Movement, Yoga, Pilates and good old-fashioned Calisthenic exercises you used to do in your high school gym classes to help you burn fat and increase your cardiovascular health.

These exciting classes are fun, challenging and safe. Our martial-arts-based training gives you the skill and fitness of a top fighter, without the contact or bruises.



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