

FullContact

A Monthly Publication of LifeForce Karate & Fitness

Earn Your Black Belt in Parenting

By Allie Alberigo

Kids are being raised much differently today than when I was a child. My parents didn't keep track of my extracurricular activities on a calendar, let alone a PDA, Blackberry or iPhone. Today's world is an exciting place to live, but, parents and adults often forget that children need time to be children.

Martial arts is a great opportunity for children to have fun—like children—and provide parents with a powerful tool to prepare their children for the “brave new world” of the future. The martial arts is an all-around activity, with unmatched physical training, compared to other sports. Martial arts training also develops a positive mental aptitude. It stimulates the mind and teaches students *how* to learn.

For many parents, the greatest benefit of martial arts for their children is that it will change their lives forever. One lesson in self-defense, discipline and confidence building could keep a child from falling prey to bad elements.



Parents can help their children benefit fully from martial arts with these tips.

1. **Avoid boredom.** Most children become bored with martial arts training, due to a lack of support, not lack of fun. It's not the sole responsibility of instructors to keep children's interest high. Parents must be willing to bring martial arts into their home, with designated space for home practice.
2. **Do not bring children directly from another activity to their martial arts classes.** I suggest at least a bit of downtime, chores or relaxation between activities. This will ease students into their training and have a more positive experience.
3. **Don't ask the instructor to be your substitute disciplinarian.** Refer to him or her as a role model, not a bad guy. When children misbehave at home they won't want to come to class because they'll be afraid the instructor will reprimand or punish them.
4. **Don't expect your children to be always at the maximum level of excitement and motivation.** Remember, the only kids that

attain excellence are the ones that stick with their training for years. Motivate your children and revitalize their excitement if they ever become bored. Trust in the instructor for advice and keep him or her informed of how your children feel and their concerns.

Remember, your martial arts school, its instructors and parents are on the same team. Parents often miss the opportunity to use the support system that's available to them.

lifeline

Words of Wisdom

“Only one thing has to change for us to know happiness in our lives: where we focus our attention.”

-- Greg Anderson



KIDS ZONE

Martial Arts Success Stories

personal Profiles

Personal Profile



Martial Arts Inspires Me to Earn "A's" in School!

By Elizabeth Shepard, Age 12

My name is Elizabeth Shepard and I'm 12 years old. My younger brother is also a martial arts student. I have been in martial arts about 14 months

and I am preparing to test for my Green Belt, with a White Stripe. My goal is to become a Black Belt.

I started martial arts to learn self-defense and confidence. It has also helped me earn good grades in school. My goal is to receive straight "A's" throughout middle school, high school and college. I would probably like to be a dancer when I grow up. One of the most important things that my instructors have taught me is to have a better attitude.

Elizabeth Shepard is a student at Duane Brumitt's Tri-Star Martial Arts Academy in Bradley, Illinois.

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;

Martial Arts Word Guess: As martial artists, it's important to have gratitude and to be thankful for what we have, instead of wishing for what we don't have.

Guess each word by filling in the missing letters below. Hint: Each word may be something you're thankful for. Guess the Bonus and add +1 to your score. Good luck!!!

Example: DE_IC_TE_ _EA_HE_S Answer: Dedicated Teachers

1. GO_D HE_LT_

2. _OOD, SH_L_ER, A_D C_OT_I_G

3. M_ PA_EN_S

4. G_EAT F_I_NDS

5. FA_IL_

6. KI_D PE_PLE

7. P_SI_IVE _OLE MO_EL_

8. S_E_IAL ME_ORIES

9. IN_ER S_REN_TH

10. M_R_IAL _R_S

Bonus: I C_N MA_E
T_E W__LD A BE__
ER P_ACE B_
H_L_I_G O__ERS!

Answers: 1. Good Health; 2. Food, Shelter and Clothing; 3. My Parents; 4. Great Friends; 5. Family; 6. Kind People; 7. Positive Role Models; 8. Special Memories; 9. Inner Strength; 10. Martial Arts Bonus: I Can Make The World A Better Place By Helping Others!

Healthkick

Nuts: Are They All They Are Cracked Up To Be?
By Jennifer G. Galea MS RD

Nuts are great sources of protein, fiber, "good" mono-unsaturated fats, vitamins and other nutrients, including antioxidants. Recent research abounds with their positive effects on your overall health: they lower bad cholesterol, raise good cholesterol; regulate blood glucose; and lower risk of heart disease, cancer, and other diseases.

Many people think that nuts are "high in calories" and therefore avoid them. Nuts are high in calories, but it's better to describe them as nutrient dense (calories included). Since they pack so much "punch" in a serving, it is important to substitute only a portion of your protein intake with nuts.



Experts suggest that nuts should only be 20% of your daily-intake of protein, which is 10 grams of the 50 grams or protein in an average 2,000-calorie diet. You can generally assume there are 6-7 grams of protein per ounce of nuts, so you can include 1-2 ounces of nuts per day in your diet. You not only benefit from those grams of protein, which include 1-3 grams of fiber per serving, but also 14-22 grams of fat ("good" fat) and 160-200 calories. Be careful! Eat too many nuts and you'll add unwanted calories and fat.

Generally, one ounce of nuts is a serving. The list below reveals the counts of nuts in a serving. For nut butters, two tablespoons is a serving. Be sure to eat only unprocessed nut butters. Processed nut butters contain added fats that are usually high in hydrogenated oils, and trans-fats, which should be avoided completely. A suggestion for controlling portions: take your serving from the jar and close the jar. It is easy to turn one ounce into two or three if you are eating directly from the container.

Common Nuts	# of Nuts Per Serving
Almonds	24
Brazil nuts	6-8
Cashews	18
Hazelnuts	20
Macadamias	10-12
Peanuts	28
Pecans	18 halves
Pine nuts	157
Pistachios	49
Walnuts	14 halves

Upcoming Events

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November..... 10..... Open Saturday

November..... 17..... Armored Division - Christian Fellowship

November..... 22-25..... Thanksgiving Holiday (Studio Closed)

December 01 Rank Test

December 08..... Armored Division - Christian Fellowship

December 15..... Open Saturday

December 22-25..... Christmas Holiday (Studio Closed)

Dec. 31 - January 1..... New Year's Holiday (Studio Closed)

December 31 Kickin' In The New Year!

(Sign up to join the fun!)



Think!

Tyrone likes to take the shortcut through the woods on his way home from school. He always finds some interesting bug or rock to inspect along the way. He watches the chipmunks and squirrels scurrying. Once, he even surprised a deer on the way.

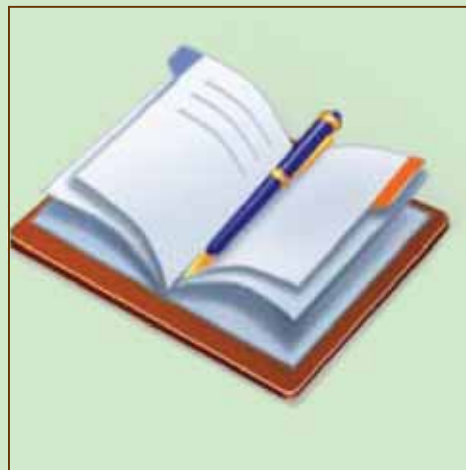
The other kids don't get to see that walking along the sidewalk. Sometimes his friends will join him, but usually Tyrone walks home by himself.

Today, Tyrone stayed after school to finish a project for the teacher. He hurries home now through the woods.

He doesn't stop to look around because he doesn't want to be late for his piano lesson. But he can't help shuffling through the leaves because it makes such a wonderful sound.

As he shuffles along, he kicks up something that clatters along the path. Stopping to pick it

up, he sees that it is an expensive gold pen, similar to the one his friend recently bought. *What luck!* Tyrone thinks (he needs a new pen). What do you think Tyrone should do?



Should he ...

A.) Take the pen to the school lost and found?

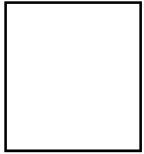
B.) Keep the pen and see if his friend mentions anything about losing his?

C.) Take the pen to his friend to see if he lost it?

D.) Leave the pen in the woods, hidden behind a tree. If no one finds it in a few weeks, keep it?

E.) Keep the pen and sell it?

For help in knowing how Tyrone should handle this situation, look at Proverbs 3:27-28.



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