

FullContact

A Monthly Publication of LifeForce Karate & Fitness

Swallow Your Pride Occasionally: (It's Not Fattening!)

There is good pride (taking pride in your work) and there is bad pride (being so proud you think more highly of yourself than you ought). We're talking about swallowing the second kind today. Pride is an interesting thing. It drives us deeper and deeper into trouble. We first recognize it and we don't admit it. This is too bad because we could be let off the hook at this point of recognition. Your money could be saved. A relationship could be restored. But instead, we say, "No way am I going to admit it." And things get worse, and worse, and worse, with each time we refuse to humble ourselves. Believe me, I know from experience! But won't you get walked on? Sometimes, I suppose, but that is the price you pay for getting it right the rest of the time.



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



ACTION POINT:

Is there something you have dug into your bunker about?

Is there a mistake you have made but won't admit, or a person you have offended but won't reconcile with?

Think about it, then take a step today to get it right. Eat your pride for lunch instead of that turkey sandwich!

Happy Holidays!

By Frank Tyger



Martial Arts Success Stories

Martial Arts Teaches Me To Lead

By Terri Hall, Age 14



My name is Terri Hall. I have been in training for about two and a half years, and have recently earned my Red Belt. I can't wait to earn my black stripe in the future.

I enjoy helping my Saboonim in the Tiny Tigers class, where I am often the group leader, with other students, ages 7 through 12. I look forward to teaching a whole class.

I love the physical challenge in my martial arts class, and know that with each class I am becoming stronger.

Terri Hall is a student at Grand Master Byung Kon Cho's Black Belt Academy in Hobbs, New Mexico, where her instructor is Master Lawrence Perez

personal Profiles

Kickin' Kids Korner



Welcome to Kickin' Kids, the mind-boggling, brain-teasing section of Kids' Zone. If you score: 9, 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.

Bonus: Martial Arts Match Game: Match each martial arts weapon with the appropriate definition below. Answer the Bonus question correctly and add two points to your score. Good luck!

- | | | |
|--------------------------|--|--------------|
| A. Bo | 1. Chinese flail weapon that uses metal rings or rope to connect three staffs. | Answer _____ |
| B. Nunchaku | 2. Long staff usually made of hard wood. | Answer _____ |
| C. Dao | 3. Traditional farm tool, used for reaping crops, much like a sickle. | Answer _____ |
| D. Tonfa | 4. Rattan sticks used in Filipino Martial Arts. | Answer _____ |
| E. Kama | 5. Two hardwood sticks joined by a chain/cord used to defend front attacks. | Answer _____ |
| F. Bokken | 6. Single-edge Chinese sword used primarily for chopping and slashing. | Answer _____ |
| G. Sai | 7. Looks like a police baton, but a handle and shaft lies along the arm. | Answer _____ |
| H. Arnis Sticks | 8. Japanese wooden training sword. | Answer _____ |
| I. Shuriken | 9. Two, long steel-pointed projections that are attached to the handle. | Answer _____ |
| J. Three-Sectional Staff | Bonus:
Traditional Japanese star-shaped weapon sharpened for throwing, slashing and stabbing. | Answer _____ |

Answers: 1. (J) Three-Sectional Staff; 2. (A) Bo; 3. (E) Kama; 4. (H) Arnis Sticks; 5. (B) Nunchaku; 6. (C) Dao; 7. (D) Tonfa; 8. (F) Bokken; 9. (G) Sai

Healthkick

NUTRITIONAL SELF-DEFENSE

By Jennifer G. Galea MS RD

I recently read an article entitled, "Defensive Eating at Fast-Food Restaurants," and couldn't help but think, "That's exactly right! We must use self-defense techniques in our approach to unhealthy food."

Nutrition self-defense means knowing your options (the menu items available), the content of the items and the basics of good nutrition. Armed with this knowledge, you can make sound choices. At the very least, you'll be empowered to choose the most healthful of what's available.

Nutrition self-defense means avoiding places where you won't have healthful options. It's best to prepare nutritious ingredients you've purchased. Next best is to choose prepared foods that contain healthful ingredients, followed by a restaurant's most healthful options, followed by that "attacker" lurking in the alley: fast food restaurants. Many of us don't have time to prepare healthful foods at home for every meal, which means we often resort to another option. This is where we must practice our self-defense techniques.



Research has shown that when average people dine at so-called "healthy" fast-food locations such as Subway®, they actually consume more calories than if they had bought a McDonald's® meal! The study found that people "reward" themselves with a bag of chips, non-diet soda, a cookie for dessert, bigger portions and calorie-dense extras, such as mayonnaise and bacon. All this totals nutritional sabotage.

By practicing nutritional self-defense, you will make the best food choices, given the available options available. Pack a healthy snack to eat between work and class. Prepare healthful meals on the weekend that you can reheat on busy nights. Keep healthful snacks in your desk drawer or car. If you do stop for a quick bite, opt for the lower calorie, more nutritious options: unsweetened iced tea, instead of soda; salad, with dressing on the side (or better yet, bring your own light dressing); fruit cup and yogurt; or a turkey sandwich on whole wheat bread with mustard and veggies. If you don't see something that matches your criteria, then don't be afraid to ask!

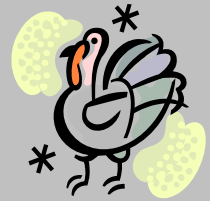
Upcoming Events

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November..... 08.....Open Saturday

November..... 22.....Martial Arts Movie Night (Bring a friend to get in!)

November..... 27-30Thanksgiving Holiday (Studio Closed)



December..... 13.....Rank Test

December..... 20.....Open Saturday

December..... 24-27Christmas Holiday (Studio Closed)

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

December.....31 - Jan 1.....Kickin' In The New Year: Fun Night & Sleepover

For Kids ages 4 - 12 (Find out how to join the fun!)



Think!

Jed's mom works at home. She has an office set up in the family's den off the kitchen. There's a computer, a printer, a fax machine, and other office supplies that she uses for work. The room is off-limits to Jed and his sisters when Mom is working. If Jed needs to do some homework on the computer, he usually can use it after dinner. It is clearly understood that no one may go into Mom's office without her permission.

After school, Jed invites a couple of his friends over to his house. While they are eating their snack, Jed's mom tells the boys she has to run out for a quick errand. The boys are to keep an eye on Jed's younger sisters until she gets home.

Soon after Jed's mom leaves, one of the boys notices the closed door to the den and wants to know what's behind it. Jed explains that it's his mom's office, and it is off-limits because of all the expensive equipment. One of his friends says, "Hey, cool! Let's go and fax something to the school. We're not going to break anything. Your mom will never know!" The other friends eagerly agree, and Jed is stuck. It probably wouldn't hurt anything, and his

mom would never know. But he's not sure. What do you think Jed should do?

Should he ...

A.) Try to distract his friends by offering them huge bowls of ice cream?

B.) Say that the office is strictly, and he means strictly, off limits to kids, and they are not allowed in there?

C.) Go ahead and let his friends in his mom's office -- and pray that she won't ever find out?

D.) Only let one friend at a time go in the office and look around?

E.) Let his friends into the office, but tell his mom, when she gets home, that they forced him to do it?



For help in knowing how Jed should react, read James 1:12. Also check out Genesis 3:1-7, the story of a young woman who was tempted to disobey her Father's instructions.

Holiday Message

My Christmas List of Blessings



*Billee Purvis
Chief Instructor*

This year Sugarr Banks and I decided to send our holiday greeting electronically through this publication. So even though it doesn't bear your name, it is intended for you. With heartfelt appreciation for the opportunity to know you and all that you've brought to our lives, thank you.

Every names' a touchstone
That leads to a place and time,
Where God has used another's heart
To reach out and touch mine.

It may have happened years ago
Or even yesterday.
But every person on my list
Has changed my life some way.

Through simple conversation,
A warm hug or shared meal,
Every person on my list
Has helped me grow or heal,



Or laugh or love or learn or smile...
The blessings never end
As God allows our paths to cross
As family and as friends.

So please know that this greeting
Is more than a Christmas wish.
It's a "thank you" card to God
For putting on my list

Each and every one whose name
I've come to hold so dear...
Those who've shown me Christmas joy
Each day of the year.



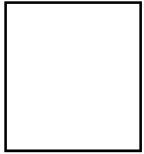
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