

FullContact

A Monthly Publication of LifeForce Karate & Fitness

Things You Should Know About Stretching!

Before fitness training, everyone should warm-up or stretch to prevent injuries and enhance training. Here are a few precautionary tips to serve as guidelines when doing fitness exercises.

To increase your flexibility and to avoid injuries, stretch before and after each workout. Almost everyone knows that stretching before workout prevents injuries during the exercises, but few people realize that stretching after a workout, when muscles are still warm, can increase flexibility.

While holding your position for 20 seconds is enough for warm ups, holding each position for at least 60 seconds will develop the body's flexibility.

When stretching, hold that position for several seconds, and then slowly relax. You may do this exercise repeatedly this way. Bouncing or forcing yourself into a position during stretching can strain or damage joints, ligaments or muscles.

Work slowly in small increments instead of immediately performing the hardest exercise or position.

Make sure that you have stretched or warmed up all muscle groups. For

some people, even if they have strong bodies, they tend to neglect the neck when stretching. Stretching the neck muscles can be as simple as placing the palm of one's hand against the front of the head and pushing. The same can be done to the sides and the back of the head.

Stretch regularly to continually increase your range of movements and your level of flexibility.

Stretch considering only your own capabilities and not those of others. Increase your limits slowly. Listen to your body. There are days when your body may be too tired and you may need to consider reducing your range of motion.

Learn to rest. A good way to rest between sets and stations when you are working out is to do a light stretch since strength work compresses muscle.

In addition to preventing injuries and increasing your range of motion, stretching is also good for a stressed and tired body mind and spirit.

lifeline

Words of Wisdom



"Remember, if Christmas is not found in your heart, you won't find it under a tree."

-- Charlotte Carpenter





A Martial Arts Lesson

The Nature of Usefulness



We put thirty spokes together and call it a wheel, But it is the space where there is nothing on which the usefulness of the wheel depends.

We turn clay to make a vessel, But it is the space where there is nothing on which the usefulness of the vessel depends.

We pierce walls for doors and windows to make a house, And it is these spaces where there is nothing that the usefulness of the house depends.

Therefore just as we take advantage of what is, we should also recognize the usefulness of what is not.

~Text from: Tao Te Ching~
(written in the 6th century BC)
~ Lao Tzu ~

“Hide not your talents, they were made for use. What’s a sundial in the shade?” -- Benjamin Franklin

Healthkick

Healthy Holiday Eating Tips

These Holiday eating tips are for your enjoyment. Just be sure to do the OPPOSITE of whatever these tips suggest and you’ll make it through. Enjoy!

- Avoid carrot sticks. Anyone who places carrot sticks on the holiday buffet knows nothing about the Holiday spirit! Better yet, go next door in search of some of the good stuff.
- If something comes with gravy, use it! That’s the whole point of gravy. It does not stand alone. Make a volcano out of mashed potatoes. Fill it with gravy. Eat the volcano. Repeat, repeat, repeat.
- As for mashed potatoes, always ask if they’re made with whole or skim milk. If it’s skim, pass. What’s the point. It’s like buying a sports car with an automatic transmission.
- Do NOT have a snack before going to a party in an effort to control your eating. The whole point of going to a party is to eat other people’s food — lots of it for free. Hello?
- Under no circumstances should you exercise between now and New Year’s. You can do that in January when you are panic stricken. You’ll have more motivation from all the weight you’ve gained.
- And finally, if you don’t feel terrible when you get up from the table or leave the party, you haven’t been paying attention. Re-read the tips then start over. But hurry, the Holiday season is almost here.

Kickin’ Kids Korner

FOODS IN THE NEW TESTAMENT QUIZ

Food plays an important role in the symbolic language of the Bible. How many do you remember?

1. Simon Peter earned his living by catching ____.
A) Fish B) Locusts C) Sheep D) Quail
2. Jesus said his disciples are “the ____ of the earth.”
A) Mint B) Pepper C) Sage D) Salt
3. Eggs are mentioned in the Bible.
A) True B) False
4. When the prodigal son returned home his father killed the fattened ____ and threw a feast.
A) Calf B) Lamb C) Kid D) Piglet
5. In Jesus’ parable, what starts as the smallest of seeds but grows into the largest of garden plants?
A) Acorn; B) Mint; C) Mustard; D) Oregano

Answers: 1. Fish; 2. Salt; 3. True; 4. Calf; 5. Mustard

FALL BIRTHDAY WISHES TO...

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Upcoming Events

Upcoming Events

November..... 06Open Saturday

November..... 13Martial Arts Movie Night!!!

November..... 20Rank Tests [By appt. only. Times vary]

November..... 25-28Thanksgiving Vacation (Studio Closed)



December11 Open Saturday

December23-27 Christmas Vacation (Studio Closed)

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

Think!

Manny and his friend Coop are having a quick snack before shooting baskets at Coop's house. Coop grabs some cookies and pours some milk for them when the phone rings. Coop asks Manny to put the milk away while he answers the phone. As Manny is shutting the refrigerator door, he sees a note stuck on the door with a magnet.

The note has their reading teacher's name and phone number. He can't imagine why Coop would have her name on his refrigerator. Their reading teacher is one of the strictest teachers in the school—definitely not someone you would want to hang around with outside the classroom.

When Coop comes back, Manny points to the paper and jokes, "Hey, what are you doing with Miss Whiteside's name and phone number? Asking her for a date?"

Coop turns bright red. He mumbles, "Oh, that's nothing." Manny can tell that there is something to this. Now his curiosity is peaked. He wants to know why her number is there, so he presses Coop. Finally, Coop turns to him and angrily says, "Look, it's because I'm having trouble in reading. She's

my tutor. Manny doesn't know what to say. He didn't know Coop was having any trouble. What do you think Manny should do?

Should he ...



A.) Start laughing and say, "Hey, I bet my little sister can read better than you?"

B.) Run out the door so he can tell the rest of the gang that Coop is hanging out with Miss Whiteside?

C.) Realize that Coop is embarrassed and not say anything?

D.) Suggest he try one of the remedial reading programs on TV?

E.) Say, "Gee, I didn't know you were so stupid in reading?"

Take a look at Proverbs 13:3 for help in knowing what Manny should do?

LIFEFORCE FIGHTER GROUP

A Summary of the 2010 Competition Year



Team LifeForce Fighter Group had another good competition year. Local and regional competition is over which leaves only the world and the international competition of the National Blackbelt League (NBL) and the Sport Karate International League (SKIL.). The team competed on the



Dr. Mark Laughlin (left) and Leah Reza (right) congratulate each other on their performances.

By Billee Purvis
Chief Instructor

DOJO Organization Circuit this year.

We started the year off with seven members: **Chelsa Gower, Mark Laughlin, Robert Lindler, Garrett Davis, Zach Davis, Brandon Tibbetts** and **Leah Reza**. Mr. Tibbetts' family is military related and had to leave for Germany.

Mr. Lindler let the last few tournaments go to concentrate on football, but he completed all of the team's requirements for the year of competition.

Three of our team members competed in two or three divisions, while the rest competed in four or more divisions.

With just a few days left before finalization of the total points it appears that, at least, five of our seven members will end up with one or more championships. It also appears that everyone will finish at least as

high as a 1st runner-up.

Dr. Laughlin (the one we have many nicknames for, one of which is the "Team of One") will be making the trip to Los Angeles, California, where the NBL Supergrands World Games and the SKIL Amateur Internationals will be held this year.

At last year's SKIL Amateur International's he made a Sport Karate Magazine "Fast Facts" for having won the most titles ever in a single year. We'll let you know how it all finishes up in our next newsletter.

A competition team interest meeting for the 2011 season will be held on Friday, November 12, at 6:00 pm (during the 5:30 All-Ranks Class). Although league/circuit calendars won't be finalized by then, we will be able to answer many of your questions about competition in general and how our team works.

The (New) Karate Kid

A Movie Review by Billee Purvis

The remake of the 1980's movie by the same name stars Jaden Smith (son of Will Smith and Jada Pinkett-Smith) and Jackie Chan. It is set in China and well, by now, everybody knows it should have been the Kung-Fu Kid since kung-fu, and not karate is the art featured in the film.

Jackie Chan brings a presence that only he can bring to the role of Miyagi (the mentor.) He plays the role both powerfully and sensitively. Jaden Smith plays the karate kid very well – better than I expected. They have an excellent on screen rapport.

This movie has pretty much the same basic plot of the original: single mother and only son pick-up and move to a new city, where the son runs into bullies who study the martial arts, the son feels that he doesn't fit in and wants to move back home. He

finds a mentor (or a mentor finds him) and teaches him about martial arts and life, and buys him enough time to train and get good before the showdown with the lead bully at the local martial arts tournament.

I loved the way the script was sometimes word for word from the original hit movie (so I could almost say the words along with the character), but it also had enough twists and surprises to create its own unique experience. Just the fact that it was set in China made for some inherent, exciting differences. The movie was more up-to-date and a little "darker" than the original.

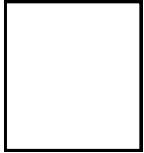
It is rated PG, but mostly for martial arts action (violence) and some mild language, so of course parents should use their judgment for young children.

Overall, this was an exhilarating and fun for-most-of-the-family movie that, in my opinion, was – dare I say it – just as amazing as the original.

On **Martial Arts Movie Night, Saturday, November 13**, we will have a special fun martial arts class and will be showing the new Karate Kid movie. Check out the online Studio Calendar on our website for details.



Jaden Smith (left) and Jackie Chan (right) in a scene from The Karate Kid.



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Special Delivery



Resolve to Involve the Whole Family

Make your New Year's resolution for fitness a family activity and make it at LifeForce Karate & Fitness. We offer more support, more enthusiasm, more fun and more opportunities for your family to grow together.

Our carefully developed curriculum and professional instruction offers the structure, discipline and techniques lacking from ordinary fitness programs.

At our school, children build confidence and develop self-control. Adults renew their passion for life and discover willpower they never thought they had. We provide long-lasting benefits your entire family will enjoy.

So this year, share the joy of achievement and give your family an edge on life with martial arts training. Get started now! Call (803) 783-KICK (5425).



LIFEFORCE KARATE & FITNESS MEMBERSHIPS AND AFFILIATIONS:

Black Belts for Christ • National Association of Professional Martial Artists • Martial Arts Teachers' Association