

FullContact

A Monthly Publication of Lifeforce Karate & Fitness

The Hidden Benefits of Sponsoring a New Student

*Martial art schools have changed over the last two decades. Differences range from class curriculum, to training benefits, to an expanded student age base. But what hasn't changed is what's at the core of the martial arts experience: **the teacher student relationship**. And while you may be thinking about the relationship you have with your instructor, what I'm referring to is the cycle that you as the student will undergo when you become a martial arts student. Despite the fact that you may never open your own school or even teach professionally, **the martial arts student always in some way becomes a teacher**. And it is this special transition that has carried the martial arts from generation to generation and millennium to millennium. Here's a basic explanation...*



Each new martial artist begins as a novice until he or she has enough knowledge to be considered an intermediate skilled student. At the same time, and without the student's awareness, each student has also become a novice teacher. You are not going to receive recognition for this title and no one may ever point it out, but you will begin to find yourself in situations where you are offering your expertise to a beginner student or a group of students. It is inevitable that a beginner student will eventually ask you for help. Not only is this flattering, but it is a wonderful experience to pass along your martial arts knowledge. It is for this reason that you should consider sponsoring a new student into your martial arts school.

Sponsoring a new student means that you seek out one individual who you feel would benefit from the martial arts training you have received. It also means that you will take personal responsibility for that new student in two very important ways. The first is to be available if that student ever needs help with any techniques learned in class. In essence, you are taking this student under your wing. The second way is that you "oversee" their training. You do this by paying attention to training progress and class attendance. When necessary, you can be a motivational force that can help the student get back on target towards his or her martial arts goal.

It is always a rewarding experience to help someone with training. There is a special feeling each time that student progresses through each rank knowing that you are partly responsible for the results. This feeling that you will share is what drives us as instructors, and is why we have this school for you. I hope you will consider sponsoring a new martial artist because, in the end, we are all students who teach the martial arts.

By Joseph Galea

lifeline

Words of Wisdom

"Three keys to more abundant living: caring about others, daring for others, sharing with others."

-- William A. Ward





Martial Arts Success Stories

KIDS ZONE

Personal Profile

Martial Arts Is an Important Part of My Life



By Ryan Sunda, Age 9

I started my martial arts training when I was four years old. During the past five years, I have learned more, and changed more, than I ever thought I would. My confidence level has risen so much that I am now confident enough to participate in sports, such as basketball and football.

Martial arts also sharpens my mind. This is a huge help with my advanced academic classes. I have self-respect and am not afraid to work for what I want. I'm proud of myself when this happens.

Martial arts is challenging, but fun. I've learned so many great skills and techniques. The safety skills I have learned will help me for the rest of my life.

I am always working hard to achieve my ultimate goal of Black Belt. One day, I may even own a dojo. Martial arts has become an extremely important part of my life, and will always stay that way.

Ryan Sunda is a student at Mike Pace's Institute of Karate in Vernon, New Jersey.

personal Profiles

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; 1, do 10 sit-ups and 10 push-ups.

- A. Kick
- B. Block
- C. Sweep
- D. Take Down
- E. Aim
- F. Grab
- G. Throw
- H. Punch
- I. Strike
- J. Counter
- K. Control

1. Hit sharply with the hand, a weapon or the like. _____
2. Toss your opponent to the ground. _____
3. Strike with the foot or shin. _____
4. Bring your opponent to the mat. _____
5. Clutch or restrain your opponent suddenly. _____
6. Stop a strike from hitting you. _____
7. Strike your opponent with your fist. _____
8. Slide your opponent's foot from under him or her to disrupt balance. _____
9. Return a blow to your opponent while receiving or blocking another. _____
10. Direct your focus to strike a specific area. _____

Bonus: Hold with restraint. _____

Answers: 1. Strike, 2. Throw, 3. Kick, 4. Take Down, 5. Grab, 6. Block, 7. Punch, 8. Sweep, 9. Counter, 10. Aim, Bonus: Control

Healthkick

Holiday Meals: Strategies for Success

By Jennifer G. Galea MS RD

Holiday meals can challenge anyone trying to lose weight or maintain a healthy diet. So what can you do to set yourself up for success, rather than failure?

First, don't have unreal expectations. Starting a weight loss program or even losing weight may not be a realistic goal during the holidays. Instead, focus on maintaining your weight and enjoying the holidays without "over" indulging.

Second, don't starve yourself all day so you can "eat whatever you want" at the holiday meal. This will only make you absolutely ravenous. Instead, prepare for a holiday dinner meal, by eating a small, low-calorie breakfast and lunch so you can enjoy reasonable portions of your favorite dishes at the holiday meal. You may even want to take the edge off your hunger right before going to a holiday celebration. Try having a low calorie snack, such as a piece of fruit, a cup of low fat yogurt, or a salad with low calorie dressing before heading out the door. This way the chips and dip won't seem like such an attraction.

Another way to limit pre-meal snacks is to arrive "fashionably late" to avoid the temptations of high-fat, high-calorie appetizers. Or spend that time before the meal socializing with family and friends: *conversation is calorie free.*

But what if your favorite holiday treat is something dripping with calories? Ask yourself these questions: Will I be able to have this another time? Will I feel deprived if I don't have it? If you are going to feel deprived if you don't have a specific item, then have it. The goal isn't to punish yourself. The day and the season should be about balance. Balance that "treat" with other healthier selections, as well as other healthier meals during the day. So maybe skip the potato chips or ice cream that you can have any day, and indulge in grandma's homemade stuffing or fig pudding.

Finally, watch your portion sizes. If you are a "seconds" kind of person, cut your first round down to half the size, choose only the foods you really want, and keep the portions small. But what are appropriate portion sizes? Following are a few examples of what a serving size should be.

Finally, don't forget exercise. Not only do you want to continue with your usual physical activity, but you should try to add additional exercise to compensate for the additional calories. Encourage your friends and family to join you. Why not add an after meal walk to your "holiday tradition," or give martial arts lessons as a holiday gift. The goal is to enjoy yourself without sabotaging all the hard work and healthful habits you have nurtured all year.

This...	Is about the size of...
3 ounces of meat, poultry, fish	deck of playing cards
1 ounce of meat, poultry, fish	matchbox
1 cup of fruit, yogurt	baseball
1/2 cup of vegetables, pasta, rice or fruit	1/2 baseball or tennis ball
1 medium potato	computer mouse
1 cup chopped fresh leafy greens	4 lettuce leaves
1 ounce of cheese	four dice
1 teaspoon of fat	tip of your thumb

Upcoming Events

NOVEMBER 2006

- November.....04 Open Saturday
- November.....11 BBFC Grand Championship, Orlando, FL
- November.....18 Rank Tests (By invitation only. Times Vary.)
- November.....23-26 Thanksgiving Vacation (Studio Closed)

DECEMBER 2006

- December.....02 Armored Division (Christian Fellowship)
- December09 Open Saturday
- December.....23-27 Christmas Vacation (Studio Closed)
- December.....28-29 Bring a Buddy to Class
- December.....30-31 New Year's Vacation (Studio Closed)

JANUARY 2007

- January01 New Years Vacation (Studio Closed)
- January02 Classes Resume Normal Schedule

Think!

Athena is the math whiz in her class. Give her any problem, and she can rattle off the answer in ten seconds or less. It doesn't matter what the class is studying -- fractions, decimals, multiplication, long division -- it's a snap for Athena. Today, the class is starting a unit on measurements using the metric system. The teacher pairs the students off and gives them a workbook to complete by the end of the week. Students must participate in doing it and can work on the project in class or after school if they want.

Athena flips through the workbook. No problem, she thinks. Then she hears who her math partner will be -- Leon, the worst math student in the class. Athena is not so sure this guy knows how to read a metric ruler, never mind converting to the metric system. This will be a long week. The two students sit down to tackle the first page of the workbook during class. As Athena expects, Leon is beyond hope. He doesn't even know that there's a difference be-



tween meters and yards. Athena can't believe her bad luck in getting Leon as her partner. What do you think Athena should do? Should she . . .

- A.) Demand a new partner?"
- B.) Work with Leon a little bit each day until he understands the metric system?
- C.) Take the workbook home and do all the math herself?
- D.) Let Leon know that he is a real mess up in math, and she doesn't what him as a partner?
- E.) Give Leon a crash course in "Metrics for Dummies"?

To find out what Jesus has to say about our pride and what our attitude towards others should be, read Mark 9:33-35.



Achievements Illustrate School's Success

A Year Filled With Challenges and Blessings

A look back over the past ten months shows we faced a number of challenges and received an overwhelming number of blessings.

For our blessings, we give thanks to God, and to the many individuals and households that make up the Lifeforce family.

Our most recent challenge came when Ms. Sugar Banks was hospitalized. Our thanks to everyone who offered a prayer on her behalf, visited her, called, or sent a card or flowers. We were blessed that her stay was a short one and that she was released from the hospital in time to be able to attend the Black Belt Ceremony last month.

We have also been blessed with exceptional students like Ms. Bryanna Smith, and her brother, Mr. Solomon Smith, who received their Black belts at the most recent ceremony on October 27, 2006, and the many members of the Black Belt Community who gave generously of their time to chronicle the event.

The ceremony was an especially memorable one due to the extra effort given by all of our "Matrix" performers.

We were also challenged to find

an Office Manager this year and we were blessed to acquire the services of Ms. Barbara (Bobbie) Purvis who should be with us long term.

With her help in the office I have been able to bring back some of the activities that makes Lifeforce stand out as a service to the community, with activities like our Martial Arts Movie Night and the Self-Defense Seminars we offer free to the public. We've also reinstated the Armored Division (Christian Fellowship) which meets on a regular basis.

We were blessed to have Mr. Bill Sanford help in offering Ju-Jitsu Seminars to our Leadership Team (or Gold Team), which continues to grow. We were pleased to be able to donate the proceeds from those seminars to Epworth Children's Home.

The Competition Team has several members who, as State Champions, will be going on to compete in the Black Belts for Christ Grand Championships.

The Demo Team represented our studio well throughout the year. The most memorable events were the "Martial Arts Expo" and WIS

TV's "Back to School Bash."

We applaud all our Parents for their dedication and sacrifices to ensure students not only arrive safely and on time, but for the support they provide in helping students with memory work and the development of a "Black Belt Attitude." We may plant the seeds, but we know our lessons would not take root and grow in their spirits without you.



Billee Purvis
Chief Instructor

To our Students and Instructors of all ages, whether you participate in Karate or Kickboxing, we appreciate the energy and enthusiasm you have shared with us throughout the year, and look forward to many more days of fun and fitness together.

You have blessed me to be able to do what I love and share it with you. May God bless you all this Holiday Season.



MEMORY MINDER

SCHEDULED STUDIO CLOSINGS

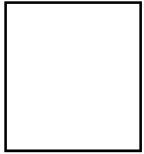
- Thanksgiving Day..... Thu - Sun
- Christmas 4 Days
- New Years..... 2 Days
- Easter Fri - Sun
- MLK Day..... 1 Day
- July 4..... 1 Day
- Labor Day Sat - Mon
- Memorial Day Sat - Mon

Have a Kickin' Birthday Party With Us

Want to do something different for your child's birthday party? Have a kickin' party at Lifeforce! Pick up a party packet for more information.



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Special Delivery





Martial Arts Training Gives Your Child the Edge!

A free beginner's course for your child

Our martial arts program provides every child with more opportunities to improve confidence, develop leadership skills and compete successfully throughout life.

- Healthy physical activity
- Self-defense training
- Safe, fun curriculum
- Age-appropriate instruction
- Character-building lessons



Call today to make an appointment and give your child **the edge!**

Lifeforce Karate & Fitness

(803) 783-KICK (5425)

Member: National Association of Professional Martial Artists