

# FullContact

A Monthly Publication of LifeForce Karate & Fitness

## Finding Your Motivation Again!

**A**lmost all martial artists miss a bit of training on the road to Black Belt. Vacations, school and personal challenges can temporarily interrupt or slow your progress. Mentally, this can make you think that you are behind the other students. Physically, you might have lost some of your lean, fit shape. The obvious solution is to return to class, continue your training and achieve the goals you've set for yourself.

### Follow these tips to become motivated again!

1. **Confide in your instructor.** Let him or her know how you feel about your training and ask your instructor to help you return to a success plan that will work for you.



2. Ask if there is a special make-up class you can attend or if a higher-ranking student might be able to workout with you.

3. Attend lower-belt classes until you feel competent enough to rejoin your regular classes.

4. Remind yourself of your past successes. If you had a super belt exam, a tournament win or some obstacles you've already overcome, then remember how great that felt. Think about how far you've already advanced, since the first day you set foot in your school.

5. Be committed to attend every required class for a month (or twice weekly). Studies show that if you do, then you'll quickly restart the habit of going to class, regularly.

6. **Never Quit!** One of the most valuable qualities you can develop on the way to Black Belt is to overcome any of life's challenges or obstacles. Most people try to avoid challenges and hope they will just disappear; Black Belts face and overcome them.

## lifeline

Words of Wisdom



"The strongest oak of the forest is not the one that is protected from the storm and hidden from the sun. It's the one that stands in the open where it is compelled to struggle for its existence against the winds and rains and the scorching sun."

-- Napoleon Hill, 1883-1970  
Author of *"Think and Grow Rich"*



KIDS ZONE

Personal Profile

Personal Profiles



### The Many Benefits of Martial Arts

By R. Wells, Age 13

I have been taking martial arts instruction since I was five years old. My mother said that I needed a way to work off some energy, so she enrolled me in martial arts classes. By training in the martial arts, I have learned that actions have consequences. It has taught me self-discipline, and how to focus and be respectful of others.

Those in my life also notice the difference that martial arts has made in me. I've made many really good friends of all ages, and it has helped me understand the meaning of good sportsmanship.

My father also recognized all the benefits of martial arts training and he too started taking lessons. He is now a Green Belt, and we train together frequently. Martial arts has made us closer as a family.

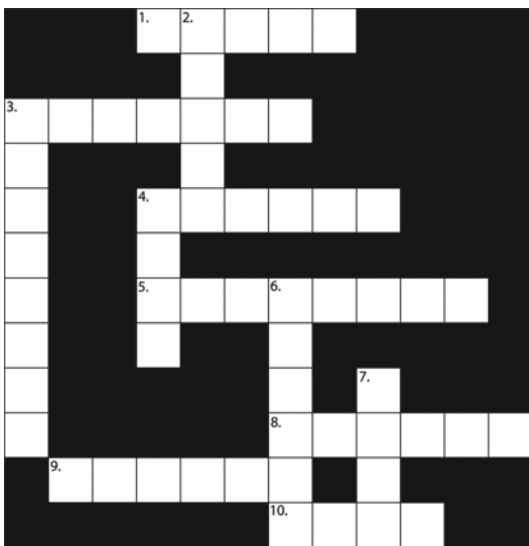
For me, martial arts is a part of my life, not just a hobby. Martial arts training has become part of who I am.

R. Wells is a student at Brent Crisci's United Martial Arts.

## Kickin' Kids Korner



Welcome to Kickin' Kid's Korner, the mind-boggling, brain-teasing section of Kid's Zone. If you solve this puzzle in one minute or less, you're a Grandmaster; two minutes, a Master; three minutes, an Advanced Student; four minutes, an Intermediate Student; five minutes, a Beginner Student; six minutes, do 10 sit-ups; seven minutes, do 10 push-ups; or eight or more minutes, do 10 sit-ups and 10 push-ups.



#### DOWN

- 2. Healthy beverage
- 3. Contact fighting
- 4. Japanese word for "training hall" or school
- 6. The movie, The One, was \_\_\_\_\_ spectacular performance
- 7. Martial arts form

#### ACROSS

- 1. Samurai weapon
- 3. To improve flexibility
- 4. Crouching Tiger, Hidden \_\_\_\_\_
- 5. Brazilian martial art
- 8. Someone who creates his own path.
- 9. Japanese word for "teacher"
- 10. Throwing weapon

Answers: Down - 2. Water 3. Sparring 4. Dojo 6. Jet Li's 7. Kata Across - 1. Sword 3. Stretch 4. Dragon 5. Jiu Jitsu 8. Leader 9. Sensei 10. Star

# Healthkick

## Committing to a Healthier You

### Changing Food Groups

For decades, health care professionals promoted the Four Basic Food Groups, which were Dairy, Meat, Grains and Fruits & Vegetables. As nutrition science has changed, so have these food groups. Today, foods that share similar nutritional properties are grouped together.

#### Food Groups Examples

**Grains:** Whole wheat bread and rolls, whole wheat pasta, English muffin, pita bread, bagel, cereals, grits, oatmeal, brown rice and unsalted pretzels and popcorn.

**Fruits:** Apples, apricots, bananas, dates, grapes, oranges, grapefruit, grapefruit juice, mangoes, melons, peaches, pineapples, raisins, strawberries, tangerines and 100% fruit juice.

**Vegetables:** Broccoli, carrots, collards, green beans, green peas, kale, lima beans, potatoes, spinach, squash, sweet potatoes and tomatoes.

**Milk Products:** Fat-free (skim) or low-fat (1%) milk or buttermilk; fat-free, low-fat or reduced-fat cheese; and fat-free or low-fat regular or frozen yogurt.



**Lean Meats, Poultry, and Fish:** Beef, poultry, pork, game meats, fish, shellfish. Select only lean cuts; trim away visible fats; broil, roast or poach. Remove skin from poultry.

**Nuts, Seeds, and Legumes:** Almonds, hazelnuts, mixed nuts, peanuts, walnuts, sunflower seeds, peanut butter, kidney beans, lentils and split peas.

How much of each food group you should eat depends on selecting and following a healthy eating plan. A healthy eating plan will show you how much you need from each food group to stay within your calorie needs and promote good health.

A healthy eating plan can also help you learn how many calories you need each day, how much of each food equals a portion, and how to make healthy choices in each food group.

Most healthy eating plans focus on fruits, vegetables, whole grains and low-fat or fat-free milk and milk products; include lean meats, poultry, fish, beans, eggs and nuts; are low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars; and can provide your daily calorie needs (when you choose the recommended amounts).

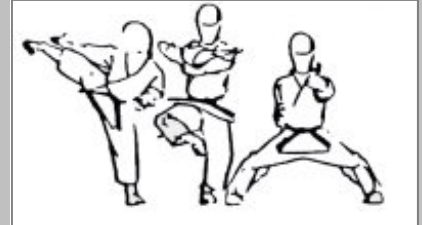
# Upcoming Events

**October .... 03      Black Belts for Christ Grand Championships --Orlando, FL**

**October .... 16      Black Belt Ceremony**

**October .... 17      Open Saturday (Bonus Class!!!)**

**October .... 24      Rumble in the Dirt -- Orangeburg, SC**



## Think!

Neal's mom recently remarried. His new stepdad is okay. He travels a lot, so he's not around much. When he's home, he and Neal play catch with the football.

The real problem is Neal's new stepbrother, Hubie. To put it bluntly, Hubie is a geek! He's a year younger than Neal, wears big thick glasses, and has to be one of the shortest kids in the school.

When Neal tried to play baseball or basketball with Hubie, it was a disaster. The kid is totally uncoordinated and couldn't hit a barn with a beach ball if he tried.

Neal does his best to ignore Hubie at school. Fortunately, they have different lunchtimes and recesses. Unfortunately, Hubie waits for Neal after school each day to walk home with him. Neal has been successful in ditching him a couple of times.

Today, Neal comes out of school and sees Hubie waiting for him. What Hubie doesn't see is a group of older kids who look like they are up to no good. It appears to Neal that they are planning to gang up on

Hubie and give him a hard time -- a real hard time. What do you think Neal should do?

Should he . . .



A.) Walk back into the school and go out the other door. Hubie can handle those guys himself?

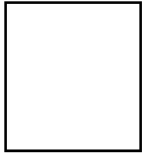
B.) Wait and see exactly what the boys have in mind. Maybe they just want to talk with Hubie?

C.) Go over and join Hubie and tell the boys to pick on someone else?

D.) Tell Hubie to run home and hope he's faster than the other kids?

E.) Run home and tell his mom that Hubie is in trouble?

For a look at how God cares for the weak, read Psalm 72:12-14.



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