

FullContact

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How to Defeat A Bully

By Mike Dolpies

Children face attacks on their self-esteem from a variety of sources. One type of attack I'd like to address is the common "Bully." Bullies have been considered a part of growing up, but how a child deals with, and the repercussions of dealing with bullies, have changed over time. Some schools now have "Zero Tolerance" rules that punish both children if there is an altercation, so the old adage of "If they hit you hit 'em back!" doesn't work today.

Even though incidences of bullying vary in severity, one thing for certain is that repeated attacks whether verbal, physical, or written (yes written, since there have been reports of children being bullied through e-mail and by content

placed on websites) erode your child's fragile self-esteem.



stance, and it is designed to get them out of trouble by communicating neutrality, awareness and, assertiveness.

Your child may also have to use words as a form of protection. Simple phrases and commands said in an assertive voice will tell the bully that he is not dealing with a victim. Simple commands like: "Stop," or "Back Off," said in the right tone of voice may stop a bully in his tracks!

As you can see dealing with a bully has its challenges and there is no one way that works every time. However, when your child develops high levels of self-esteem and self-confidence, a bully's words or actions have less of an impact.

lifeline

Words of Wisdom

"I can't imagine a person becoming a success who doesn't give this game of life everything he's got."

-- Walter Cronkite

The Center for Disease Control (CDC) has linked bullying to coping behaviors that include isolation, drug use, violence and suicide. But your child does not have to be a victim!

Whether the assault is verbal or physical the first line of defense remains the same -- Self-confidence -- and here's why. Bullies choose their victims much like criminals chooses victims; they go for the easy and obvious target. If your child *looks* like a kid who can get bullied, he most likely *will* be. On the other hand, if your child radiates self-confidence he is less likely to be a victim.

Your child needs to walk with his or her head up; shoulders square, and make eye contact with people. Just doing so, may be enough to keep bullies at bay. Although this is easier said than done; it can be learned and kids learn by doing. So a change in body language may have a huge impact.

Teach your sons and daughters how to speak up and to speak clearly when they first meet someone. Teach them the importance of making eye-contact when they talk to you and others.

Another next layer of defense is to create a boundary. I teach my students how to protect their space with an assertive body posture -- feet slightly apart, one foot in front, shoulders square, chin up, eye contact, and most importantly, hands up as if making a "Stop" gesture. We call this our self-defense



Kickin' Kids Korner



WHO AM I?

Read the short bio to determine who I am.
(See answer below)

I was born January 12, 1944, in Beaufort, South Carolina. I stand 5 feet 11-and-a-half inches tall and weighed between 197 and 229 pounds at the height of my career. People said I was a strong "swarmer" style boxer who applied great pressure on my opponent and meted out tremendous punishment with a relentless attack of lefts and rights. My left hook was especially stiff and because of that it was extremely effective when I delivered it quickly during my bob-and-weave perpetual attack.

Sports historians say I was without a peer as a body puncher, and that I possessed a left hook that was without equal in the Heavyweight Division. I trained hard to be able to fight with what seemed to be a never-ending stamina so that it would appear that I became stronger as the bout progressed. One of my fighting tactics was to cut off the ring and force my opponent to fight at my pace.

Herb Goldman ranked me as the No. 10 All-time Heavyweight. I was inducted into the Boxing Hall of Fame in 1980; and the International Boxing Hall of Fame in 1990.

I have a 32-4-1 record with 27 Knock Outs from bouts against the top fighters in the 1960s and 70s.

My title tenure lasted five years. I made 10 successful defenses winning eight by knock out. I lost the title to George Foreman and failed to regain it from Muhammad Ali.

Who am I?



("Smokin' Joe" Joseph William Frazier AKKA: Frazier Joe)

Healthkick

Starting the Day Off Right!

By Jennifer G. Galea MS RD

Now that the crazy summer schedule is over, we all need to get back to the basics and again focus on good nutrition. In addition, we need to fully equip our children for their school year. The best way to accomplish both objectives is for you and your children to eat breakfast each and every day.

In addition to the often quoted studies that show that eating breakfast improves academic and job performance, there are other recent studies that show even more good reasons to "break the fast."

In a study reported in 1999 in the Journal of the American College of Nutrition, researchers found that people who ate a "hearty" breakfast, defined as containing more than one-quarter of their daily calories (usually in the form of ready-to-eat breakfast cereal), consumed less fat and more carbohydrates during the day than people who had less or no morning meal. So if your reason for skipping breakfast is an attempt to decrease your calorie and fat intake, you are dooming yourself to failure. Skipping your morning meal merely makes you hungrier and less able to control food choices and portion sizes.

If your reason for skipping breakfast is time, what could be easier than a bowl of cereal? Add a glass of milk and a piece of fruit, and you have a nutritionally complete meal. This is not only a great way to start your day, but also a great way to add fiber and the many other nutritional benefits of fruit. In fact, people who don't have a breakfast that includes fruit, have an incredibly difficult time consuming adequate fruits and vegetables over the course of the day.

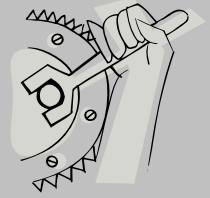
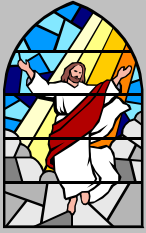
Fiber is another "nutrient" that many of us don't consume enough of. Breakfast is the ideal time to take in a significant portion of your requirements for fiber since so many breakfast cereals are rich in fiber.

If it is hard to find time for even this quick breakfast, perhaps you should try starting your day a bit earlier. Experts suggest that if your morning is rushed, you can significantly decrease the stress your child experiences by merely getting up a few minutes earlier, leaving everyone enough time to get ready for their day.

You want your children to start each morning fully prepared for their day. You wouldn't let your child go to school without getting dressed. You shouldn't let them out the door without a decent breakfast either.



Upcoming Events



September.....1-3 Labor Day Holiday (Studio Closed)

September.....08 Open Saturday

September.....22 Armored Division - Christian Fellowship

September.....29 Rank Tests (By invitation only. Times Vary)

Think!

Football practice ended early, and some of the boys' parents won't pick them up for another half hour. Shane and his friends decide to grab some burgers and pops at a nearby fast-foot joint.

It is a warm fall afternoon, one of those glorious Indian summer days, so the boys decide to take their food outside to the park. They goof around for a while at the park until it is time to go back to school. Because Shane is walking home, he stays at the park a few more minutes.

When Shane gets ready to leave, he notices that none of the boys -- including himself -- have thrown away their trash. There are papers, crushed cups and bags littering the ground. Shane looks around for a garbage can. The nearest one is clear across the park in the opposite direction of Shane's walk home. He doesn't feel like hauling trash across the park. Besides it's getting late, and his

mom will wonder where he is. What do you think Shane should do?
Should he ...



A.) Shove all the litter in a tree and hope that the squirrels eat it?"

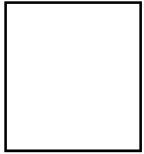
B.) Leave the litter and get home before his mom gets mad?

C.) Pick up his own trash and yell at his friends the next day for not throwing away theirs?

D.) Scatter the litter around as he walks home so it doesn't look so bad?

E.) Carry the litter to the garbage can and then go home. His mom will understand if he's a little late?

Read Genesis 1:27-30 to see who God put in charge of caring for the environment.



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