

# FullContact

A Monthly Publication of LifeForce Karate & Fitness

## It's Not My Fault!

By John Graden

### THE GRASS IS ALWAYS GREENER!

Some people never do anything to improve their lives; they just whine about not having it as good as others. As a martial artist, it should not matter to you what others have; it should only matter to you what you do with your life. Your mind-set should be, "If it's to be, it's up to me."

### WHY ME?

Some people think the little things that happen to all of us, happen only to them. If they get stuck in a traffic jam, they never think that everyone else caught in the traffic jam has someplace they'd rather be, too. A person with a Black Belt Attitude doesn't get upset over everyday "life situations." A well trained martial artist will always turn a negative into a positive.

## lifeline

Words of Wisdom

"Challenges are what makes life interesting; overcoming them is what makes life meaningful."

-- Mark Twain  
Author

### IT'S YOUR FAULT!

When things don't go exactly as they think they should, some people blame their spouse and/or their children, and even turn violent against their loved ones. These sort of characters put on an outward appearance of being in control and being the best, so if anything goes wrong, it must be someone else's fault. They are really people who lack confidence, and go through life angry at what they imagine causes them to be a "nothing." With a Black Belt Attitude, you work hard to reach your goals and you take full responsibility for reaching them.

### WHO IS TO BLAME?

If you are an "alas, poor me" person and are always blaming others, you need to take a long hard look in the mirror. With a Black Belt Attitude, you take responsibility for your flaws and deficiencies and you recognize that no one, including you, is perfect. You know that life is a mission of self-improvement, not blame.



## BLAME

A good scapegoat is often as welcome as a good solution.



# Kickin' Kids Korner



## Puzzlers!

Solve these word puzzles. Guess the word or phrase that's depicted (Don't Peek. Answers are below.)

Example: **sta4nce** Answer: **for instance**

1. Give Get  
Give Get  
Give Get  
Give Get

2. 1234567890  
12safety890  
1234567890

3. nepaled

4. OWT  1

1. Forgive and Forget; 2. Safety in Numbers; 3. A Friend in Need; 4. Back to Square One.

# Healthkick

## Keeping You Healthy Physically & Emotionally

By Sue Atkins

**T**here are two types of people in the world -- the proactive and the reactive.

Proactive people take responsibility for their lives, whereas reactive people blame others and suffer from "victim-itis." Proactive people make things happen, whereas reactive people let things happen to them.

Proactive people take responsibility for their own happiness and direction in life. This helps them to be in the driver's seat of their life and not just a passenger.

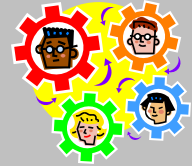
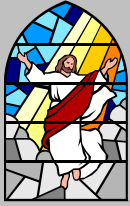
Reactive language is like giving the remote control of your life away to someone else, whereas proactive language let's you choose which channel you want to be on.

Get curious about yourself and pay attention to your own language patterns to see if you are reactive or proactive.

- Change your reactive language of "I can't" into more proactive language of "How can I?"
- From "There's nothing I can do" to "There must be some way."
- From "I have to..." to "I choose to..."
- And away from "I ought to..." to "I want to..."
- And finally, from "That's just the way I am" to "I know I can do better than this."



# Upcoming Events



**Aug 29 - Sept 01... Labor Day Holiday (Studio Closed)**

**September .... 13... Open Saturday**

**September .... 20... "Free" Women's Self-Defense Seminar**

**September .... 27... Rank Tests (By invitation only. Times Vary!)**

## Think!

Lorraine is one busy girl. On Monday and Wednesday mornings, she leaves the house at six-thirty to attend honor band rehearsal. On Tuesdays and Thursdays, she has a school newspaper meeting before school. After school, she has cross-country practice five days a week. Once a week she has swim practice after dinner, and she's in the jazz band. Of course there's also the matter of homework, saxophone practice, and sleep.

Lorraine also volunteers at the local hospital twice a month. She likes to work in the church nursery at least once a month. She also sings in the church choir and attends youth group on Sunday evenings. There's not a spare minute in her schedule.

Lately, however, Lorraine has this nagging feeling that something is missing. Her best friend is going through a difficult time at home with her parents. She asked Lorraine to pray for her because she knows Lorraine is a Christian. But, quite frankly, Lorraine hasn't had time to meet with God. She wants to be a good witness to her friend, but there



is no time. Lorraine feels guilty. She enjoys all of her activities -- and they are all worthwhile. What do you think Lorraine should do? Should she . . .

A.) Give up some of the activities on her schedule so she can spend time with God and her Friends?

B.) Get up at three in the morning to have some quality time with God?

C.) Pencil God in three weeks from now--when cross country ends and before volleyball begins?

D.) Pray about her schedule and ask God's guidance for those activities she should be involved in -- that is if she can find time to pray?

E.) Wait until things calm down (whenever that might be) -- then she can spend more time in prayer and Bible reading?

Read Daniel 6:10-23 to find out what Daniel risked to spend time with God and to help determine what Lorraine should do.

## OUR STUDENTS ARE OUR BEST ADVERTISEMENT



**Billee Purvis**  
Chief Instructor

**S**ome companies set aside huge sums of money for an advertising budget.

**LifeForce Karate & Fitness** is blessed to have a large budget, too, but it is not a monetary one. Our best advertisement is our students.

This month we are bringing back our **VIP Program**. We have known for a long time that our best students come from referrals of existing students. Who better to tell someone of all the benefits that our school has to offer than our awesome members.

For this reason we are making it easy for our students to sponsor someone into our school. Any student can give a friend a **VIP**

### **Guest Pass good for Free Introductory Karate Classes.**

We are very proud of the quality education provided by our school. Because we teach our students self confidence, they are less likely to be pressured by their peers.

Because we teach leadership skills, our students will have the courage to blaze their own trails in life. Because we teach respect, our students learn to appreciate others. And because our students learn to have greater self-esteem, they take better care of themselves.

We look for the best within ourselves and the best within our students. We are dedicated to expanding the benefits of the

martial arts to everyone in our community. A student's behavior, whether in class or in the community is a reflection of his or her training. Students receive instruction from their parents, from their teachers at school, and from their Karate instructors at the Dojo.

We expect our students to be examples for others by exhibiting a "Black Belt" attitude.

Parents can be reassured knowing their children are being taught a nationally based curriculum that is appropriate for each age and skill level at a martial arts school that is a member of the **Martial Arts Teachers' Association (MATA)** and the **National Association of Professional Martial Artists (NAPMA)**.

## MEMORY MINDER

### RANK TEST POLICY

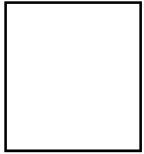
When a student is eligible for rank test we will review their record before issuing an invitation to test. Only students whose accounts are current (i.e., nothing owed for instruction, equipment, etc.) will be allowed to test. To check the status of an account call AAC, our billing service, toll-free at 1-800-233-8483.

## 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.



**LIFEFORCE KARATE & FITNESS**  
7808 Garners Ferry Road  
Columbia, SC 29209  
(803) 783-KICK (5425)



[www.lifeforcekarate.com](http://www.lifeforcekarate.com)

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*Special Delivery*



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# Success in School Starts Right Here!

Studies show that children in a good martial arts program earn higher grades, improve self-confidence, and get along better with others than children who are not.

From pre-school through high school, we have age-specific classes that are proven to accelerate your child's mental and physical development.

New students go through our Trial Program which will help you see how martial arts can improve their coordination and concentration.

Our age-specific programs will help your child gain the confidence to succeed in school and in life.

Call now to set an appointment for your child's Free Trial Classes.



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