



FullContact

A Monthly Publication of LifeForce Karate & Fitness

Martial Arts Will Help Develop Your Focus

Focus is a skill just like any other, such as writing your name or solving arithmetic problems. Focus is a set of behaviors you can improve with the right coaching and motivation. As a martial arts student, you're able to participate in a process that will develop your focus.

The biggest misunderstanding about focus is that it's a "natural" skill, much like athletic or musical skills. The mistaken thinking is that if you weren't born with it, you will never be a focused person.

Millions of other martial arts students around the world have proven that to be a false assumption. The ability to focus in your academic and martial arts classrooms, on your homework, chores and martial arts practice can be developed. In other words, you can progress from poor focus to excellent focus skills.



As you grow older, the average attention span for your age group changes. For example, seven minutes is the average attention span of most 6 and 7 year olds. Your martial arts classes are divided into small increments of time that match with your attention span, so you can learn how to focus on the skills specifically for your age group. Your instructor can then reward you and other students as your focus skills improve, one step at a time.

As you become more excited and enthusiastic about your martial arts training and learn to focus on your instructor, using the four skills of concentration, you'll develop a more positive attitude about the importance of being very focused on all your tasks and responsibilities.

Concentrate on developing your focus skills and you'll feel great about your progress as a student and a person. You'll be able to face the biggest challenges and experience greater success today and when you grow to become an adult.

lifeline

Words of Wisdom

"Only when your consciousness is totally focused on the moment you are in can you receive whatever gift, lesson, or delight the moment has to offer."

--Barbara DeAngelis, Ph.D,
Author, Speaker



personalProfiles

KIDS ZONE

personalProfiles



How Martial Arts Has Helped Me By Anthony Fulginit, Age 16

To me, martial arts is more than a word or a sport; it's a way of life. I feel the martial arts has made me a better person, physically and mentally.

Most importantly, it gave me respect for myself and for others. Martial arts keeps me alert and aware of my environment. It has also improved me physically. I have more stamina, and I've also become more agile.

I try to set goals for myself to become an even better martial artist and person. Then I rate them on a scale of 1 to 10 and try my hardest and push myself to achieve them. Martial arts has now become a part of me and what I am. I am proud and honored to call myself a martial artist.

Anthony Fulginit is a student at John McGonigle & Johanna Grascia's Martial Arts Lifestyle Center.

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.

Martial Arts Word Create: Here's how it works. Use all the letters in the words B-L-A-C-K B-E-L-T to create as many new words as you're able. Words that count towards your score must consist of three letters or more. Each word is worth one-half point. You are allowed to use each letter only once in each new word. **BONUS:** Give yourself a full point for any word created using at least five letters! Example: MARTIAL ARTS creates words...SMART...RATS...TART.

YOUR WORD IS: BLACK BELT

- | | |
|-----|-----|
| 1. | 11. |
| 2. | 12. |
| 3. | 13. |
| 4. | 14. |
| 5. | 15. |
| 6. | 16. |
| 7. | 17. |
| 8. | 18. |
| 9. | |
| 10. | |

Some Answers: BLAB, BELL, BET, BALL, BACK, ALL, ACT, LACK, LET, LAB, TACK, CALL, GBL, TELL, TALL
 No Words: TABLE, CABLE, BEAT, BEAT, CLEAR

Healthkick

Committing to a Healthier You

Know the Basics of Commercially Bottled Water

People throughout the world spend billions of dollars every year on bottled water. It's the fastest growing drink choice in the United States, according to the Beverage Marketing Corporation. As a martial arts athlete, water is an important component of healthy training -- and it's likely you drink bottled water during class and when you practice at home. That's why it's important that you understand the basics about the water you are consuming.

Some people drink bottled water as an alternative to other beverages; others prefer its taste or think it is safer than their tap water. Whether it travels through a pipe to your home or comes packaged in a bottle, safe drinking water is essential to good health.

In the same way tap water's taste and quality may vary from place to place, so too does bottled water's taste and quality vary among, and even within brands. The taste and quality of both bottled water and tap water depend on the source and quality of the water, including its natural mineral content and how, or if, the water is treated.

To make sure that all water is safe to drink, the U.S. Environmental Protection Agency (EPA) sets standards for tap water provided by public water suppliers, while the U.S. Food and Drug Administration (FDA) sets standards for bottled water, based on EPA standards.



Bottled water and tap water are both safe to drink if they meet these standards, although people with severely weakened immune systems or other specific health conditions may wish to further treat their water at home or purchase high quality bottled water.

Be a smart consumer and read the label on your bottled water. While there is currently no standardized label for bottled water, the label may tell you how the bottled water is treated. Check the label for a toll-free number or Web page address of the company that bottled the water. This may be a source of further information.

Upcoming Events

September 5-7Labor Day Vacation (Studio Closed)

September 12.....Open Saturday

September 19.....Hickory Classic -- Hickory, NC

September 19.....Rank Tests (By invitation only. Times vary.)

September 26.....Reeds Karate Nationals -- Weddington, NC



Think!

Jeremy is always thinking about the easiest way to make some extra cash. Now he has an idea that can't fail. He can hardly wait to tell his friend his latest scheme. Jeremy was in the city over the weekend, visiting his aunt and uncle. While they were at the zoo, he came across some guys on the street selling "designer" sunglasses. Jeremy knew, of course, that these sunglasses were knockoffs, but they had a label similar to the real designer brand on them. Some kids in school would be fooled. The guys on the street were selling the sunglasses for five dollars a pair when the real things cost about thirty-five in the stores.



Jeremy uses all his spending money to buy ten pairs of the "designer" sunglasses. Now, he wants his friend to sell the sunglasses to kids at school for twenty dollars each. His friend will get to keep five dollars, and Jeremy will get fifteen from each sale. (Hey, he made the initial invest-

ment, and it was his idea!) What do you think his friend should do about Jeremy's latest scheme. Should he . . .

- A) Report Jeremy to the Better Business Bureau?
- B) Tell Jeremy that he should be honest when selling them and tell his customers that the sunglasses are knockoffs?
- C) Suggest that Jeremy raise the price so that the profits are bigger for both of them?
- D) Sell the sunglasses and get Jeremy to look around for other "products" to market?
- E) Tell Jeremy that he's not interested in sunglasses, but he does have a nice designer watch that Jeremy might want to buy?

Read Proverbs 19:1 to see what God thinks of Jeremy's "get rich quick" scheme..

MEMORY MINDER

Missing Class? Please Let us Know.
Call or e-mail.

Parents of Lil' Ninjas (ages 3 & 4), Mighty Mites (ages 4, 5, & 6) and students in all other classes should keep instructors informed whenever they will miss class for scheduled appointments, family outings, or illness.

We would also like to hear from Parents who may have administrative questions, issues or concerns.

If no one is available in the office, please keep us informed by leaving a message at (803) 783-5425 or send an e-mail to info@lifeforce.com





www.lifeforcekarate.com

7808 Garners Ferry Road
Columbia, SC 29209
(803) 783-KICK (5425)

Special Delivery _____



Parents: Discover the FIVE Amazing Leadership Lessons that Will Make your Child the Leader of the Pack!

Developing strong leadership skills is the key to your child's academic and career success. As a leadership student at our school, your child will be totally immersed in a specialized educational program. It will prepare him for future leadership opportunities to improve himself, the people in his life and his community.

Call our school today to make an appointment for our free beginner's course—a \$100 value!

**LifeForce Karate & Fitness
7808 Garners Ferry Road
(803) 783-KICK (5435)**

MEMBER: NATIONAL ASSOCIATION OF PROFESSIONAL MARTIAL ARTISTS