

FullContact

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The Four "IF's" of Being a True Warrior

By Terry Bryan

Over the last forty plus years that I have been a student of the martial arts, I have seen many people come and go. In the beginning, I was amazed at the beauty and grace of advanced practitioners.

Later I learned not to be impressed with the outer display of skill, but on the true character and strength of the few true masters. I have come to cherish their very being and what they represent. From these individuals I have learned quite a few things that have impacted my life and one of the prominent is The Four IF's of Being a True Warrior.

#1. You are a true warrior IF you continue to learn. A true warrior reviews his experience and learns from it. If you train under a good teacher, take time to evaluate that experience and learn from that. Also, learn from what we call OPE or Other People's Experiences. You have probably had a lot of opportunities to learn, and the question is, did you take advantage of those chances. Imagine someone training for 30 years and then you have the opportunity to take advantage of all that knowledge in a seminar. Well, that is if you went to the seminar. Have you read "The Book of Five Rings" or "The Art of War" recently? For the

person who is reading the right books, attending seminars, and practicing daily, what a small price to pay.

#2. You are a true warrior IF you try.

When the final chapter on your life is written, have them quote your wins and losses, but for heavens sake, don't have them say you never tried. A true warrior knows that failure is testing, and that when you know another way that doesn't work it is positive feedback to use to find the right way.

#3. You are a true warrior IF you learn to stay.

You must learn to hang in there and not give up. In the martial arts, around 80-90% of students drop out of their training in the first 12 months. Why is that you might ask? Well, it is just one of those things. If you look at the number of freshmen at a typical university, then look at the number of sophomores, that number drops. In fact it drops every year. They leave, they quit, they die, or they find other paths. It is just one of those truths of life. But for yourself, make sure you stick to it long enough to reap the reward.

#4. You are a true warrior IF you care. It is said students don't care how much you know until they know how much you care. If you care at all you will get some results but if you care enough, you will have great results. Care enough about yourself and others. Care enough to become all you can be. Care enough to never have to look back with regret that you should have tried more, should have given more, or should have had bigger dreams.

lifeline

Words of Wisdom

"It is not the body's posture, but the heart's attitude that counts when we pray."

-- Billy Graham
Evangelist





RIDDLES FOR KIDS OF ALL AGES

Picture clues appear below followed by the answers.

1. What belongs to you but others use it more than you do?
2. What gets wet when drying?
3. What can you keep after giving it to someone else?
4. What is it the more you take the more you leave behind?
5. What is it the more you take away the larger it becomes?



4. FOOT

2. A

3. YOUR WORD

1. YOUR NAME

STEPS

TOWEL

Healthkick

How To Be

Street Smart

Are you afraid of the streets? Do you feel vulnerable when you are out walking? You don't have to be. Here are some tips:

Don't be fooled by appearances. Not every criminal is an unshaven, wild-eyed weirdo. Treat all strangers -- even cute ones -- as potentially deadly.

Get an attitude adjustment. To stay safe on the streets you've got to look confident. Always walk with a strong, steady gait and hold your head high. Keep headphones off so you can hear what's going on around you.

If you are walking on a sidewalk, stay towards the outside away from potential hiding spots for a purse snatcher or mugger. The extra step or two he may have to take to get to you may deter him from attacking.

When you leave your car, tilt the seat forward (for two door cars) so you can see behind the seat when you return.

Wear your purse under your jacket or diagonally across your chest with the flap turned toward your body. Men should keep their wallets in a front pants pocket or inside the vest pocket of their coats.

Stay in touch. If you must go alone, phone ahead and tell a friend where you are headed, what time you should arrive and which route you expect to take. Then call the friend when you get there. If you do not call back within a reasonable time, the friend will know to call the police.

Learn more about defending yourself. Take Fitness Kickboxing classes that teach "real" techniques, or attend a Self-Defense Seminar.

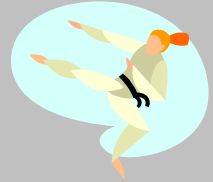
Call to register for our FREE Women's Self-Defense Seminar Saturday, May 10, 2008



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Upcoming Events



- April..... 05..... Armored Division - Christian Fellowship
- April..... 12..... Open Saturday
- April..... 19..... Black Belts For Christ Tournament - Summerville, SC
- April..... 18-19..... Southern Classic Tournament - Martinsville, VA
- April..... 25..... Fortress Demo - Fort Jackson, SC

Think!

The kids in the youth group are buzzing. Obviously something is up, and Todd is missing out. He goes to one friend and asks, "What gives?" His friend gives a quick nod over to the corner of the room. "Check out the new kid."

Todd glances over. *Whoa! That is one strange dude*, thinks Todd. The boy has a long ponytail extending to the middle of his back, with a large streak of magenta-colored hair. He sports several earrings in one ear and what appears to be a tattoo on his upper arm.

The boy is standing by himself, and so far, no one has approached him. The talk is circulating. "He's from the city." "He came out here to live with his mother -- his parents are divorced." "His older brother plays in a punk band." "He has a sister who has her eyebrows and nose pierced."

The unspoken question remains: *What is he doing*



here? He can't possibly be a Christian, looking like that. Or could he? Todd feels a bit sorry for the guy. He looks so obviously out of place. What do you think Todd should do? Should he . . .

- A.) Go over to the boy and introduce himself and some of his friends from the youth group?
- B.) Ask him where he gets his hair done?
- C.) Make snide remarks about the boy's appearance to his friends?
- D.) Mention that his ear has a familiar ring to it?

E.) Avoid him at all costs?

Check out Romans 15:7 for help in knowing how Todd should respond.

MEMORY MINDER

TIP TESTS

Tip Tests are conducted periodically when students demonstrate to the instructor that they are ready. The Tip order:

1. Sparring Combinations, New Kicks and Punches.
2. Memory Work
3. Self-Defense
4. Forms Basics, Current Form, Current Weapons Form.

NEVER ASK TO TEST, BUT BE READY WHEN ASKED.
(For more information, see "Belt Tips Explanation" in the Knowledge Center at lifeforcekarate.com)

MOTHER'S DAY GIFT

ASK ABOUT
OUR

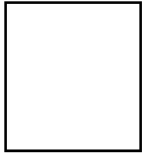
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