

FullContact

A Monthly Publication of LifeForce Karate & Fitness

Hey Kids, Why Are There So Many Rules?

By Joseph Galea

Imagine if you woke up one morning and there were absolutely no rules to follow. What would life be like if you could sleep until 11:00 a.m. and skip school? Imagine if you could drive a car anywhere you wanted without needing a driver's license. What if you could eat your favorite snack food as your dinner? How about going to bed any time you wanted? Although living with no rules might initially be appealing, life without rules would be very detrimental to your life. No school means no education. No minimum driving age results in more traffic accidents. Not eating well-balanced meals keeps you from being physically fit, strong and ultimately healthy. Ignoring sensible bedtimes deprives your body of rest needed to restore your energy. Rules are actually essential to our overall well-being as individuals and as a society.



At our school, we have rules that we ask our students and parents to follow. Some rules are simple, such as coming to class prepared and on time. This allows classes to start punctually and therefore to be of benefit to all students. Students should arrive in proper clothing that is neat and clean. This shows respect for your school and for yourself. There should be no disruptive talking while classes are in session. This allows students to properly focus their attention on their training. These basic rules teach responsibility, respect, and courtesy for others. The rules are put in place for your benefit as well as the benefit of our school as a group. As a student of the martial arts, it is important to embrace all school rules and allow them to guide you to become a better martial artist.

It's true that martial arts schools tend to be more strict than many other places or activities you may attend. But this is also why martial arts training has earned a positive reputation for helping children to develop better self-discipline. It is our goal that all students can take the rules of our school and apply them to their everyday lives at home, at their scholastic school, and eventually at their careers. So the next time you read or hear a rule, policy, or regulation, ask yourself how this will make you a better person, then make the rule your own.

lifeline

Words of Wisdom

"Management is doing things right; leadership is doing the right things."

-- Peter F. Drucker
American Management Consultant



WHO AM I?

For Kids of all ages.

Read the short bio to determine who I am.

Don't peek: The answer is upside down below.

I was born and lived many years ago. There is little historical question as to whether I existed, but people often disagree about my nature and some of the things I did during my lifetime. Even so, that has not stopped people from celebrating my birth, life and death even today.

There have been many things said about me. Some people say that no other leader has inspired more positive changes in the lives of his followers or had a greater positive impact on the world.

If you'd like to get to know me better, read what some of the people closest to me have written about me using the references I have included, or talk to a parent or friend who knows me well. The list of names associated with me include:

[Advocate](#) (I John 2:1); [Lamb of God](#) (John 1:29); [The Resurrection and the Life](#) (John 11:25); [Shepherd & Bishop of Souls](#) (I Peter 2:25); [Judge](#) (Acts 10:42); [Lord of Lords](#) (I Timothy 6:15); [Head of the Church](#) (Ephesians 5:23); [Master](#) (Matthew 8:19); [Faithful and True Witness](#) (Revelations 3:14); [Rock](#) (I Corinthians 10:4); [High Priest](#) (Hebrews 6:20); [The Door](#) (John 10:9); [Living Water](#) (John 4:10); [Bread of Life](#) (John 6:35); [Rose of Sharon](#) (Song of Solomon 2:1); [Alpha & Omega](#) (Revelations 22:13); [True Vine](#) (John 15:1); [Messiah](#) (Daniel 9:25); [Teacher](#) (John 3:2); [Holy One](#) (Mark 1:24); [Mediator](#) (I Timothy 2:5); [The Beloved](#) (Ephesians 1:6); [Branch](#) (Isaiah 11:1); [Carpenter](#) (Mark 6:3); [Good Shepherd](#) (John 10:11); [Light of the World](#) (John 8:12); [Image of the Invisible God](#) (Colossians 1:15); [The Word](#) (John 1:1); [Chief Cornerstone](#) (Ephesians 2:20); [Savior](#) (John 4:42); [Servant](#) (Matthew 12:18); [Author & Finisher of our Faith](#) (Hebrews 12:2); [The Almighty](#) (Revelations 1:8); [Everlasting Father](#) (Isaiah 9:6); [Shiloh](#) (Genesis 49:10); [Lion of the Tribe of Judah](#) (Revelations 5:5); [The Great I Am](#) (John 8:58); [King of Kings](#) (I Timothy 6:15); [Prince of Peace](#) (Isaiah 9:6); [Bridegroom](#) (Matthew 9:15); [Only Begotten Son](#) (John 3:16); [Wonderful Counselor](#) (Isaiah 9:6); [Immanuel](#) (Matthew 1:23); [Son of Man](#) (Matthew 20:28); [Day Spring](#) (Luke 1:78); [The Amen](#) (Revelations 3:14); [King of the Jews](#) (Mark 15:26); [Ruler of Creation](#) (Revelations 3:14); [Bread of Life](#) (John 6:35); [Prophet](#) (Matthew 21:11); [Redeemer](#) (Job 19:25); [Anchor](#) (Hebrews 6:19); [Bright & Morning Star](#) (Revelations 22:16); [The Way, The Truth & the Life](#) (John 14:6).

Healthkick

Martial Arts is the Best Exercise!

By Bernie Weiss, Ph. D.

In a well-controlled, long-term, Stanford University study headed by exercise physician Dr. Paffenbarger, martial arts was determined to be one of the very best exercises for increasing cardiovascular health and burning calories.

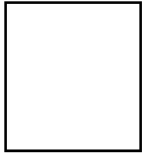
Dr. Paffenbarger first found that people who burn over 2000 calories per week through exercise significantly reduce their cardiovascular risks. He then evaluated a number of different types of exercise to see how effective each is in helping the practitioner burn 2000 weekly calories.

He and his co-workers grouped the types of exercises into three categories with respect to their effectiveness in burning the minimum calories he found necessary to have a health benefit. The categories were: Best, Fair and Least effective.

In the "Best" Category we find the expected - running, jogging, walking, bicycling, cross-country skiing and swimming. These are the forms of exercise which, at the time of Paffenbarger's study, already had strong scientific support. Along with these types of exercise, Dr. Paffenbarger's study also found that martial arts rated in the "Best" exercise category for pulmonary-cardiovascular health.

Martial arts is not only healthy from an exercise standpoint, but is the optimum, effective self-defense for the average person at just about any age level. Dr. Paffenbarger found that martial arts for one hour each on each of three different days per week causes the body to burn 2000 calories each week.





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