

FullContact

A Monthly Publication of Lifeforce Karate & Fitness

Let Martial Arts Shape Your Child for School success!



By Joseph Galea

There are countless stories reporting significant improvements in grades, comprehension, attentiveness, athletics, general behavior and social skills. While there is no scientific data to prove that Martial Arts training improves a child's academic achievements, we believe this form of training helps children develop specific skills and behaviors that increase their probability of success. We believe that all children have the potential to succeed scholastically providing they are prepared for the many challenges they will encounter. Here are some of the ways Martial Arts can help shape your child for success.

Self-Confidence

It is not enough for us to believe children can be successful; each child must embrace that belief. Self-confidence isn't something you can touch or see, but rather something you feel. Children need that inner feeling of confidence to believe they can be successful. Children aren't born with a high level of confidence; it is developed through positive and negative experiences. The Martial Arts teaches children to think "I can!" instead of "I can't." Martial Arts teaches this by focusing on self-defense and through constant positive reinforcement. The knowledge that they can defend themselves from physical harm can boost their confidence levels, which can dramatically improve their academic results. A child with self-confidence is more than half way to achieving success in school and in anything they attempt!

Self-Leadership

Negative peer pressures can steer children off a path of success. We must teach our children how to become their own leader so they will feel, and will be, in control of their own destiny. The same power that makes a child think "I can!" can also provide the ability to say "no" when and if it is needed. Drugs, alcohol, cigarettes, skipping school, and cheating on exams are all temptations that children will face. Peer pressure will interfere with our children's academic goals unless they have the ability to make their own decisions. Martial Arts training instills a sense of individuality and leadership, giving children the strength to follow their own path and create their own destiny.

Self-Control

Patience, positive attitude, appropriate behavior, concentration and attentiveness are all-important aspects of self-control that will give children an edge in school and in life. At our school, children learn self-control through our structured classroom environment, and through exercise and breathing techniques. The same breathing techniques that are used to develop powerful kicks and punches can also be a powerful resource to help children focus, relax and concentrate on exam, reading and homework. So this year as you send your child off to school, make sure they are fully equipped to tackle the challenges ahead. In addition to their notebooks and pencils, give them the tools of self-confidence, self-leadership, and self-control. Give them the essentials for academic success and success in life through Martial Arts training.

lifeline

Words of Wisdom

"A life spent making mistakes is not only more honorable but more useful than a life spent doing nothing."

-- George Bernard Shaw



Kickin' Kids Korner



WHO AM I?

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

No one is sure when I was born but it is thought to have been between 1394 and 1399. I was trying to invent a new method of printing. I didn't have very much money left, but I decided not to let that stop me. I kept right on working on what I thought was a great project.

As a teen-ager I worked at the mint in my hometown. A mint is a place where money was made. Up until that time all books had to be copied by hand. It was very slow, and it took a long, long time to make one book. After the book was written, they would take a metal punch and spell out the letters for the title on the front of the leather cover. This gave me the idea for metal letters to write the words on the pages of the book, too.

My work at the mint helped me create the metal letters needed for my printing machine. It was important that the letters had to be the same height to look right. Also at the mint I worked with a stamp press used to make government seals. I used this knowledge to help make the first successful printing press.

When I needed money for the project I went to John Fust, who was a moneylender. I got the money to buy the material to make 46,000 pieces of movable type and I hired 16 workers.

I was able to print the first Bible. This edition of the Bible bears my name. Some of the first copies still exist today. They are among the world's greatest treasures.

The method I invented for printing has not changed very much during the past 400 years.

Who am I?

Answer: (Johanne Gutenberg)

Healthkick

Formulating Your Dietary Needs

By Jennifer G. Galea MS RD

A common characteristic that we all share is our bodies' requirement of food for survival. But that doesn't mean we can or should eat any kind of food. We have to pay attention to what we eat and drink on a consistent basis, because it influences our performance in all our daily activities. Unfortunately, there is no perfect meal plan that fits every individual's needs. Whether we are male or female, a child or an adult, active or sedentary, a Jones or Smith (our genetic make-up), we each have specific dietary requirements to reach our health potential. And as Martial Artists, our body demands will be even greater. The good news is that there are basic guidelines to point each of us in the right direction. Then we each need to tailor our diet to our individual lifestyle and tolerances.

For starters, our bodies function best on a well-balanced diet. That means we should eat a variety of foods from each of the five food groups: meat (protein); milk; grains; fruits and vegetables. This endures that we are providing our bodies with the necessary nutrients for a healthy, strong body. Each food group provides specific nutrients that the body needs. Individual foods within each group offer a unique mixture of nutrients. Variety within food groups, as well as among them, is crucial.

For more active people, such as martial artists, additional carbohydrates should be consumed as a source of extra energy. Carbohydrates in the form of whole grains, vegetables and fruits also provide the additional vitamins and minerals required for increased activity. Martial Artists should avoid foods high in fat, especially prior to working out. Fats take longer to digest and can lead to feelings of fullness, bloating and lethargy during exercise, not to mention potential cramps as the body works to digest these fatty foods. Beware of the fat content in meat and milk products, as well as in baked goods and processed foods. Many fatty foods are also low in valuable nutrients, making them poor choices for balancing a diet.

To be healthy, start with a well balanced diet, combining a variety of foods from all food groups. One day of unhealthy eating won't ruin your overall diet, but it should be the exception rather than the rule. Eat well, train well, be well.



Answer: (Johanne Gutenberg)

Upcoming Events

August.... 4-5Dixieland Nationals (Studio Closed)

August.... 12.....Black Belts For Christ Tournament - Hardeeville, SC

August.... 19.....Armored Division - Christian Fellowship

August.... 26.....Open Saturday

Think!

Jenna can't believe that Peggy is in her class again this year. Last year, Peggy, a popular athlete, decided that Jenna would be her target. Peggy tried to turn all the other girls in the classroom against Jenna and continually made snide, cutting remarks about her.

Fortunately, not all the girls thought Peggy was cool, so Jenna didn't have a completely miserable year. Still, she could have used a break from Peggy this school year. Maybe, just maybe, Peggy has forgotten about her, she hopes.

No such luck. The first day back, Peggy appears absolutely delighted to see her "favorite" target back in class. Jenna has tried to steer clear of Peggy. To make matters worse, however, Jenna's teacher has assigned them to the same science group for lab.

Today, the group has its first lab. Peggy is absent because of a dentist appointment. Jenna doesn't give it much thought until the phone rings after school. Much to

her absolute amazement, it's Peggy. She wants to know if she can get the lab notes from her. Jenna is dumbfounded. What should she do? Should Jenna. . .

A.) Scream, "Forget it!" into the phone and hang up?

B.) Say yes and then give Peggy all the wrong notes so that she will flunk the lab?

C.) Agree to give Peggy the notes if she will stop bothering her?

D.) Tell Peggy it will cost her five dollars for the notes?

E.) Not only give Peggy the notes but go over the lab work with her so that she will understand it?

The biblical principle on how Jenna should respond can be found in Luke 6:27.



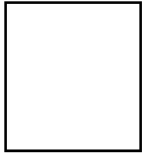
MEMORY MINDER

KARATE CLASS ACTIVITIES

Please do not call the karate studio to find out what is scheduled on any particular day. Check the website's Studio Calendar. If the calendar lists "Karate" - please come prepared for anything, maybe everything. If it is not possible to check the Studio Calendar, consider it a "Karate" class.

A Valuable Lesson

Start an allowance program at age six and make the amount equal to the child's age. Prior to a birthday, sit the child down and review his contributions to the household over the past year, much like an employee review. This may sound a little cold, but it's important to teach a child that our society provides rewards like money for contributions. No one gets money for nothing, not even a kid. It's always an even trade; money for contribution. The higher your contribution, the higher your reward.



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Special Delivery



Martial Arts

Teaches Your Child to Be a Better Student!

Ask for your child's free beginner's course.

- Lessons in confidence, control and concentration
- Well-trained, professional teachers
- Character-building programs
- Safe, secure and fun
- Healthy physical activity
- Develop leadership skills
- Self-Defense instruction

Call our school today to make an appointment. We're ready to teach your child the tools he needs to be a better student!

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