

FullContact

A Monthly Publication of Lifeforce Karate & Fitness

The Power of Optimism

By Joseph Galea

Optimism is the power of the mind to think positively, especially when conditions are difficult. Being optimistic means you have confidence in your raw talents and the skills you are developing and how they will help you live a better future. As an optimist, you notice the good qualities of other people.

Optimists try their very best in sports, school and work. They understand that if they remain confident and disciplined and apply their very best effort, then they will reap the benefits.

Optimistic people also try to have a positive attitude, even when they are faced with hardship or tragedy. It isn't easy, but their reaction to the hardship or tragedy can drastically affect the outcome. Even if a tragic experience helps to develop a good attitude or personal strength, optimism enables you to keep your balance.

lifeline

Words of Wisdom

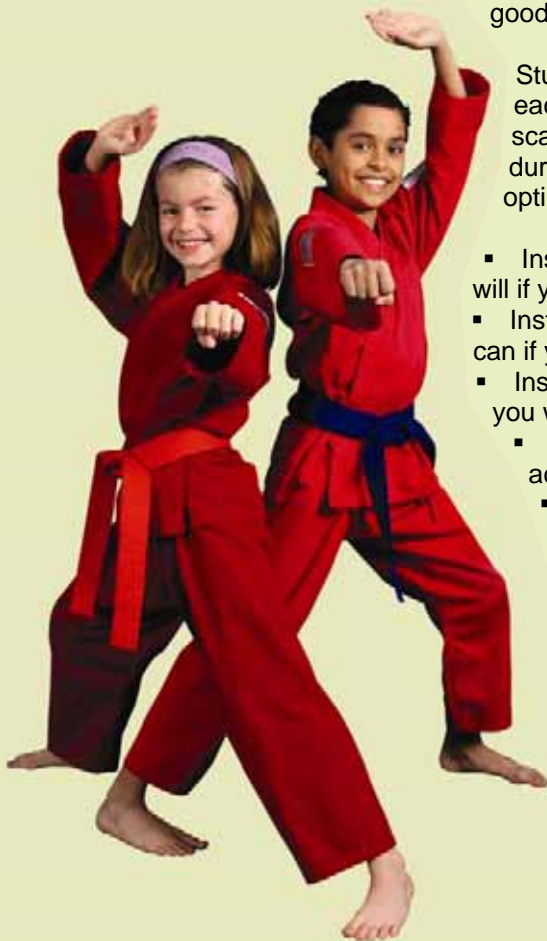
Always bear in mind that your own resolution to succeed is more important than any other one thing.

-- Abraham Lincoln

Study the five optimism-building statements below and rate your response to each situation. Be honest! Give yourself a point for each and rate yourself on a scale of 0-5 points. If your score is low (0, 1 or 2), then try to be more positive during the next week and test your optimism again. Repeat this exercise until optimism become a normal habit. The benefits are worth it.

- Instead of thinking that you're unable to break a board, tell yourself that you will if you practice.
- Instead of thinking that you're unable to pass a hard test, tell yourself that you can if you study hard enough.
- Instead of being down and depressed because you are hurt, tell yourself that you will do everything within your power to heal faster.
 - Instead of being depressed because a trip is cancelled, think of another fun activity as a substitute.
 - Instead of being shy because you don't know anyone in the room, introduce yourself to someone who looks friendly.

Being optimistic can really change the outcome of your life. Optimism makes it easier to graduate, find a job, meet new people, stay healthy and accomplish your goals. If you teach yourself to consistently remain optimistic, you will find more opportunities in life and you'll be happier and healthier.



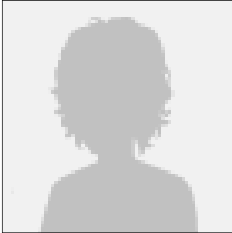


KIDS ZONE

Martial Arts Success Stories

personalProfiles

Personal Profile
By Your Name Here



We would like to focus the spotlight on our students so we are asking for your active participation! Students at Lifeforce Karate & Fitness who

participate in any of its disciplines (Karate, Kickboxing, Leadership, Fighter Group Team and Martial Movement) are eligible to share a short summary in the form of a bio. You can share how long you've been practicing martial arts, how you became interested in your discipline, your fitness goals, and any other information others may find interesting that will help them get to know you better. Each month a bio will be featured in this section of the newsletter. Parents are welcome to help younger members write their bios. Bios should be between 50 and 100 words.

Kickin' Kids Korner



WHO AM I?

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

You may know me as an actor, but my career prior to that was in Martial Arts. I am best remembered as a six-time undefeated World Professional Middle Weight Karate Champion. I should also be known as the first man ever in the Western Hemisphere to be awarded an 8th degree Black Belt Grand Master recognition in the Tae Kwon Do system; the first in 4,500 years of tradition.

I was also a Martial Arts Teacher (whose students included Steve McQueen, Bob Barker, Priscilla Presley and Donnie & Marie Osmond); a Commissioned Police Officer for Terrell, Texas; a member of the Texas Ranger Hall of Fame, and the founder of the Kick Start Foundation, a martial arts program for high-risk children.

I received a Music Award for the TV series theme song, "Eyes of a Ranger," and starred in a TV series and over 24 movies, including my film debut in Return of the Dragon.

Who Am I?

Answer: (Chuck Norris)

Healthkick

The Execution of Great Ideas

Excerpted from an article by Christopher Rappold

Our lives are filled with great ideas, but too many of us don't benefit from them because we don't act. Government organizations, schools, doctors and countless other professionals have told us repeatedly that everyone should exercise everyday, sleep seven to eight hours every night and eat these foods and avoid those foods.



These are great ideas with great, positive benefits, but still obesity continues to increase and too many people try to live their busy lives with inadequate amounts of sleep.

According to an ancient Chinese proverb "To know but not to act is to not know at all."

Information and education provides each of us with the POTENTIAL to act on great ideas, but they are only half of the equation. The other half is consistent and persistent ACTION.

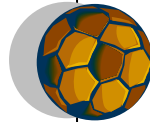
Upcoming Events

- April02 Daylight Savings Time Begins (Spring Forward!)
- April07 Martial Arts Extravaganza @ Colonial Center (Studio Closed)
- April07 Lifeforce Demo Team Performs @ Martial Arts Extravaganza
- April 14 through 16 Easter Holiday (Have a Blessed Resurrection Sunday)
- April22 Open Saturday
- April26 through 27 Buddy Day (Bring a Friend to Class)

Think!

Tina is captain of the soccer team, and this is one of the biggest games of the season. Her team is well-coached and prepared for the game, but it soon becomes obvious that their opponents are out for blood. Whenever they can get away with a cheap shot, they take it. Unfortunately, the refs never seem to catch them at it. During the first half of play, Tina gets a pass and has a clear break -- only one person is standing in her way. But the girl trips her from behind. Instead of scoring, Tina is shaken up and taken out of the game.

Although the score is tied, during half-time, Tina's teammates are really down. They are roughed up, discouraged, and angry. After the coach finishes talking with the girls about their second-half strategy, one of Tina's friends starts whispering to the other girls, urging them to trip, kick, and hurt their opponents. In other words, to play dirty like the other team is doing. Tina wants to get back into the game, but she wants to play the game on her terms, not the opponent's. As cap-



tain, what do you think Tina should do? Should she . . .

- A.) Agree with her friends and fight fire with fire during the second half?
- B.) Get out on the field, and as soon as she sees that girl who brought her down, nail her?
- C.) Hand the refs some glasses so they can see the fouls being committed?
- D.) Set the tone for her team by urging them to play as cleanly and fairly as possible?
- E.) Refuse to go back out on the field because the other team is a bunch of cheaters?

To know how Tina should respond, read Matthew 5:39.

MEMORY MINDER

HELP US BE A GOOD NEIGHBOR

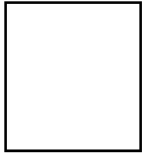
Please remember that our parking area ends at the speed bump. We are permitted to park in our neighbor's area only after 5:15 p.m. during the week and NOT AT ALL on Saturday since this is their busiest day.

Thank you for your cooperation.

Mind. Body. Spirit.



The best workout, according to top trainers and fitness experts, is one that includes the mind and spirit as well as the body. Consider adding our Martial Movement Program to your regular Kickboxing training and feel the difference!



www.lifeforcekarate.com

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

Special Delivery



Give Your Child the Green Light to Leadership!

A Free Beginner's Course in Martial Arts for Your Child

It's an open road and green lights all the way to leadership when you enroll your child in martial arts training at our school.

Your child will benefit from regular physical activity and learn self-defense techniques as well as leadership skills—while experiencing the improved confidence and self-esteem of being a leader—all wrapped in fun and exciting games.

Call today to schedule an appointment for your child's free beginner's course.

**LIFEFORCE KARATE & FITNESS
(803) 783-KICK (5425)**



Member: National Association of Professional Martial Artists