



Kickin'

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The Martial Arts Belt

by Joseph. Galea



Did you know that many years ago martial arts was taught in secrecy? Martial arts schools as we know them today did not exist. Students trained solely for self-defense and meditation. Unknown at that time were the multitude of benefits of martial arts training that would appeal to millions of people of all ages in the future.

Some students wore a special white uniform that allowed easy freedom of movement for the practitioner. A white belt tied around the waist completed the ensemble. These first martial artists trained hard, sometimes hours a day, learning to fight and to defend using their hands and feet as weapons. After months and years of practicing, the student's belt, which was never washed, became soiled and noticeably darker in color. This became a visual sign of the amount of training and ex-

perience the student had and why the black belt symbolized an expert in the arts.

Most modern day martial arts schools use some form of progressive ranking system to indicate the student's level of experience. Beginner students typically wear a white belt (or sash) and expert students wear a black belt. However, since students train indoors in a facility, belts are not exposed to elements that would automatically darken the belt with training experience. Therefore to appropriately distinguish students based on skill level, many martial arts organizations adopted a color belt system between white and black. Imitating the soiled progression of light to dark, beginner colors are usually light such as yellow and orange; intermediate colors, blue and green; advanced colors, purple and brown. The order of colors are by no means a standard. In some styles for example, the red belt, not black, is the highest rank in the system while in others, red may precede black. Although ranking systems may differ from school to school, the function of the system remains consistent: Each belt rank represents the culmination of knowledge the student has learned and also clearly defines the information that is to be learned to achieve future ranks.

action principles

Master Success

- There is a master inside you. It is an ideal. It is you at your best. Keep working.
- You are calm, thoughtful, patient and confident.
- You are honest, trustworthy, responsible and reliable.
- You are loyal and proud.
- You are humble and reverent.
- You are tough, self-reliant, persistent and hard working.
- You are organized, neat and poised.
- You are inquisitive and teachable.
- You are healthy, vibrant and enthusiastic.
- You are kind, friendly, helpful and generous.
- You are brave and daring.
- You are moral and ethical.



Bill FitzPatrick is a 5th-degree black belt, holds a Master's Degree in Education and runs the nonprofit American Success Institute: www.mastersuccess.com.





Kids Zone

Martial Arts Success Stories

Personal Profile

By Alison Romero, Age 14



I value karate because of its many benefits. It has helped me reach a level of physical fitness that is above what I would be otherwise. It keeps me flexible, has increased my overall strength and stamina, and helps me stay in shape. It has

sharpened my mental skills also. It has taught me to be focused. I can concentrate in crowded and noisy environments because I mentally apply myself to what I am doing and tune out the things around me. There are organizational benefits also. I manage my time so that I am able to get to my karate classes, and still get my homework done as well as the other activities I do. I have learned to prioritize my activities and then plan ahead so I can accomplish the things I have selected.

I have personally benefited from martial arts because it has helped me to learn important things that are related to every day life. Some examples of these things are: practice if you want to get better at something, pay close attention to directions, then try to remember and apply them, set goals and then make commitments, give your best effort, and believe in yourself. All of these things have made me more successful in school, and in every day life.

Allison Romero is a student at Gary Nakahama's West Coast Martial Arts

personal
Profile

Kickin' Kids korner

Welcome to Kickin Kids, the mind boggling, brain teasing section of Kids Zone. Check out the 10 words that are partially spelled. Can you fill in the missing letters to figure out what the words are? If you score (9 or more), you are a Grandmaster, (7 or 8) a Master, (6) an Advance Student, (5) an Intermediate Student, (4) a Beginner Student, (3) Do 10 Sit-ups, (2) Do 10 Push-ups, (1) Do 10 Sit-ups and 10 Push-ups. Guess the Bonus word and add +1 to your score. Good luck!!!

TR_I_I_G	K_OWL_D_E
F_IE__S_IP	ST_M_N_
R_SP__T	CA_OR__S
R__K	PR__TI_IO_ER
W_AP__S	F_EE_OM

Bonus: BL__K-_E_T

Answers: Training, Friendship, Respect, Rank, Weapons, Knowledge, Stamina, Calories, Freedom, Bonus: Black Belt

HealthKick:

My Heath & Fitness Goals

By Jennifer G. Galea MS RD



Give yourself a Valentine's Day present by evaluating your health and fitness goals. How does your diet "measure up?"

Do you exercise as often as recommended? Are you as healthy as you can be?

Recently, the Institute of Medicine's Food and Nutrition Board released its recommendations for better health. The last time this panel of government health advisors made recommendations, which was in 1989, the recommendations became the basis for government policy and food labeling. According to these experts, people are eating too much saturated fat, not getting enough exercise, and eating too many calories. So what are their recommendations for us to improve our health?

The first relates to fat. The panel recommends eliminating saturated fats, as well as trans fatty acids (found predominately in partially hydrogenated or hydrogenated vegetable oils). There is no biological need for either of these types of fats. These fats add only an increased risk of heart disease and empty calories (no beneficial nutrients).

The panel also warns against consuming added sugars. They recommend that these empty calories make up no more than 25% of the day's total caloric intake. (Other health groups, such as the Center for Science in the Public Interest, criticized this goal saying that it is still too high.)

Finally, and perhaps the most significantly, this team of experts recommend to exercise at least an hour of physical activity a day. Now is the time to get into a physical activity program that is not only great for you, but also enjoyable so you can stick to it. You'll see the results: feeling great. That will further motivate you to improve your diet to have a positive impact on all aspects of your health. So get fit, eat right and be healthy.



FULL CONTACT



INFORMATION FOR THE FRIENDS & FAMILIES OF
LIFEFORCE KARATE & FITNESS

THINK!

Ike is one of the best athletes in the school. Off the field, he is one of the nicest guys -- considerate, kind to others, with a great sense of humor. But when Ike takes the field -- no matter what sort or level of competition -- it's like he's a different person. Ike is an

intense competitor. He wants to win, and he wants his teammates to want to win. Nothing frustrates Ike more than when he sees a teammate not trying his best. Ike expects the same level of concentration and determination from his teammates that he expects from himself.

Today in gym class, Ike's team is losing in a volleyball game, and

he is getting more and more frustrated with one of his teammates. This particular boy doesn't appreciate Ike's level of intensity and, on a couple of volleys, deliberately lets the ball fall to the ground. Ike doesn't like to lose, even if this is only a game in gym class. He's getting close to the breaking point with this guy. What do you think Ike should do?

A) Control his temper and concentrate on doing his best?

B) Spike the ball off this guy's head?

C) Get his other teammates to gang up on this boy?

D) Complain to the gym teacher that this boy is losing the game on purpose?

E) Tell the gym teacher that he refuses to play on a team with this boy?

To know the best course of action for Ike, read Proverbs 16:32.

UPCOMING EVENTS

Feb. 08 -- Rank Tests (By invitation only)

Feb. 15 -- Open Saturday

Feb. 15 -- Parent's Coaching Class - 10:30 a.m.

Feb. 15 -- Samurai Sword Seminar - LifeForce Studio, led by World Champion Brian Winfree - 1:30 p.m.

Feb. 22 -- Battle of the Carolinas - USA Fitness Karate, Matthews, NC - 9:00 a.m.

Detailed information for events can be found at www.lifeforcekarate.com on the Studio Calendar.

LIFELINE...

Better to love God and die unknown than to love the world and be a hero; better to be content with poverty than to die a slave to wealth; better to have taken some risks and lost than to have done nothing and succeeded at it; better to have lost some battles than to have retreated from the war; better to have failed when serving God than to have succeeded when serving the devil. What a tragedy to climb the ladder of success only to discover that the ladder was leaning against the wrong wall.

--Erwin W. Lutzer

FIT FROM WITHIN

Thinking negative thoughts like: "This is really hard" or "I can't do this" may cause you to suffer more. Replace negative thoughts with positive ones. Instead of thinking, "I'm so tired," tell yourself "I'm going to feel more energized." Or instead of "it's too cold to go out and exercise" say "the fresh air will do me good!"

--Peace out,
Bobbie Purvis

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Special Delivery

Martial Arts is the Perfect Family Activity

Parents: Looking for a safe, fun, rewarding activity for your entire family? If so, then give martial arts a try!

You'll just love the quality time you get to spend with your children, as all of you practice together as a family. And parents, imagine how fast your child will excel when you become involved too. Fitness, focus, confidence, and self-defense—the skills we teach will benefit your family forever.

Plus, our school offers families:

- Age-appropriate curriculums
- Special family classes
- Family oriented activities
- Affordable family rates

This month is family month at our school. Call today to find out more about our special discount programs for families.

