

PUBLISHED FOR THE STUDENTS, FRIENDS
AND FAMILIES OF THIS MARTIAL ARTS
SCHOOL.

ACTION PRINCIPLES

Be the Warrior

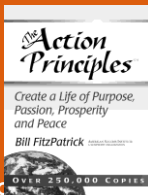
A warrior is tough, loyal, intense, determined and courageous, and displays initiative, endurance and strength of will.

A warrior is calm, self-confident and compassionate.

A warrior may make mistakes and experience disappointments as he strives for success, but he succeeds anyway.

A warrior is a master, ever prepared to improve and to be of service to others.

Bill FitzPatrick is a 5th-degree Black Belt, holds a Master's Degree in Education and runs the non-profit American Success Institute



Resolution Check-In

You've now had time to work on your New Year's resolutions, but what about your follow-up and follow-through? Have you taken the time to review what you expected? A simple follow-up is often not as simple as it seems. When setting goals, it is also important to follow up and check on how you are progressing, with a "Resolution Check-In." The "Check-In" will reveal how you're doing. If you haven't already set goals for this year, then you can use this Kickin' article to motivate you to set them.

Formal goal-setters seem to beat the competition, in regards to achieving their objectives. The reason is simple: they set goals and check their lists, regularly. This activity reminds them to stay on track, re-evaluate or re-establish a goal, when necessary. Achieving your goals after you've set them is simply a

matter of follow-up and follow-through. If you set a goal and forget about it, then it will most likely never be completed; but if you monitor your progress and take steps daily toward achieving that goal, then you are well on your way to unlimited power and success.

Here are three steps for your Resolutions Check-In. Maybe it is time to reassess your goal setting. Be realistic and work toward achieving your goals daily.

Make sure you are always checking, readjusting and pushing forward to achieve your goals. People who succeed continually monitor their progress.

1. Look closely at your goals to determine which goals are appropriate and inappropriate.

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Results in Their Own Words!



Zachary Fontes
Age 13

Martial Arts Teaches Me Physical and Mental Strength

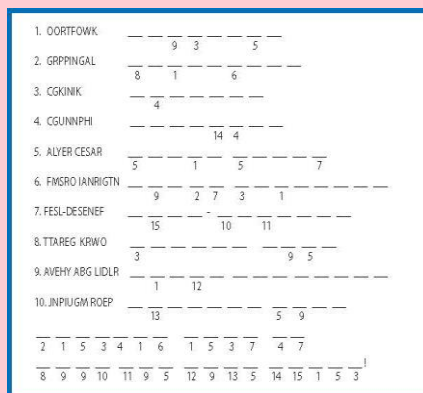
I have my Brown Belt and I am working very hard to become a Black Belt. My instructors are very important people in my life. They have taught me not to be a slacker. They teach many different values, some I don't understand right now, but I am sure they will help me when I am older.

I have been in martial arts since the age of seven. I am now starting to feel physically, emotionally and mentally secure. Anyone who participates in martial arts can understand the physical part of it. The harder you work, the stronger you become. Martial arts is not just physical: it is the whole package. Emotionally, it has shown me how to build self-esteem, with which I have had issues in the past, and still struggle at times.

Zachary Fontes is a student of Sensei Raffi and Susan Derderian at Derderian Academy of Martial Arts in Johnston, Rhode Island

Kid's Corner

Welcome to Kickin' Kid's Corner, the mind-boggling, brain-teasing section of Kid's Zone. If you score: 12, 11, or 10, you're a Grand Master; 9 or 8, an Advanced Student; 7, an Intermediate Student; 6 or 5, a Beginner Student; 4, do 10 sit-ups; 3, do 10 push-ups; 2 or 1, do 10 sit-ups and 10 push-ups.



Answer Key: 1. Footwork, 2. Grappling, 3. Kicking, 4. Punching, 5. Relay Races, 6. Forms Training, 7. Self-Defense, 8. Target Work, 9. Heavy Bag Drill, 10. Jumping Rope BONUS: MARTIAL ARTS IS GOOD FOR YOUR HEART!

Martial Arts Word Scramble:

Unscramble the letters to create words that describe some of the cardiovascular activities you may perform in your martial arts class or when you practice outside class. Write your answers in the blank spaces.

Bonus: Once you've unscrambled the 10 activities, use the letters found in the boxes that have a number underneath them to create the bonus, and earn an extra two points. Good luck!

Healthkick

Evaluating Body Weight Versus Fitness

Adults (and children) are heavier than they have ever been in the past. Whether you are happy with what the scale's reading or not, most people are worried about their weight... either adding or eliminating pounds. Much is known about how excess weight affects health. Recent evidence suggests that you should focus more on specific "healthy body measurements" than weight. Instead of concentrating on the number on the scale, you should focus on:

Fitness

Much more important than how much you weigh is how much you exercise per week, the composition of your weight, your muscle tone, your general health and your energy level. Weighing yourself can be motivational, but the number of pounds is only meaningful in the proper context.

Being happy with the weight you achieve

In a recent, very large study, people who were happy with their weight reported better mental and physical health. This works both ways: you want to achieve a satisfactory weight, and once you do so, you will reap the mental and physical benefits; but be content with the weight that you achieve. Don't compare yourself to others...not everyone can be a baseball

star, and most people are not and should not be a size 4.

Eating right

You are what you eat, so if you want to be healthy, then eat the right foods. Once again, you want to separate "health" from "weight." You can weigh the "correct" weight, but if you are fueling your body with nutrient-poor foods, then you can't hope to be healthy and feel energized.

Waist size and waist-to-hip ratio

If you are a numbers person, then evaluate your waist size and your waist-to-hip ratio. For women, a waist of greater than 35 inches is of concern. For men, the number is 40 inches. A waist measurement greater than this is considered a strong indicator that excess weight, in the form of fat, is being stored around your middle. Excess fat around the middle of your body is linked to the majority of ailments associated with "being overweight." Measure your waist and hip to refine your condition. To calculate your waist-to-hip ratio, divide your waist measurement by your hip measurement. A result of 0.8 or less for women and 0.9 or less for men is considered healthy.

Words of the Week

LEADERSHIP

LESSON 1

"Leadership isn't a position, it's a process."

John C. Maxwell

LESSON 2

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

Peter F. Drucker
American management consultant

LESSON 3

"A leader is a dealer in hope."

Napoleon Bonaparte, Emperor of France

LESSON 4

"The very essence of leadership is that you have to have vision. You can't blow a uncertain trumpet."

Father Theodore M. Hesburgh
president emeritus of the University of Notre Dame

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2. Do not abandon your goals; reevaluate them. A goal should be challenging, yet attainable.
3. Look at your goals and apply a check and balance timeline. You should have a timeline for every one of your goals. For example, you want to lose 100 pounds. Determine a healthy, weekly weight loss target and monitor your loss. Also, if you are not losing weight, then determine why. Weekly, bi-weekly and monthly sub-goals are realistic. If you learn to succeed weekly, then you will see great results monthly.

Have You Made the Commitment to Black Belt?

Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness.

Concerning all acts of initiative (and Creation, there is one elementary truth, the ignorance which kills countless ideas and splendid plans:

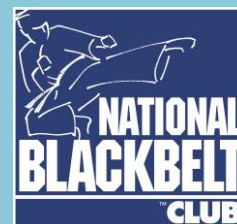
That the moment that one definitely commits oneself, then providence moves too.

All sorts of things occur to help one that would never otherwise have occurred.

A whole stream of events issues from the decision, Raising in one's favor all manner, Of unforeseen incidents and meetings, and material substance, which no one could have dreamt, would have come your way.

Whatever you can do or dream you can, begin it. Boldness has genius, power and magic in it. - GOETHE

If You're Ready to Take Your Training to the Next Level, Ask Your Instructor About the National Black Belt Club!



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NAPMA SCHOOL UPDATE

ALTERNATE 3RD PAGE
YOU CAN INSERT YOUR CALENDAR OF EVENTS,
STUDENT(S) OF THE MONTH...WHATEVER!
GO NUTS.....STUDENT'S LOVE TO SEE THEIR
"NAME IN LIGHTS"!