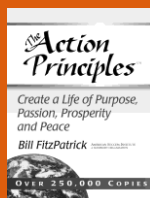


PUBLISHED FOR THE STUDENTS, FRIENDS
AND FAMILIES OF THIS MARTIAL ARTS
SCHOOL.

ACTION PRINCIPLES

Give Yourself the Gift of Self-Reliance

Self-reliance is the one gift that you can give yourself that will enhance the overall quality of your life. You are learning what you need to know to succeed.



You're beginning to understand how to plan and follow a program that will lead to the achievement of your goals.

When you're self-reliant, you know how to correct your mistakes and resume your march toward success.

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



Finding Your Motivation Again!

Almost all martial artists miss a bit of training on the road to Black Belt. Vacations, school and personal challenges can temporarily interrupt or slow your progress. Mentally, this can make you think that you are behind the other students. Physically, you might have lost some of your lean, fit shape. The obvious solution is to return to class, continue your training and achieve the goals you've set for yourself.

Follow these tips to become re-motivated!

1. Confide in your instructor(s). Let him or her know how you feel about your training and ask your instructor to help you return to a success plan that will work for you.
2. Ask if there is a special make-up class you can attend or if a higher-ranking student might be able to workout with you.

3. Attend lower-belt classes until you feel competent enough to rejoin your regular classes.

4. Remind yourself of your past successes. If you had a super belt exam, a tournament win or some obstacles you've already overcome, then remember how great that felt. Think about how far you've already advanced, since the first day you set foot in your school.

5. Be committed to attend every required class for a month (or twice weekly). Studies show that if you do, then you'll quickly restart the habit of going to class, regularly.

6. Never Quit! One of the most valuable qualities you can develop on the way to Black Belt is to overcome any of life's challenges or obstacles. Most people try to avoid challenges and hope they will just disappear; Black Belts face and overcome them.

Results in Their Own Words!



Ryker Wells
Age 13

The Many Benefits of Martial Arts

I have been taking martial arts instruction since I was five years old. My mother said that I needed a way to work off some energy, so she enrolled me in martial arts classes. By training in the martial arts, I have learned that actions have consequences. It has taught me self-discipline, and how to focus and be respectful of others.

Those in my life also notice the difference that martial arts has made in me. I've made many really good friends of all ages, and it has helped me to stay fit and made me understand the meaning of good sportsmanship.

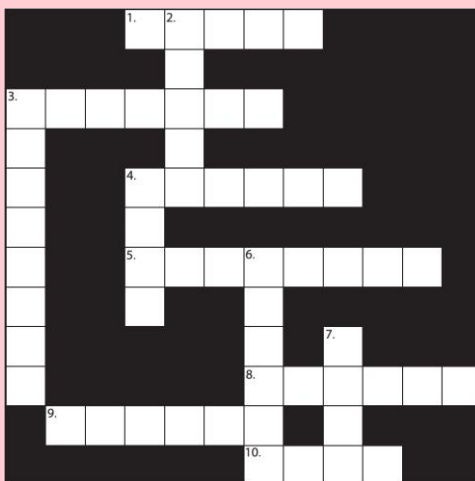
My father also recognized all the benefits of martial arts training and he too started taking lessons. He is now a Green Belt, and we train together frequently. Martial arts has made us closer as a family.

For me, martial arts is a part of my life, not just a hobby. Martial arts training has become part of who I am.

Ryker Wells is a student at Brent Crisci's United Martial Arts.

Kid's Corner

Welcome to Kickin' Kid's Corner, the mind-boggling, brain-teasing section of Kid's Zone. If you solve this puzzle in one minute or less, you're a Grandmaster; two minutes, a Master; three minutes, an Advanced Student; four minutes, an Intermediate Student; five minutes, a Beginner Student; six minutes, do 10 sit-ups; seven minutes, do 10 push-ups; or eight or more minutes, do 10 sit-ups and 10 push-ups.



DOWN

2. Healthy beverage
3. Contact fighting
4. Japanese word for "training hall" or school
6. The movie, *The One*, was _____ spectacular performance
7. Martial arts form

ACROSS

1. Samurai weapon
3. To improve flexibility
4. *Crouching Tiger, Hidden _____*
5. Brazilian martial art
8. Someone who creates his own path.
9. Japanese work for "teacher"
10. Throwing weapon

Answers: Down - 2. Water 3. Sparring 4. Dojo 6. Jet Li's Jitsu 8. Leader 9. Sensei 10. Star
Across - 1. Katana 2. Stretch 3. Dragon 4. Jiu Jitsu 5. Jiu Jitsu 6. Jet Li's Jitsu 7. Jiu Jitsu 8. Leader 9. Sensei 10. Star

Healthkick

Changing Food Groups

For decades, health care professionals promoted the Basic-Four Food Groups, which were dairy, meat, grain and fruits and vegetables. As nutrition science has changed, so have these food groups. Today, foods that share similar nutritional properties are grouped together.

Food Groups Examples

Grains: Whole wheat bread and rolls, whole wheat pasta, English muffin, pita bread, bagel, cereals, grits, oatmeal, brown rice and unsalted pretzels and popcorn.

Fruits: Apples, apricots, bananas, dates, grapes, oranges, grapefruit, grapefruit juice, mangoes, melons, peaches, pineapples, raisins, strawberries, tangerines and 100% fruit juice.

Vegetables: Broccoli, carrots, collards, green beans, green peas, kale, lima beans, potatoes, spinach, squash, sweet potatoes and tomatoes.

Fat-free or low-fat milk and milk products: Fat-free (skim) or low-fat (1%) milk or buttermilk; fat-free, low-fat or reduced-fat cheese; and fat-free or low-fat regular or frozen yogurt.

Lean meats, poultry, and fish: Beef, poultry, pork, game meats, fish, shellfish. Select only lean cuts; trim away visible fats; broil, roast or poach. Remove skin from poultry.

Nuts, seeds, and legumes: Almonds, hazelnuts, mixed nuts, peanuts, walnuts, sunflower seeds, peanut butter, kidney beans, lentils and split peas.

How much of each food group you should eat depends on selecting and following a healthy eating plan.

A healthy eating plan will show you how much you need from each food group to stay within your calorie needs and promote good health.

A healthy eating plan can also help you learn how many calories you need each day, how much of each food equals a portion, and how to make healthy choices in each food group.

Most healthy eating plans focus on fruits, vegetables, whole grains and low-fat or fat-free milk and milk products; include lean meats, poultry, fish, beans, eggs and nuts; are low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars; and can provide your daily calorie needs (when you choose the recommended amounts).



Words of the Week

EXCELLENCE

LESSON 1

"I am careful not to confuse excellence with perfection. Excellence, I can reach for; perfection is God's business."

Michael J. Fox, TV and film actor

LESSON 2

"The ancient Greek definition of happiness was the full use of your powers along lines of excellence."

John F. Kennedy,
35th President of the United States

LESSON 3

"Excellence is to do a common thing in an uncommon way."

Booker T. Washington, African-American educator

LESSON 4

"Excellence is the gradual result of always striving to do better."

Pat Riley, coach of the NBA's Miami Heat

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:

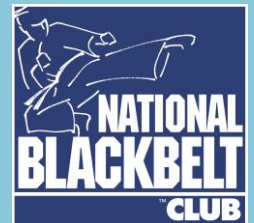
That the moment that one definitely commits oneself, then providence moves too.

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

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School Staff for All the Details!

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"!