



Kickin'

Published Monthly for the Friends and Family of this NAPMA School

With Great Knowledge Comes Great Responsibility

by Joseph Galea

Even after just a few months of martial arts training, you will be amazed at how much you have learned. However, the longer you train the more you realize the vast sea of knowledge that still awaits you. Regardless of whether you are a beginner or an advanced student, the powers of learning self-defense can be very exciting. As you become a skilled martial artist, it is important to understand with knowledge comes responsibility.

1. Be respectful. It is tradition in the arts to show respect to those of higher rank than yourself. The basis for this relationship is respecting the knowledge that

this person has acquired. Those who have achieved higher knowledge appreciate that they need to exercise greater responsibility for the knowledge they have obtained.

2. Be humble. It is equally important to maintain humility with those of lower rank than yourself. Your knowledge of the martial arts is a personal achievement. It is not to be used to show off to others or to make others feel inferior.

3. Be defensive. Unless you are under supervision at your training school, performing a demonstration, or practicing at home, your skill is to be used only to defend yourself or another person from physical harm. It should never be used to offensively threaten or harm others in any way.

4. Be resourceful. The martial arts teaches you many ways to resolve conflict without physical force. You can use patience to resolve issues peacefully. You can use confidence to prevent altercations from ever beginning. There are better solutions available than fighting.

5. Be representative. You always carry with you the image of the martial arts. People you know will view the martial arts based on how you behave as a person outside of the school. You have a responsibility to represent the martial arts in a positive manner.

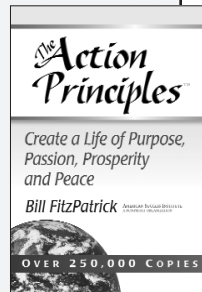
In the movie Spiderman, Peter Parker's uncle told him that with great power comes great responsibility. There is no greater power than knowledge, and how you use it ultimately determines the person you are today and the person you will be tomorrow. ♦

action principles

Risk Failure

Be ready. There is no better time to start taking positive action than right now. You research and you have confidence in your preparations. You don't allow yourself to become paralyzed by indecision. You realize that a time comes when you must act. If you hesitate too long, doubts will linger and turn into fears. Yes, you may stumble. Yes, you may be rejected. Yes, you may fail. This is life. Life's winners accept that in trying they may have to adjust and even start again and again. The difference between successful people and others is not whether you make mistakes or even temporarily fail, but how you respond. Many people look for guarantees before taking independent action. Yet, in seeking assurances, they frequently receive cautions, which can easily be used as excuses for inaction. Be aware that those who love you the most may be the loudest in warning you not to risk.

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





KIDS ZONE

Martial Arts Success Stories

Milo Poon-Fear, Age 8

personalProfiles



Considering Milo's age, it would be easy to understand if he was disappointed about missing out on some fun. Last summer, while many of his friends had big vacation plans, Milo made the most of a major family transition. Milo's grandmother

was moving into a retirement home, and his parents devoted most of the summer's spare time to packing, moving and helping his grandmother to settle in.

His parent's reflect... "since he wasn't in any summer camps, Milo was with us as we helped Mom through it all, from packing and moving to waiting patiently while we met with realtors. He really put his life skills to use this summer." Milo's parents attribute his great patience and respect to his martial arts training. "We know how focused he is in the martial arts."

And it appears that Milo made new friends last summer at the retirement home. "Milo's been so friendly and respectful with our mother's new neighbors, they get quite a kick out of him (and vice-versa). Our little one has certainly blossomed through the martial arts."

HealthKick: The Serving Size

By Jennifer G. Galea MS RD

One half cup of pasta. One and a half ounces of cheese. Three ounces of meat. One cup of raw broccoli. Did you know that these are all single serving sizes? Do you ever actually measure your foods?

If you are like most people, each meal is a "guess-timate." And even if you once measured a "correct" portion size, the longer the time since that measuring, the larger the portion now is. According to a recent survey by the American Dietetic Associations, 54% of those surveyed overestimated the serving size of cooked meat. Eighty-one percent underestimated the serving size of natural or unprocessed cheese, which is 1.5 ounces. Needless to say, most adults consume much more protein foods than the body needs, but are not meeting the body's calcium requirements (especially women).

So what is the best way to keep your portion sizes on track? Occasionally measure frequently eaten foods as a "reality check." Keep in mind that a portion is the amount you eat, and a serving is what the food guide pyramid or other dietary recommendation uses. You can eat more than this recommendation (your portion), but then you need to count it as more than one serving.

In addition, here are some comparisons you can make that may keep your portions more under control:

Cheese: 1.5 ounce serving is the size of four stacked dice. Fruit, cooked rice or pasta, and cooked vegetables: one half cup is the size of a tennis ball cut in half.

Cooked lean meat, poultry, or fish: two to three ounces is the size of an audio cassette.

Raw leafy vegetables: one cup is the size of a tennis ball.



Kickin' Kids korner



Welcome to Kickin' Kids, the mind boggling, brain-teasing section of Kid's 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!!!

H _ M I _ I _ Y

P A _ I _ N C _

_ P P _ E C _ A T _ O N

I M _ G _

R _ S _ O N _ I B _ L _ T _

S K _ _ L _ D

_ E L _ T _ _ N S _ I P

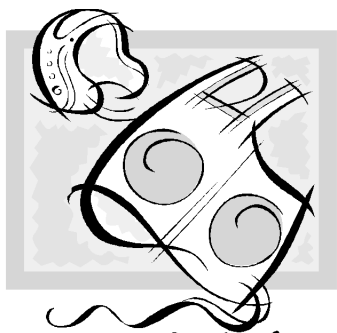
S _ H O _ L

D _ F _ _ S _ V _

S U _ E R _ I S _ O N

Bonus Word: R _ P R _ S _ N _ _ T _ V _

Humility, Appreciation, Responsibility, Relationship, Defense, Patience, Image, Skilled, School, Supervision, Bonus Word: Representative



**Sparring Class Thursday,
March 6th at 7pm
all ages and ranks
welcome!**

**If you missed the
Black Belt Graduation
you missed an
extraordinary
performance!**

MARCH 2003

1
Closed
Belt Exams
Black Belt
Graduation

2	3	4	5	6	7 EXTENDED deadline to register for tournament	8 state qualifiers
9 FMAC School Tournament	10 Day Camp	11	12	13 Day Camp	14 Day Camp	15
16	17 Closed for Maintenance	18-20 spring break schedule in effect			21 Closed for Maintenance	22 Closed for Maintenance
23	24	25	26	27	28	29
30	31 Skills exams 3-31 to 4-3	Volunteers are needed for the FMAC School Tournament March 9th Please sign up at the front desk				



**Congratulations to our new
Black Belts
New 2nd Dans
Gary Bailey
Jeremiah Evans
Laura Ruff
Jack Shilkaitis**

**New 1st Dans
Emilyn Larsen-Ferree
Jason Misra**

**New 1st Poomes
Aaron Kenton
Amila Dias**

**New 1st Recommend Black Belts
Sean Bailey
Devin Becraft
Preston Hocking
Tony Koford
Faisal Luvaça
Abby Schubert
Garrett Schubert
Katie Uhde**

Belt Promotion Results for March 1st, 2003

**Yellow Belts
David Burling
Joshua Burling
Robbie Moline
Arturo Oropeza
Tylor Pratt
Orange Belts
Kristina August
Bobby Doud
Denise Griffith
Jim Griffith
Robert Johnston
DJ Parsons**

**Purple Belts
Joshua Anderson
Maia Clipsham
Mark Clipsham
Zachary Clipsham
Joan Cunnick
Christopher Lee
Lauren Naylor
Red Belts
Kevin Svec**



Summer Camp

We will be offering 9 weeks of camp this summer. Registration forms and camp themes will be out soon. Students may enroll for 1 or more weeks throughout the summer. We will limit camp size so register early.

Spring Break Schedule

***Black Belt Club Classes will not be held over spring break**

Monday March 17th closed for maintenance

Tuesday March 18th

**5:30pm beginners - orange
6:15pm green - black
7pm adult and teen**

Wednesday March 19th

**4:45pm beginners -orange
5:30pm green - black
6:15pm beginners - orange
7pm green - black**

Thursday March 20th

**5:30pm beginners - orange
6:15pm green - black
7pm adult and teen**

Friday March 21st closed for maintenance

Saturday March 22nd closed for maintenance

FMAC School Tournament

March 9th

9am

The Great Hall in the Memorial Union

Divisions for adults and children

Registrations due March 7th (extended because of Tuesday's snow storm)

Admission

\$3.00 ages 11 and up

\$1.50 ages 6 -10

free ages 5 and under

Skills Exam Schedule is now posted at the front desk. Please make sure you sign up early. Sorry no phone reservations.

The After School Program will not be held on the following days:

March 10th

March 13th

March 14th

March 17th -22nd

We will have day camp on the following days:

March 10th

March 13th

March 14th

March 18th -20th (afternoons)

If you are interested in enrolling in the day camps, you can find the registration forms at the front desk. Enroll early, space is limited. Discounts are given for early registration.