

Kickin'

Published Monthly for the Friends and Family of this NAPMA School



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Teach Your Child to Finish What They Start


by Joseph Galea

Martial arts training builds character. Self-confidence, esteem, and perseverance are benefits that are connected with learning the arts. To receive the benefits of training, you or your child must participate in classes regularly.

Keep in mind that the good habits your child develops now, tend to stick with them as adults. So, if your child learns to overcome obstacles, and finish what they start now, chances are they'll do the same as adults.

Here are some tips you can use to help teach your child to finish what they start:

1. Talk to your child about the value of achieving something that they work hard for and not giving up when the going gets tough.
2. Motivate your child by complimenting them on what they do correctly rather than what they do wrong. Focus on the positive.
3. Remind your child about a time in their life that was tough, where they stuck it out and succeeded in the end. Tell them you have faith in them.
4. Communicate with your child's instructor often about how your child is doing, and let them know if you see any lack of motivation. The instructor can team up with you to re-motivate your child.
5. Make up games and give a reward to mark progress. For example: Each time your child can demonstrate something they learned in class at home, give them a point. Once they earn 20 points, give them a prize or reward such as getting to stay up late, or seeing a movie.

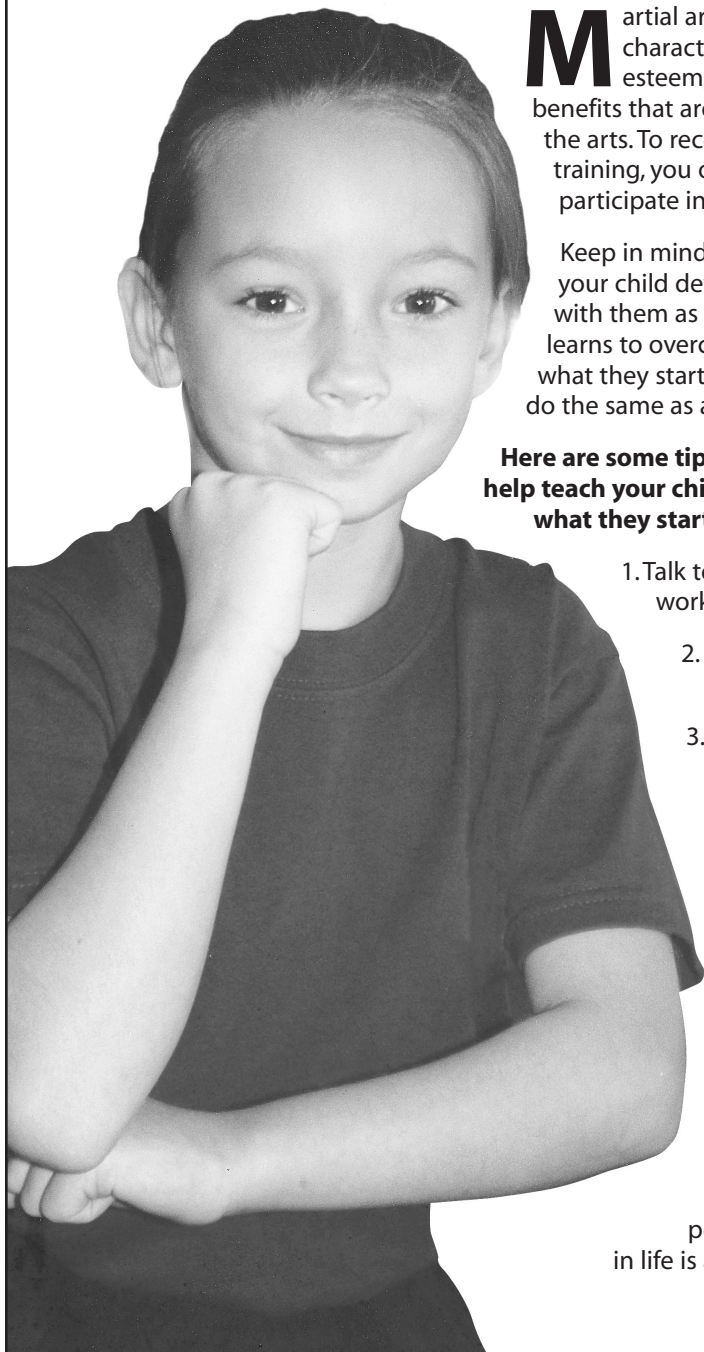
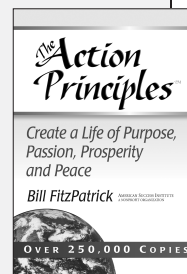
New activities are always exciting but enthusiasm can subside when things get tough. That's when children want to give up and quit. Help your child ride out the tough spots and model perseverance. Teaching your child that success is up to him/her early in life is a powerful lesson that will help them a lifetime. 

action principles

Get Tough

You've got to be tough to do the big things in life like taking risks, admitting mistakes, and changing bad habits. You've got to be tough to do the little things like biting your tongue, waiting your turn and putting up with fools. Self-reliance and self-confidence will demand your toughness. Then, you must temper toughness with kindness, realizing that many times it will be tough to be kind.

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

Personal Profile

Julia Fournier, Age 12



What Karate Means to Me

It means having a positive attitude toward yourself and others; developing self-esteem, confidence, and making the right decisions. Karate can be put in many words, but I would say it is meant to be a way a life. When I say it helps you

have a positive attitude I mean it helps you not make a fool out of yourself. When you have a positive attitude other people want to be with you and when you have a negative attitude it just rubs off people so they'll have a negative attitude too.

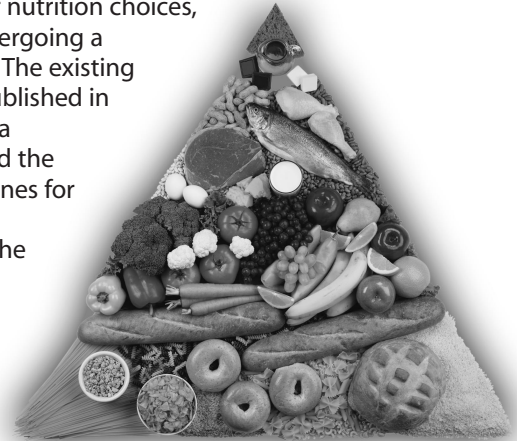
I learned how to treat others the way I want to be treated from martial arts. I think karate is the most motivational thing anybody could do. From just being a kid with no confidence I grew to become a kid with confidence and best of all self-esteem. When are striving to reach your goals and you think your not going to earn your way to that goal you still have the motivation to keep going. When I was testing for my black belt even though it was really hard I kept going and didn't give up. I would say that karate has done all these things for me and that I am who I believe I can be.

Julia is a student at Fournier's Olympic Karate Centers.

Healthkick: A New Food Guide Pyramid?

by Jennifer G. Galea MS RD

The Food Guide Pyramid (FGP), that familiar tool used to guide our nutrition choices, is currently undergoing a major overhaul. The existing FGP was first published in 1992, based on a document called the "Dietary Guidelines for Americans." The information in the FGP is nutritionally "sound," but somewhat outdated.



Martial artists are a diversified group with various nutritional needs. The new FGP will be especially important to martial artists, because the "typical" student can be male or female ages 3 to 80.

So what are the major revisions being made to the FGP? First is an expansion of the "food intake patterns" in the accompanying "consumer booklet." The current guidelines offer only 3-calorie levels, but the new one will have 12, to better represent differences in requirements based on gender, age, and activity level.

The second revision is in the representation of the quantity of foods to consume. The current "serving" is confusing to many people, leading to over-eating. Since obesity is epidemic, an objective is to make the new FGP the best possible tool not only to assist us in making appropriate food choices, but also to balance our energy expenditure with our food intake. This is crucial in maintaining appropriate weight and performance for martial artists.

Finally, it may shift the emphasis of certain food groups over others, based on new research. One anticipated example is an emphasis on more fruits and vegetables over whole grains. There is likely to be a recommendation for increased consumption of dark green vegetables, legumes, oil, and soft margarines (as substitutes for solid fats) to increase consumption of dietary Vitamin E.

And of course, the guidelines are going to increase the amount of recommended exercise!

We don't have to wait to make changes in our diets. We can balance our food intake with our activity level, watch the size of our food portions and exercise daily. We can eat from all food groups, especially the fruits and vegetables group and cut out unhealthy fats and added sugars. We can get the benefits of the new Food Guide Pyramid right now. ♦

personal Profiles

Kickin' Kids kornor



Welcome to Kickin' Kids, the mind-boggling, brain-teasing section of Kid's Zone. If you score: 9 or more, you are a Grandmaster; 7 or 8, a Master; 6, an Advanced 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 and add +1 to your score. Good luck!

Martial Arts Kicks: Word Guess

Fill in the missing letters to spell a type of a kick.

Example: J _ M _ - Answer: JUMP "Kick"

- | | |
|--------------------------|-----------------------------|
| 1. C _ E _ C _ _ T | 7. S _ _ E |
| 2. F R _ _ T | 8. T _ R _ |
| 3. H _ O _ | 9. F _ Y |
| 4. _ A C _ | 10. G _ _ B |
| 5. R _ _ N _ - H _ U _ _ | |
| 6. _ X _ | Bonus: S C _ _ S _ R |

Answers: 1. Crescent 2. Front 3. Fly 4. Back 5. Round-house 6. Axe 7. Side 8. Turn 9. Fly 10. Grab Bonus: Scissor

March 2004

In this newsletter

- March Events and Closings
- Black Belt Exams and Black Belt Graduation Ceremony
- Theme of the Month
- After School page
- Tae Kwon Do page
- Hap Ki Do Page
- Judo page

March Events

3rd - Registration ends for the belt exam on Friday

5th - no evening classes - Belt Exams at FMAC

6th - Open Free sparing class 11:15am to 12:15pm. Open to any student who has the appropriate equipment.

8th, 11th & 12th - No after school program

13th - 17th CLOSED for Maintenance

15th - 19th - Spring Break

20th - Midwest open - \$59 for 2 event s, \$10 for additional events/ ask for a registration form at the front desk

Theme of the month

Self Control

The instructors will emphasize self control this month as our theme.

Each week your class instructor will cover the following topics in discussion and in drills:

Week one: Physical Self Control

Week Two: Mental Self Control

Week Three: Emotional Self Control

Week Four: Spiritual Self Control

After School Program

The After School Program will not be held on March 8th, 11th & 12th

We will observe our theme for the month: Self Control as well as resume our Conflict Resolution Curriculum.

Tae Kwon Do

Thank You to all the Volunteers who helped with our Tournament on Feb. 28th. We could not run the tournament without you!

Kris Parsons	Teresa Kenton
Steve Kenton	Carrie Thimmesch
Tyler Becker and Family	
Sarah Maurer	Dan Parsons
Mark Tomer	Mark Cunnigham
Julia Badenhope	Sean Bailey
Tom Guerdet	Craig Riecken
The Jackson Family	Judy and Nick Nickerson
Judy Uhde	

And everyone who stayed to helped clean up!

Thank You Judges and Referees

Jim Harp	Thayne Sorenson	Ken Sills	Josh Sills	Nicki Strabala
Erik Strabala	Peggy Riecken	John Uhde	Chris Luecke	
Laura Ruff	Rick Ruff	Gary Baiely	Sean Bailey	Don Behning
Amila Dias	Stephen Bettis	Brandon Thimmesch	Joey Shilkaitis	
Jack Shilkaitis	Carly Riecken	Jon Riecken	Kupper Burgman	
Josh Bacon	Aaron Kenton	Tom Guerdet	Scott Jackson	
Connie Sykinyi	Sarah Parsons	Chris Parsons	Carter Slagell	
Michael Misra	Jason Misra	Neo Mazur	Thabisa Mazur	
Katie Uhde	Tony Koford	Devin Becraft	Faisal Luvaga	

FMAC Tournament Results

NAME	FORMS	BOARD	SPARRING	GRAND	Creative	Group
Keaton Taylor	1st	2nd	2nd	2nd		
Christopher Chappotin	1st	1st	3rd	1st	1st	
Mikolaj Pate	2nd	1st	1st	1st		
Robbie Moline	2nd	2nd	2nd	2nd		
Dakota Matters	3rd	3rd	1st	3rd		
Asher Bergman	2nd	2nd	2nd	2nd		
Shota Hattori	1st	1st	1st	1st		
Muhammad Younes	1st	3rd		2nd		
Alex Pyle	2nd	1st		1st		
Alex Hashemi	1st	2nd		2nd		
DJ Parsons	3rd	3rd		3rd		
Nasan Tsengeg	1st	2nd	2nd	2nd		
Remington Hackbarth	2nd	1st	1st	1st		
Nathan Welty	3rd	2nd		3rd		
Cole Buchman	3rd	3rd		3rd		
Michael Maurer	3rd	3rd	2nd	3rd		
Alban Fisher	1st	2nd	3rd	2nd		1st
Dylan Cellan	2nd	1st	1st	1st		
Robert Johnston	3rd	3rd		3rd		
Michal Pate	1st	2nd	2nd	2nd		
Sam Ennis	2nd	3rd	2nd	2nd		
Teddy Van Hove	2nd	3rd	1st	2nd		
Hansen Breitling	2nd	1st	1st	1st		
Tyler Horvath	2nd	1st		1st		
Briley Fenimore	2nd	1st		1st		
Cassandra Becker	2nd	2nd		2nd		
Rafael Ferraz	1st	2nd		2nd		
Bobby Doud	3rd	1st	3rd	3rd		
Jayson Ocanpaugh	3rd	2nd	3rd	3rd		
David Gallagher	2nd	2nd	2nd	2nd		
Brandon Thimmesch	2nd	2nd	1st	1st		
Jacob Cellan	1st	2nd	2nd	1st		
Trevor Jackson	1st	1st	1st	1st		
Brad Cloyd	1st	1st	1st	1st		
Devin Becraft	1st	3rd	3rd	3rd		
Stephen Bettis	3rd	1st	1st	2nd	1st	
Joey Shilkaitis	1st	2nd	2nd	1st		
Josh Thompson	1st	2nd	2nd	2nd		
Craig Larsen	2nd	1st	1st	1st		
Kuper Bergman	3rd	1st	2nd	2nd		
Tony Koford	2nd	3rd		3rd		
Josh Bacon	1st	3rd	2nd	1st		
Amila Dias	2nd	1st		3rd		

Aaron Kenton	3rd	2nd	1st	2nd		
Chris Parsons	2nd	2nd	2nd	2nd		
Carter Slagell	1st	1st	1st	1st		
Jack Shilkaitis	3rd	3rd	1st	2nd	1st	
Sean Bailey	1st	1st	2nd	1st		
Joshua Sills	1st	3rd	3rd	3rd		
Steve Kenton	1st	2nd		1st		
Mark Cunningham	2nd	1st		2nd		
Scott Jackson	3rd	2nd	3rd	3rd		
John Uhde	1st	1st	2nd	1st		
Mark Tomer						1st
Don Behning	2nd	3rd		3rd		
Gary Hackbarth	2nd	2nd	1st	2nd		
Gary Bailey	3rd	1st		2nd		
Jim Harp	1st	2nd		1st		
Chelsea Bowers	2nd	2nd		2nd		
Christina Cloyd	1st	1st		1st		
Tessa Cunningham	2nd	3rd	1st			
Maggie Sheesley	2nd	2nd		2nd		
Lydia Buckley	2nd	1st	2nd	2nd		
Schulman	1st	2nd	1st	1st		
Devin Wilmott	1st	2nd	2nd	1st	1st	
Hannah Steenblock	1st	1st		1st		
MacKenna Kenton	3rd	1st	3rd	3rd		
Lauren Naylor	3rd	1st		2nd		1st
Allison Bowers	1st	1st		1st		
Aadrienne Tomer				1st		
Taylor Smuck	2nd		1st	1st		1st
Anna Breen	1st			3rd		1st
Annie Spencer	1st	1st	1st	1st		
Katie Uhde	1st	3rd	2nd	2nd		
Kelsey Drabek	1st	1st		1st		
Sarah Parsons	3rd	2nd	3rd	3rd		
Laura Ruff	2nd	1st	1st	1st		
Amy Dadisman	1st	1st		1st		
Monika Pate	2nd	3rd	2nd	2nd		
Pat Moline	3rd	2nd	3rd	3rd		
Julia Badenhope	1st	1st	1st	1st		1st

Hap Ki Do

Belt Exams March 5th

Judo

March Birthdays

Nathaniel Behning	Liesl Eathington
David Gallagher	Bruce Harmon
Dakota Matters	Mary Riecken
Annie Spenser	Cody Toresdahl
Stormie Dickerson	Devin Willmot
Mark Vandenburg	Anna Moreia
Ken Sills	Ryan Rapp
Pat Moline	Felicia Gage
Alex Gurganus	Maggie Sheesley
Nick Schwartz	

Black Belt Exam and Black Belt Graduation

We would like to encourage all students to come watch our upper belt test for their next rank of black belt. The exam will be held at FMAC on April 24th.

The Black Belt candidates are starting to practice for their demonstration at the graduation ceremony to be held on May 1st. This demonstration is inspirational to watch. After our last graduation ceremony and demonstration we had several family members become inspired to start training in Tae Kwon Do. Whether you are now watching from the sidelines or are training, attending the black belt graduation ceremony and demonstration would be worth your time. We hope to see most of our students this spring at the next black belt graduation.