

Kickin'

Published Monthly for the Friends and Family of this NAPMA School



Why Kids Want to Train in Martial Arts


by Joseph Galea

You might think that kids want to learn martial arts because of the latest Jackie Chan movie they've seen. Or perhaps you saw them watching an old time favorite like the Karate Kid or a Bruce Lee flick. I believe, however, that children of the new millennium are more sophisticated than those from the 80's and 90's. Today's kids want to train for many of the same reasons that their parents want them to train... to develop discipline, confidence, focus, patience, self-control and respect.

The environment that children face today is very different from what the last generation experienced only 15 years ago, and likewise that period was different from 15 years prior, and so on. These environmental changes have created a trend where children are forced to mature faster, take on more responsibility, and to make adult-like decisions years earlier than in previous generations. It is easy to see why martial arts benefits, such as self-discipline and personal confidence are appealing to the modern child. Children want structure in their lives; it gives them a feeling of self-control and security.

The martial arts have made an important shift over the past 20 years, from a recreational activity to one of real necessity for our children. You don't need to look further than this publication to understand their needs and how ongoing martial arts training will impact their life.



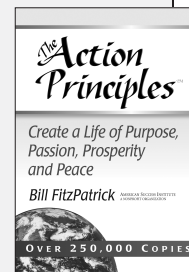
And let's not underestimate the essence of martial arts training, self defense. While it isn't the primary benefit children and parents are seeking, the ability to defend and protect oneself from physical harm is critical to the development of the character-building benefits of martial arts training. According to Dr. Abraham Maslow, a renowned psychologist, people have five levels of needs. He says that we must satisfy the lower levels before we can move on to achieve higher level needs. Following Maslow's theory, we need to feel secure and protected from the outside world before our mind can concentrate on reaching higher needs, such as self-actualization, prosperity, success, self-respect, and self-fulfillment. In this way, the martial arts helps us move beyond Maslow's level 2, "Safety and Security Needs." The martial arts provide our young people with self-defense knowledge, which enables them to concentrate on academics without added distractions and anxiety stemming from insecurity. 

action principles

Act as You Feel

- When you feel in the mood to do something, this is the best time to do it.
- If you feel happy, smile.
- If you feel daring, act.
- If you receive good service, compliment.
- If you feel energetic, do something positive.
- If you know a good joke, tell it.
- If you feel generous, give.
- If you are interested in becoming wealthy, save and invest.
- If someone needs help, lend them your strong hands or soft voice.
- If you give your word, keep it.
- If you want to make things better, vote.

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.





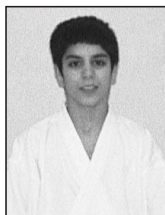
KIDS ZONE

personal Profiles

Martial Arts Success Stories

Personal Profile

Peter Paidoussis, Age 12



The martial arts are a very important part of my life. As a little boy, I had always dreamed of being in the martial arts. I had asked my father to take me to different dojos to see what the martial arts were like.

I have been training now for more than two years. Before I joined the martial arts, my schoolwork was never done well. I was always misbehaving in class, not doing my homework, and always getting into trouble at home. Now I am excelling in all my classes and my teachers have noticed a big difference.

Since I have been training in the martial arts for so long, I have been growing faster and becoming stronger. I am dedicating my life to the martial arts because of what it has to offer, and what I can give back to it.

Peter Paidoussis is a student at Robert Waltzer's Aikido School of Self Defense.

Healthkick: Sleep - A Vital Nutrient for Your Martial Arts Training

by Jennifer G. Galea MS RD

Sleep is crucial to a healthy body functioning. But in today's fast paced world are we obtaining adequate sleep? How much sleep is adequate sleep?



I use the word "obtain" purposefully when referring to sleep. Adequate sleep is a goal to be achieved, like all other health-related goals. We work to "get in shape," perfect a technique, ingest adequate nutrition, and achieve overall health. Adequate sleep is another vital component of every martial artist's training, both physical and mental.

It is obvious to most of us that sleep is required to reach our physical goals. We need sleep to rest and repair our bodies, including our brains. Sleep actually increases the function of the immune system. This is why we should be sure to obtain adequate sleep when fighting off a cold, flu, or other infection. Of course, it's advisable to regularly obtain adequate sleep so that we can decrease the likelihood of the onset of such infections!

The brain requires sleep, the same as the rest of the body, for physiological processes that rejuvenate it. For the brain this means restoring neurons, replenishing neurotransmitters, increasing production of brain proteins and some hormones. This also includes the hormones controlling growth. Children need even more sleep than adults, and this sleep is crucial for adequate growth. Sleep may also affect the brain's efficiency at controlling energy balance.

In addition to these "physiological" needs for sleep, the brain requires sleep for a number of other vital tasks. Adequate sleep increases our ability to learn, as well as our ability to process what we have learned and retain it. This applies to both "mental" learning as well as "physical" learning (techniques). Furthermore, sleep not only increases memory, but also "deletes" unneeded memories.

So how much sleep is enough? Generally, 7-8 hours of sleep per 24 hours is recommended for normal, healthy adults. According to researchers, increased exercise does not increase the amount of sleep needed. However, every person is unique and an individual's need may vary from the "norm," as well as from day to day. You may be "OK" with only six hours of sleep, but be sure not to sacrifice this vital component of your health. You will enjoy your body and your health much more if you "work at" obtaining the optimal amount of this "nutrient." ♦

Kickin' Kids korner



Welcome to Kickin' Kids, the mind-boggling, brain-teasing section of Kid's Zone. If you score: 18 or more, you are a Grandmaster; 15-to-17, a Master; 13-to-15, an Advanced Student; 11-to-12, an Intermediate Student; 10-to-11, a Beginner Student; 8-to-9, do 10 sit-ups; 7 or less, do 10 push-ups and 10 sit-ups. Guess the Bonus and add +1 to your score. Good luck!

Jackie Chan is one of today's hottest martial arts action stars. How well do you know the name of the movies he appeared in? Write "YES" next to each Jackie Chan Movie. Score 1 point for each correct "YES" you provide and subtract 1 point for each incorrect "YES." Hint: Read Carefully!

- | | |
|----------------------------|--------------------------------|
| 1. ___ Shanghai Express | 12. ___ Rush Hour |
| 2. ___ Heart of Dragon | 13. ___ Twin Dragons |
| 3. ___ Strike One | 14. ___ Dragon Slayer |
| 4. ___ Operation Condor | 15. ___ The Tuxedo Man |
| 5. ___ Rumble in Manhattan | 16. ___ Mr. Nice Guy |
| 6. ___ Shanghai Knights | 17. ___ The Accidental Tourist |
| 7. ___ The Medallion | 18. ___ The Accidental Spy |
| 8. ___ Drunken Grandmaster | 19. ___ My Lucky Stars |
| 9. ___ City Hunter | 20. ___ Old Master |
| 10. ___ Cannonball Run | |
| 11. ___ Dragon Punch | Bonus: ___ The Big Boss |

Answers: Yes - 2,4,6,7,9,10,12,13,16,18,19, & Bonus (also known as Fist of Fury)

April 2004

In this newsletter

- April 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*

* online only

April Events

3rd & 4th - Demos at North grand Mall (bring friends by to take advantage of enrollment specials for new students...more details below)

5th - 8th - Skills exams

9th - CLOSED at 5:15 for an Instructor Meeting

15th - New schedule starts

24th - CLOSED for belt exams. Black Belt Exams start @ 9:30am

30th - Deadline for current After School Program students to pre-register for the 2004 - 2005 school year before we open up enrollment to everyone.

30th - Early registration for summer camp ends. Late registration continues till one week before camp begin date.

Theme of the month

Courtesy

The instructors will emphasize courtesy this month as our theme.

North Grand Mall /Heath Expo

In addition to our demonstrations we will have a booth at the mall starting on Friday the 2nd at 4:00 pm till Sunday the 4th at 5:00 pm.

We are running enrollment specials for new students during the expo, so it is a good time to refer friends and family. We are enrolling new students right at the mall on April 2nd, 3rd and 4th.

Our demonstrations are held at:

April 3rd: 1pm - 3pm

April 4th 2pm - 3pm

Sign up at the front desk for the demos thru Thursday the 1st.

After School Program

The After School Program's last day will be May 28th

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

Tae Kwon Do

New Ranks

Yellow Belts

Asher Bergman

Maggie Sheesley

Nick Schwartz

Iris Yang

Orange Belts

Hansen Breitling

Ryan Grapp

Nathan Welty

Jonathan Cowan

Shota Hattori

Galadriela Allen

Green Belts

Brain Burk

Matthew Carter

Jacob Cellan

Jacinta Misra

Dylan Cellan

Rafael Ferraz

| | | |
|--------------|-------------------|------------------|
| | Jacob Heinen | Wesley Martin |
| | Michael Maurer | Kate Vandenburg |
| | Blaine Vandenburg | Gerit Vandenburg |
| Blue Belts | | |
| | Mackenna Kenton | Brent Randolph |
| | Kristina August | Cynthia Shulman |
| | Jennifer Shulman | |
| Brown Belts | | |
| | Steve Kenton | Teresa Kenton |
| | Trevor Jackson | |
| Purple Belts | | |
| | Brad Cloyd | Logan Theoret |
| Red Belts | | |
| | Mark Clipsham | David Gallagher |
| | Trent Van Hove | |

Hap Ki Do

Skills Exams April 12th & 14th

New Ranks

Green Belt

Michael Cortinas Eric Ledet

Blue Belts

Mark Cunningham Tom Guerdet
Erik Strabala

Purple Belt

Nicki Strabala

Red Belt

Jack Shilkaitis

Judo

April Birthdays

| | |
|-----------------------|-----------------|
| BJ Dilla | Alban Fisher |
| Nick Scallon | Connie Sikinyi |
| Brandon Thimmesch | Adrienne Tomer |
| Sandy Tomer | John Uhde |
| Trent Van Hove | Mitch Buchman |
| Peter Heintz | Lauren Banwart |
| Christopher Chappotin | Muhammad Younes |
| Ryan Grapp | Kenny Slagell |
| Kate Anderson | Chelsea Bowers |
| Tony Moore | |

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 at 9:30am .

The Black Belt candidates are starting to practice for their demonstration at the graduation ceremony held on May 1st at 2:00pm . This demonstration is inspirational to watch. After our last graduation ceremony and demonstration, we had several family members get 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.

Black Belt Graduation and Super Show held at FMAC
2:00pm