

# Kickin'

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## Sponsor a New Student in Your School

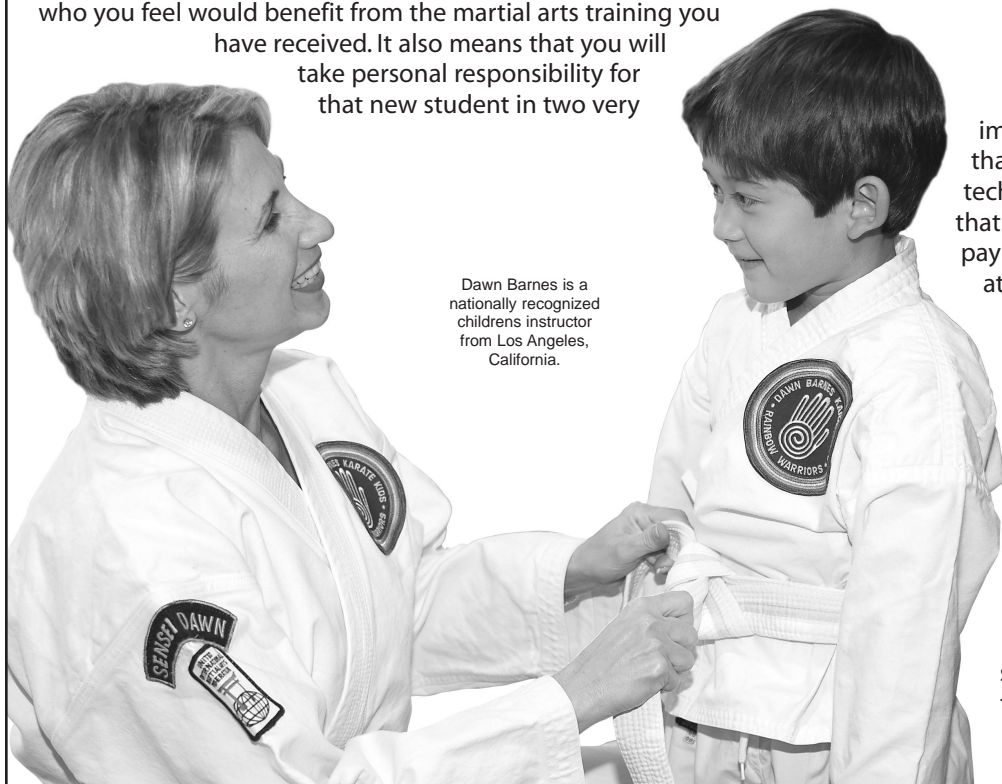
by Joseph Galea

**M**artial art schools have changed substantially over the last two decades. Differences range from class curriculum to training benefits to an expanded student age base. But what hasn't changed is what's at the core of the martial arts experience: the teacher-student relationship. I am actually referring to the cycle that you undergo as a martial arts student. Despite the fact that you may never open your own school or even teach professionally, the student in some way becomes a teacher. And it is this special transition that has carried the martial arts from generation to generation. Here's a basic explanation.

Each new martial artist begins as a novice until he or she has extracted enough knowledge to be considered an intermediate-skilled student. At the same time, each has also become a novice teacher. You are not going to receive recognition for this title, but you will begin to find yourself in situations where you are offering your expertise to a beginner student or a group of students. It is inevitable that a beginner student will eventually ask you for help. It is a wonderful, flattering experience to help pass along your martial arts knowledge. It is for this reason that I encourage you to sponsor a new student into the martial arts and your school.

Sponsoring a new student means that you seek out one individual who you feel would benefit from the martial arts training you have received. It also means that you will take personal responsibility for that new student in two very

Dawn Barnes is a nationally recognized children's instructor from Los Angeles, California.



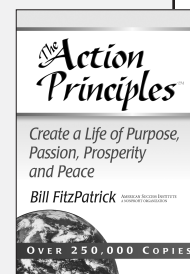
## action principles

### Stay Fit and Healthy


Be prepared to succeed both physically and mentally. You do not know when you will be called upon to defend with a block, a blow, or a word. You can swim, run, or roller blade. You can take a walk. Staying fit also helps to prevent injury and helps you deal with stress and fatigue.

If you want to be thinner, start putting out more calories than you take in and you will lose weight. Start now. If you want to be healthier, add more fruits and vegetables to your diet. Drink a lot of water. If you want a strong heart, do twenty minutes of vigorous callisthenics each day.

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](http://www.mastersuccess.com).



important ways. The first is to be available if that student ever needs help with any techniques learned in class. The second way is that you "oversee" their training. You do this by paying attention to training progress and class attendance. When necessary, you can be a motivational force that can help the student get back on target towards the goal of black belt.

It is a rewarding experience to help someone with training. There is a special feeling each time that student progresses through each rank knowing that you are partly responsible for the results. This feeling that you will share is what drives us as instructors, and is why we have this school for you. I hope you will consider sponsoring a new martial artist because, in the end, we are all students who teach the martial arts. 

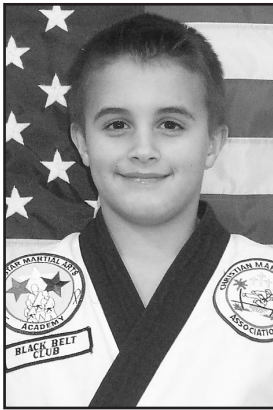


KIDS ZONE

## Martial Arts Success Stories

By Drew Crump, Age 10

personal Profiles



I joined karate four years ago because I wanted to learn how to do karate and my mom wanted me to have discipline. Karate has helped me with discipline, defending myself, and self-control. I am the middle child in my family and I have one older sister and one brother who are younger.

My goal in karate is to become an 8th degree master belt. Some of goals for school are to graduate high school and college, then get my masters degree. When I grow up, I want to be a mechanical engineer.

One of the most important things my instructors in the martial arts have taught me is discipline.

*Drew Crumb is a student at Duane Brummit's Tri Star Martial Arts Academy.*

# Healthkick:

## Are You Increasing Your Meat Consumption?

by Jennifer G. Galea MS RD



The media has been bombarding us with nutritional information about the positive impact of increased protein consumption on our metabolism and on reaching our health and fitness goals. While most of these claims are pretty well founded in nutritional science, what should you watch for when incorporating more meat back into your diet?

First, balance your diet. Don't eat just meat, or just one kind of meat. Balance each meal with a protein source and a fruit, vegetable, and/or carbohydrate source. Eat a variety of protein sources. Incorporate different meat choices (such as chicken, fish, beef, pork, etc.) as well as alternative protein sources, such as nuts, legumes, and other vegetarian entrees. Try different recipes that incorporate a variety of food groups, as well as a variety of foods within the groups. Every food has something unique to offer.

Next, when eating meats, take care regarding the fat content. In the near future, new labeling laws will be enacted to provide you with more information when selecting meats, but for now you can rely on the specified cut. Below are a number of beef cuts that have fewer than 300 calories and 10 grams of fat for a cooked three-ounce serving. Remember to double the calories and fat if you are eating double the portion!

Finally, be sure to trim any visible fat from your meat. According to studies by Tufts University, a three-ounce choice grade T-bone steak contains 174 calories and three grams of saturated fat, as long as it is carefully trimmed of fat. If you choose to consume even the very small ribbon of fat along the edge, these numbers jump to 274 calories and eight grams of saturated fat, for the same three-ounce portion!

**Good choices for beef:** (All contain fewer than 300 calories and 10 grams of fat per cooked three ounce portion.)

**Round:** Eye Round Roast (Select), Bottom Round Roast, Round Tip Roast (Select), Top Round Steak (Select).

**Short Loin:** Top Loin Steak (Select and Choice), Short Loin T-bone Steak (Choice), Tenderloin.

**Rib:** Rib Eye (Choice)

**Sirloin:** Top Sirloin

**Flank:** Flank (all grades)

**Chuck:** Arm Pot Roast, braised (Select and Choice)

## Kickin' Kids korner



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!

### Movie Timeline: Arrange these Jet Li films in order of their theatrical release starting with the earliest.

1. Black Mask \_\_\_\_\_
  2. Romeo Must Die \_\_\_\_\_
  3. Lethal Weapon 4 \_\_\_\_\_
  4. Shaolin Temple \_\_\_\_\_
  5. Once Upon a Time in China \_\_\_\_\_
  6. Fist of Legend \_\_\_\_\_
  7. The One \_\_\_\_\_
  8. Hero \_\_\_\_\_
  9. Dragon Fight \_\_\_\_\_
  10. Kiss of the Dragon \_\_\_\_\_
- Bonus:** My Father the Hero \_\_\_\_\_

Answers: Shaolin Temple (1982), Dragon Fight (1988), Once Upon a Time in China (1990), Fist of Legend (1994), My Father the Hero (1996), Black Mask (1996), Lethal Weapon 4 (1998), Romeo Must Die (2000), Kiss of the Dragon (2001), The One (2001), Hero (2002)

# February 2004

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- February Events and Closings
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## New Instructor

We would like to welcome Master Erik Strabala to the FMAC team.

Master Erik Strabala , who holds a 3rd Dan in Tae Kwon Do, will be teaching Fitness kick boxing and Tae Kwon Do. He started Tae Kwon Do at Iowa State in 1992 and was a member of the Boxing club while also attending ISU. Ironically his boxing coach introduced him to Master Pak. Master E. Strabala was an assistant instructor to Master Pak, coached the ISU collegiate Nationals Team before starting his own Tae Kwon Do program in 1997 in Ankeny.

Master E. Strabala is also a Hap Ki Do student here at FMAC.

## February Events

**6th** - no evening classes - INSTRUCTOR MEETING

**7th and 21st** - Free sparing class 11:15am to 12:15pm. Open to any student who has the appropriate equipment. We had 28 students at the last sparring class! Mostly beginners...so join in the fun!

**16th - 19th** - skills exams, sign up at the front desk!

**17th** - Early registration for the tournament ENDS today!

**20th** - No after school program

**25th** - all tournament registrations are due today! NO late registrations will be accepted.

**28th** - FMAC TKD Tournament held at the 3M recreational Building, 900 N. Dayton RD. See tournament info in this newsletter.

**March 5th** - Next Belt exam

## **Theme of the month**

Compete with yourself

“The only worthwhile victory is victory over the self.”

So many people focus their happiness based on other people , what other people have and what other people think. By competing with yourself, you can focus all your energy on improving one person, yourself!

Some of the weekly topics are:

you today vs. you yesterday

You today vs. you tomorrow

## **Referrals**

We appreciate our students sharing their enthusiasm for the martial arts with their friends, family, classmates and coworkers. Nothing says more about our school than a referral from a current student.

Please feel free to take a brochure and business card to share with someone you know who would benefit from the martial arts classes we offer at the Family Martial Arts Center. Your friend will receive a special discount and you will receive a special gift as well! Thank you for your support.

## **After School Program**

The After School Program will not be held on February 20th

This month we are focusing on tournament skills. Improving forms, board breaking and sparring. Black Belt students will learn to judge and referee a tournament.

We will free spar on Wednesdays, Thursdays and Fridays.

## **Tae Kwon Do**

### Announcement:

Brown Belts and above please bring your chest protector and head gear to class Mon. - Thurs., Feb. 2nd - 26th. Please have the chest protector on BEFORE class starts. Students who have chest protectors on BEFORE class starts will be working on special kicking drills and self defense skills. Contact will be kept to students wishes: 1. Students who wish to have **more** contact should put the RED side out when they put on their chest protectors  
2. Students who wish **light** contact should put the BLUE side out when they put on their chest protectors.

### **NEW! Sparring Membership**

We are proud to announce that we will be offering a new type of membership to our Tae Kwon Do students. The new Free Sparring membership will allow the student to attend free sparring classes on Saturdays that were previously reserved for our Black Belt Club members only.

Free sparring is not a requirement of our basic curriculum but many of our students find that it offers a number of benefits that compliment their study of our traditional Tae Kwon Do classes. For more info on tuition and registration please speak to our staff.

### **Tournament on Feb. 28th**

The tournament is for all Students, all ages and all ranks!!

We would like to encourage you to take part in the tournament ... we especially need adults and women to take part. The more student we have compete the more fun it will be.

- Black belts should RSVP for judging ASAP. We will work around black belts who are completing... we need all of our black belts to judge to run the four rings required for the tournament.
- Special sparring days have been selected for students to prepare for the tournament. Feb. 7th and Feb. 21st from 11:15am - 12:15pm
- Volunteers are needed. We appreciate you help in putting on this event.

A sign up for Volunteers is located at the front desk.

- Admission

11 and older - \$3.00

6 - 10 - \$1.50

5 and under free

- **New Events for the tournament**

Creative forms for individual students (with or without music)

Group forms - creative, palgwe, tae guek or black belt form done as a group with or without music.

### USTU Referee Seminar

Master Hegland, Master Shilkaitis, Master Harp, Mr. Gary Bailey, Mr. Jack Shilkaitis and Mr. Sean Bailey all attended a USTU referee seminar on Jan. 31st. The seminar updated rules for free sparring competition.

### New Ranks

#### Yellow Belt

Christina Cloyd

Tyler Horvath

Gaspar Horvath

Tristan Verkade

#### Orange Belt

Lauren Banwart

Alex Hashemi-Toroghi

Cassandra St. Clair

Cole Buchman

Pat Moline

#### Green Belt

Brady Brinkmeyer

Grant Fleener

Devin Wilmont

Lydia Buckley

Josh Thompson

#### Brown Belt

Remington Hackbarth

#### Purple Belt

Mike Olson

Craig Larsen

## Red Belt

Monte Toresdahl

### **Hap Ki Do**

New 2nd Dan : Bruce Harmon

Pizza after class: Feb. 2nd

Next Testing March 5th

New HKD Students:

Joe Wheelock

Tony Moore

### **Judo**

#### **February Birthdays**

Gary Bailey

Lydia Buckley

Ochirmaa Ishdorj

Mike Olson

Garrett Schubert

Michael Pate

Brad Rozema

Ian Steenblock

Jake Brown

Don Behning

Sean Evans

Faisal Luvaga

Taylor Rich

Master Shilkaitis

Joshua Burling

Dante Benjegerdes

Jordan Battle

Brandon Shaw