



Kickin'

Published Monthly for the Friends and Family of this NAPMA School

Can Martial Arts Training Help You Live Longer?

by Joseph Galea




At the age of 60, Grandmaster Dennis Kelly stays fit through martial arts training.

Martial arts students will tell you that their training could save their lives if they are ever faced with a life-threatening situation. The knowledge of self-defense can be a "life saver" in precarious situations and thus a life extender.

Can the martial arts help you live longer even if you never need to use your training to defend your life? While there is no scientific proof, there is some interesting evidence that is worth considering.

First of all, if you want to achieve a goal, you may want to model yourself after those who have already accomplished what you want to achieve. So if we want to find out if martial arts can help you live longer, we should start by studying those who lived to be at least 100 years of age. The Georgia, New England, and Okinawa Centenarian Studies found some common themes among these people. These themes are what I believe to be the essence of the martial arts enthusiast lifestyle!

1. Many say that their current weight is what it has been for their entire adult lives and few are obese.
2. Very few smoke, and they drink alcohol in moderation or not at all.
3. They have stayed physically active throughout their lives. Older Okinawans garden, walk, and typically practice some form of martial arts!
4. They keep active mentally and are open to learning new things.
5. Some studies show that they eat plenty of vegetables and fruits and consequently have a high dietary intake of antioxidants such as carotenes, flavonoids, and vitamin E – all of which help protect against cancer and heart disease.
6. They have strong social support networks, and maintain close relationships with family and friends.
7. They handle emotional stress very well. They tend to be optimistic, have a good sense of humor, and are adaptable to change.
8. They score low on measures of negative emotions, such as anger, fear, guilt, and sadness, and have low rates of clinical depression. Also, many rely on their spiritual beliefs to cope with hardship and loss.

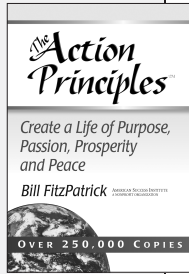
While genetics can also have a strong influence on your life span potential, following the healthy practices of Centenarians, and of martial artists, may very well give you a head start toward reaching 100 years or beyond! 

action principles

Stay Centered

In the battles of life, you will take punches. Some will hurt. This too will pass. You are the center of your universe. Take care of your own needs first. Then go to your family, then your friends, neighbors and employees. Don't allow others to rush or pressure you to act before you decide what is right.

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

Kirstin Hatch, Age 15



I remember my first day at martial arts four years ago. I was thinking how awesome it was going to be to learn how to do cool kicks and punches. Through my instructor I have learned more than that: self-discipline, commitment, focus, respect, 100 times rule, and how to apply them to my life at home and school. Since taking martial arts I have maintained a 3.20 grade average or higher and at home I have become more patient and responsible, especially with my three younger brothers. Being involved with the Leadership and Demonstration Teams, and the Black Belt Club on top of my regular class, allows for many opportunities to improve my skills both mentally and physically. Each class teaches me something different and important to how I live my life. While appreciative of my parents and my instructor who have supported me from white belt to black belt, the one thing that has helped most of all is the saying; "The pain of self-discipline weighs ounces. The pain of regret weighs tons."

Kirstin Hatch is a student at Miller's Martial Arts Academy owned by Korbett Miller.

personal Profiles

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!

In honor of Mother's Day, Kickin' Kids Korner requires you to think of ways to show mom how much you love her! Below are 10 places for you fill in great ways to accomplish your mission. Score one point for each task that you complete. Let's all try to be perfect Grandmasters and score 11 points for mom!

1. I will help Mom in the kitchen by _____.
2. I will be creative and make Mom _____.
3. On my next _____ test in school, I will score an "A" for Mom.
4. Every day in May I will _____.
5. Every week in May I will _____.
6. I will surprise Mom by _____.
7. I will make Mom smile by _____.
8. To make Mom's day easier I will _____.
9. Mom likes when I _____.
10. After dinner I will _____.

Bonus: On Mother's day I will _____.

Answers/Suggestions (anything nice is a good answer): 1. doing the dishes, 2. a picture, 3. Math, 4. tell mom I love her, 5. vacuum the floor, 6. cleaning my room without being asked, 7. telling a funny joke, 8. asking her what I can do for her, 9. give her a kiss, 10. clear the table, Bonus: make her breakfast in bed.

Healthkick:

Yogurt: Functional Food or Dessert?

by Jennifer G. Galea MS RD

Yogurt can be a wonderful "functional food," contributing many important nutrients to your healthful diet. Chosen wisely, yogurt is an excellent source of calcium and probiotics-beneficial bacteria that promote a healthy digestive system. However, care must be taken to choose products that don't supply more sugar and fat, and potentially more chemicals, than nutrients.



Yogurt is an excellent source of calcium, which is crucial, especially to the performance and health of female martial artists. Yogurt is a good choice for those who don't like milk or who have difficulty digesting milk sugars and a source of protein and other vitamins and minerals, such as phosphorus, potassium, and riboflavin.

Because yogurt is a "fermented" milk product, it also contains special bacteria, which are called "probiotics." These beneficial organisms help manage lactose intolerance, diarrhea, bowel diseases, and even some ulcers. In addition, probiotics may stimulate the immune response in the gastrointestinal tract (gut). Many holistic practitioners believe that a healthy gut is the first step to a truly "well" person. I would go one step further and say that exercise, a healthy mind, and a healthy gut are the cornerstones to creating an overall state of wellness. Fortunately, you can achieve the first two aspects, through martial arts training.

But how should you choose a yogurt? First, start with a plain low-fat or non-fat yogurt. Add your own fruit for a yogurt-based smoothie or fruited yogurt. For an even more healthful treat, you could add your own bran or nuts.

If you prefer a "pre-made" variety, again look for low or non-fat yogurt to start. Then read the label for serving size and ingredients. Be cautious, as some may even look like the same size container but actually contain much less product. Stay away from those that contain more sugar than yogurt! And finally, be sure that the yogurt contains active bacterial cultures. This may be written on the label, or it may have a seal from the National Yogurt Association, which allows manufacturers to say that the product contains "Live & Active Cultures" if it contains at least 100 million cultures per gram at the time of manufacture.

By selecting the right yogurt products, you can improve your overall healthy lifestyle that consists of beneficial martial arts training and a healthy diet. ♦

May 2004

In this newsletter

- May Events and Closings
- Photo Day
- Theme of the Month
- After School page*
- Tae Kwon Do page*
- Hap Ki Do Page*
- Judo page*

* online only

May Events

8th - Open sparring class for students who have required equipment.
11:15am

15th - Photo Day 9:00am - 4:30pm Distinctive images will be back again to take your martial arts photo memories. Sign up at front desk area

15th - Demo at Inis Grove Park at Noon - sign up at front desk area

21st - CLOSED at 5:15 for an Instructor Meeting

22nd - Demo at Brookside park. Sign up at front desk area. Time to be announced.

24th - 27th - Skills exams

Thursday 27th - Last day for the After School Program

28th - 31st - CLOSED for Memorial Day Weekend

June - Governor's Cup on the 12th

Theme of the month

Respect

Showing respect for one's self, others, elders, laws/rules and nature.

Taking action is the most important part of respect, without action respect is just a definition of a word.

The instructors will emphasize courtesy this month as our theme.

Photo Day at FMAC

Distinctive images will be back on May 15th. The pictures are digital and can be seen right after your picture is taken. Please check out some of the samples at the front desk. Payment/order envelopes will arrive when the photographer brings them in to FMAC (so I can't predict when that will be).

Sign up at the front desk thru the 14th.

Demonstrations:

Remember to wear a FULL uniform / NO T SHIRTS please.

Bring tennis shoes (no sandals) in case we have to wear shoes at the demonstrations. Wear sunscreen and have a water bottle.

After School Program

The After School Program's last day will be May 27th

(April's newsletter had a typo and stated that the 28th was the last day)..

May Birthdays

Asher Bogdanove

Brad Cloyd

Bobby Doud

Tony Koford

Will Rundle

Ryan Fleener

Marcus Reecy

Keaton Taylor

Iris Yang

Zach Clipsham

Russ Copley

Ali Elbasher

Michael Maurer

Grant Fleener

Brad Johnson

Phoenix Shedd

Robin Verkade

Hannah Steenblock

Tae Kwon Do

New Ranks

Yellow Belts

Ryan Fleener
Chelsea Bowers
Ian Steenblock

Allison Bowers
Jennifer Dulaney

Orange Belts

Sean Dulaney
Kelsey Drabek
Giordan Kitts

Taylor Jean Dulaney
Marquia Everett
Keaton Taylor

Green Belts

Julia Badenhope
Christopher Chappotin
Mark Cunningham
Briley Fenimore
Alban Fisher

Mitch Buchman
Melissa Chappotin
Tessa Cunningham
Sean Vandenburg
Mark Vanderburg

Blue Belts

Dj Parsons
Monika Pate

Michal Pate
Nasan Tsengeg

Brown Belts

Robin Jackson

Sam Ennis

Purple Belts

Ali Elbasher
Dan Parsons

Andrew Frerichs
Adrienne Tomer

Red Belts

Mallory Toresdahl
Teddy Van Hove

Cody Toresdahl

Recommend Black Belts

Talal Adam
Anna Breen
Lauren Naylor

Nathaniel Behning
Nick Magnani
Nick Romsey

Nick Scallon
Annie Spencer
Greg Wheelock

1st Poome Black Belts

Devin Becraft
Michael Misra
Kate Uhde

1st Dan Black Belt

Scott Jackson

2nd Poome Black Belt

Joey Shilkaitis

Taylor Smuck
Zach Toresdahl
Felix Yang

Preston Hocking
Connie Sikinyi

Hap Ki Do

Skills Exams June 2nd & 7th

Judo