

# Kickin'

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## Spring Into Action—Be The Best You Can Be

By Allie Alberigo

**T**he spring is a great time to take your training to an entirely new level. The concept of springing into action may conjure thoughts of mental activity, but by putting the correct spring in your step, you'll find you increase your physical ability as well. Physical activity is the key to health and prosperity, and the results are not only evident in your physical appearance. The more active you are, the healthier you will be mentally, spiritually and, of course, physically.

The pouncing speed of a mountain lion should come to mind when you think



of explosive movement. Can you be that quick as a human? The answer is absolutely—but it takes two

things: the right perspective and the correct training. Many instructors are teaching students daily and training their muscle memory to be as quick as a mountain cat. As a martial artist, you should be consistent in your training and if you are, then your results are limitless.

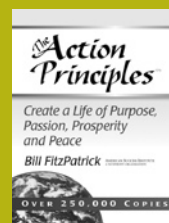
Now is the time to refocus on your goals, and start training a bit harder, so you can achieve the results you want. Take this time to develop a regular outdoor routine that will improve your martial arts abilities. Walk; run; perform wind sprints, kata or forms outside; and go to the beach to run on the sand or do your kicks. Meditate at the park, or meet a friend and workout. This will add to your motivation, and eliminate any potential monotony.

All of these activities will certainly enhance your martial arts skills, and possibly even improve your speed and agility, so you can be ready to spring into action. Explosive movements are developed through practice and repetition. Speed and agility are all components of hard work and practice, so you can be all that you can be. Put a little spring in your step, your training, and your life.

## action principles

### Make Everyone Feel Important

Make everyone you meet feel important. Listen. Be patient. Pay attention. Don't interrupt or fidget. Make eye contact. Smile and nod encouragement. People love to be involved in projects, which they helped create. Help others to identify and develop their strengths. Be quick to praise and slow to criticize.



*Bill FitzPatrick is a 5th-degree Black Belt, holds a Master's Degree in Education and runs the non-profit American Success Institute at [www.mastersuccess.com](http://www.mastersuccess.com).*

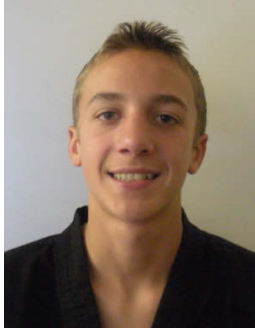


# Martial Arts Success Stories

KIDS ZONE

personalProfiles

## Personal Profile



### I Travel and Compete in Martial Arts

By Benjamin Serio, Age 14

I believe martial arts has been great for me. First, it has given me more confidence to defend myself as well as handling confrontations. It has also helped me develop my leadership skills and speak in front of groups.

Because of martial arts, helping others comes more naturally to me, whether it's helping younger practitioners with a kick

or a friend with schoolwork. I truly believe it has made me a better person, and will help me with my future and career.

I look forward to martial arts every day I have a class or practice at home. It makes me more cheerful when I'm not in a good mood. It also gives me the satisfaction that I've accomplished my goals. Martial arts is a very meaningful activity in my life.

*Benjamin Serio is a student of James Nam at Victorville Taekwondo Center in Victorville, California.*

# Kickin' Kids Korner



Welcome to Kickin' Kid's Korner, the mind-boggling, brain-teasing section of Kid's Zone. If you solve this puzzle in one minute or less, you're a Grandmaster; two minutes, a Master; three minutes, an Advanced Student; four minutes, an Intermediate Student; five minutes, a Beginner Student; six minutes, do 10 sit-ups; seven minutes, do 10 push-ups; or eight or more minutes, do 10 sit-ups and 10 push-ups.

Martial Arts Cryptography: Each code letter below represents another letter. Solve them all and you'll break the code! Each time the code letter appears in the text it will represent the same decoded letter. Hints: Each code has a key (the relationship between the code and decoded letters). Good Luck!

Example: PDUWLDO DUWV LV JUHDW

Solution: MARTIAL ARTS IS GREAT

KEY = the decoded letter is three letters before the coded letter in the alphabet. (Example: coded letter D=decoded letter A)

LW GRHV QRW PDWWHU KRZ ORQJ LW WDNHV

BRX WR DFKLHYH D JRDO, DV IRQJ DV BRX

GRQ'W JLYH XS!

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Answer: It does not matter how long it takes you to achieve a goal, as long as you don't give up!

# Healthkick

Committing to a Healthier You

By Jennifer G. Galea MS RD

## Going the Extra Mile for Health

During the last several years, the physical activity recommendation for optimal health has been to exercise at least 30 minutes most days of the week. This recommendation may very well be adjusted in the coming months.

Recently, studies have shown that the benefit of regular exercise on your HDL (good) cholesterol actually kicks in after the 30-minute mark. One study found that for each additional 10 minutes of exercise, there was a 4% increase in HDL. The results were particularly interesting because the study also found that frequency and intensity did not impact on HDL. This means that, for HDL, it is all about duration (time).

The trick to exercise for longer periods of time is to make exercise enjoyable. You have fun and learn useful skills in your martial arts class, so you are fully engaged in the class, both physically and mentally, and the time just flies.

For many of the other health benefits of exercise, such as stress reduction, calorie burning and even reducing fat in the abdomen (gaining weight and depositing fat in the abdomen is linked to many health risks), the frequency is of utmost importance.



For example, a recent study found that taking even two days off from exercise resulted in a greater percentage of fat deposits in the abdominal area. This strengthens the recommendation for exercising "most days of the week."

The key is to schedule exercise as part of your daily routine. Attending martial arts class two to three times per week takes care of most, if not all, of your "longer" workout requirement. On your non-class days, you can practice martial arts, go hiking and dancing with friends, play outside or opt for more traditional exercise regimens.

Exercise daily, usually for more than 30 minutes—and most importantly, have fun!