

# Kickin'

Published Monthly for the Friends and Family of this NAPMA School

## Subject Number One Is Self-Confidence

**T**he only one way to build self-confidence is to experience success, and then being continually challenged to overcome more substantial obstacles.

Your school's belt or ranking system is one of the unique ways martial arts is able to help you build self-confidence. Being recognized for your advancement with a new belt color makes it easy to track your progress. It also challenges you to expand and perfect your skills, including your physical and character development.

Each rank you earn presents you with new challenges that must be overcome to accomplish the specific requirements of your next rank. Your instructor makes a major contribution to your self-confidence. He or she has the knowledge and skills to help you face challenges that you may think are insurmountable.

He or she will help you set long-term goals to overcome those challenges, and then separate those long-term goals into intermediate and short-term goals. You'll find it much



easier to focus on those smaller goals, until you've

accomplished the long-term goal.

This is unique to martial arts training and doesn't exist in virtually any other activity, such as seasonal athletics: baseball, soccer, football, etc. They all have values, such as teamwork and cooperation; however, they also have static sets of skills that team members learn, and then must practice regularly to become more efficient and effective.

In your martial arts class, you develop similar physical skills: kicks, punches, etc., but there is also a constant opportunity to overcome new challenges that not only help perfect the skills you've learned, but also teach you new skills. You'll become more motivated because you're always learning something new. You'll also build your self-confidence faster because when you are faced with new challenges, you'll have the self-confidence to overcome them because you've done it before!

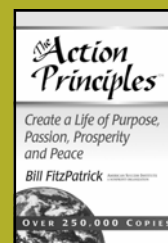
## ac- principles

### Treasure the Earth

We are obligated to future generations to protect our world. Clean air; clean water; green, open spaces; national parks; and preservation of our natural resources are everyone's business. Human beings are dependent creatures.

Each of us must accept responsibility and do our part. Tread softly. Be mindful of the fragility of our planet.

*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

## Personal Profile

Personal Profiles



### How Martial Arts Has Helped Me By Nikki Goeddeke, Age 11

I was taught to be a leader, not a follower. Being a leader means to be your own person. You have to be able to stand for what you believe is best for you. Being a leader is also being a strong person and saying "No" to temptations.

I also learned about discipline in karate class. I think with discipline your mind becomes stronger as well as your body. Your mind has to tell your body that you're able to push a little harder and make that one last kick or that one last punch.

I have also learned about confidence being on the demo team and performing in front of a whole bunch of people that I don't know. I was able to complete my performance and, with each demo, my confidence grew too! It was really cool!

*Nikki Goeddeke is a student at Tri-Star Martial Arts.*

# Healthkick

Committing to a Healthier You

## Back-to-School Nutritional Tips

Eating right provides the nutrients to energize children, build strong bones and fight diseases and other conditions. Pay attention to what and how much your kids eat.

Unfortunately, nearly one-fourth of kids' daily energy intake comes from nibbling on mostly prepackaged snack foods, which are high in calories and low in nutrients. Young children actually need snacks, since their stomachs are small. They often can't obtain all the nutrients they need from daily meals. It's not always easy to persuade your kids to eat healthy snacks and their snacking habits won't change overnight, but here are a few snack-time tips:

- Snacks: Plan Them; Don't Ban Them!
- Offer your child frozen yogurt or soda crackers instead of ice cream or pretzels.
- Select snacks from a variety of food groups, so your kids won't be bored.
- "Disguise" fruits and vegetables, such as celery with peanut butter, or carrots with a low-fat dip.

## Food Allergies

According to the Food and Drug Administration, as many as six-percent of American children younger than age three



have food allergies. For some kids, food allergies can cause only minor discomfort, but for others they can be severe. Try to work with your child's school to find ways your child can be supervised to prevent contact with allergenic foods. Ask who would treat your child and discuss your child's allergies with that person, making sure that he or she has the necessary medications and medical information.

## Fruit Juice: Friend or Foe?

Although juice does contain some healthy nutrients, it's high in calories and it may contribute to weight gain and tooth decay if consumed in excess. Some juice drinks, even those with 100% juice, have more calories than sugary carbonated beverages do. Juice also lacks the healthy fiber of whole fruit.

- Don't make or experiment with homemade fireworks.

# Kickin'

## Korner



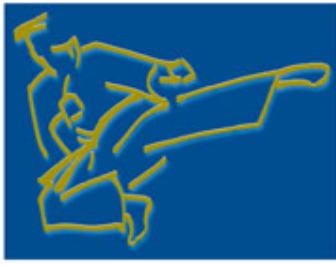
Welcome to Kickin' Kid's Korner, the mind-boggling, brain-teasing section of Kid's Zone. If you solve this puzzle in one minute or less, you're a Grandmaster; two minutes, a Master; three minutes, an Advanced Student; four minutes, an Intermediate Student; five minutes, a Beginner Student; six minutes, 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 Word Scramble:** Here's how it works. Unscramble the letters to create a word that describes a martial arts training weapon. Write your answer to the immediate right.

**Example:** A T I A L M R T R A S

**Solution:** M A R T I A L A R T S

1. KAAM \_ \_ \_ \_ \_
2. TOFAF \_ \_ \_ \_ \_
3. CNHUNKUA \_ \_ \_ \_ \_
4. ISA \_ \_ \_
5. NCAE \_ \_ \_ \_ \_
6. FNTOA \_ \_ \_ \_ \_
7. STSCI KIRCMAE \_ \_ \_ \_ \_
8. HRRAGSWTONIT \_ \_ \_ \_ \_
9. KKBOEN \_ \_ \_ \_ \_
10. WRODS \_ \_ \_ \_ \_



# Kickin'

Published Monthly for the Friends and Family of this NAPMA School

Kickin' is brought to you courtesy of the **Panther Kenpo Karate Studio**.

For more information please call (740) 392-3846

Or visit us at: [www.pantherkenpokarate.com](http://www.pantherkenpokarate.com)

### Class Offerings Include:

- ☉ **Kenpo** – Emphasizes holistic, mind/body fitness and focuses on each student's personal best.
- ☉ **Systema** – Russian Martial art based training of the Russian Special Forces
- ☉ **Chi Gong** – Chinese body and mind exercise that promotes health and vitality.
- ☉ **Warrior Arts** – Filipino martial arts using sticks, knives and empty hands.
- ☉ **Free Style Sparring** – A combination of tournament fighting, kick boxing and Kenpo.

### STUDIO MISSION STATEMENT

*“To motivate each and every student to become a complete success in life through Kenpo Karate training. We will maintain our reputation as the best Kenpo School in Central Ohio through professionalism, quality instruction and community involvement.”*

**Steve Hatfield**  
6<sup>th</sup> Degree Blackbelt  
Owner/Senior Instructor

