

Kickin'

Published Monthly for the Friends and Family of this NAPMA School

Finding the Right Balance

Balance is everything. Nature, the universe, depends on balance, and that includes the martial arts and its students.

For example, ignoring the “arts” of martial arts and doing too much sparring causes imbalance in your training. You must also be careful that you don’t dwell on forms, and slight self-defense or sparring.

Techniques should be practiced, using both left and right sides. Kicks and punches, depending on the balance required by your style, need adequate treatment. Balance grappling techniques with striking techniques. Ignoring one reduces your self-defense skills.

As you constantly strive for physical perfection, you must also develop your mental skills. That's why martial arts encourages meditation, emphasizes character development and strives for non-violence.

When you neglect part of your training, you limit your abilities. For example,

concentrating solely on kicking leaves you ill prepared to go to the mat. won't know how to respond.

Finding balance requires that you practice what may seem pointless. You may rather spar than practice forms, but forms contain many, if not all, parts of your chosen martial art. Forms were designed to provide balance; they contain the grammar of martial arts. Within each form are a variety of hand strikes, blocks, body movements and stances.

Granted, forms don't do much for sparring or self-defense with a live competitor. That's why martial artists spar and practice self-defense, too. Yet, the muscles and coordination that allow you to punch, kick, etc. are practiced and developed in forms.

Balance life outside the martial arts with your training. "Living" the martial arts is an admirable pursuit. When a martial art becomes an obsession, however, overshadowing your family and social life, then your living an unbalanced life.

When you strive for balance everyday, you are an example of the true spirit of the martial arts and Black Belt excellence.

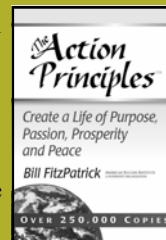


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principles

Walk the Talk

When you live your life with concern and love for others, wonderful things will happen. You will be fulfilled. You will feel a warm pride from your selfless acts that will then allow you the grace of humility. To be first, you must put yourself last. The true leader goes to the end of the line. Say what you mean and mean what you say.



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



Martial Arts Success Stories

KIDS ZONE

Personal Profile

Personal Profiles



How Martial Arts Has Helped Me By Ethan Feilich, Age 12

Training in the martial arts has made me aware of my surroundings, and improved my self-esteem, respect for others and myself, strength and self-defense abilities.

Karate also made me strong. With exercise, I learn to control my strength, and become even stronger. Karate is

also a much better way to use my spare time than watching TV or playing video games.

Karate gave me guts. I used that ability more than once. Most of all, training in the martial arts is teaching me how to defend others and myself. I was taught to use Karate constructively and defensively, and never to be abusive or offensive.

Karate has taught me much. I will continue to train and become better.

Ethan Feilich is a student of Mark Speranza at the Academy of Martial Arts in Lindenhurst, New York.

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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 Guess: Guess each word by filling in the missing letters below. Hint: Each word is martial arts-related. Guess the Bonus and add +1 to your score. Good luck!

Example: M _ R _ _ A L A _ _ T S Answer: Martial Arts

1. Able to be bent repeatedly without injury or damage..
2. Good health or physical condition, especially as the result of exercise and proper nutrition.
3. A feeling of assurance in one's own abilities.
4. To equip or supply with an ability to act.
5. Being able to inspire the conduct of others.
6. Showing deferential respect.
7. To regard oneself with respect.
8. Having knowledge or acuity to one's surroundings.
9. Being able to prevent harm or injury.
10. Having a fixed intention or a firmness of purpose; resolve.

Bonus: Willingness to show consideration or appreciation to another person.

Answers: 1: Flexibility; 2: Fitness; 3: Self-Confidence; 4: Empowerment; 5: Leadership; 6: Humility; 7: Self-Esteem; 8: Awareness; 9: Self-Defense; 10: Determination; Bonus: Respect.

Healthkick

Committing to a Healthier You

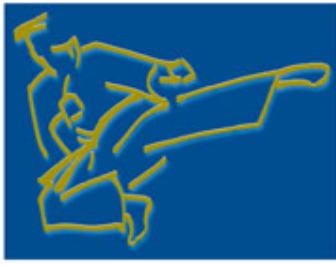
Ten Tips to Make Fun in the Water Safer!

What do surfing, fishing, water skiing, and swimming have in common? They are great fun...and they all take place in, on or around the water! Water activities are a great way to stay cool and have a good time with your friends and family. Follow these tips—and your common sense—to have a blast this summer!

- **DO learn to swim.** If you enjoy water activities, then you must be a strong swimmer.
- **DO take a friend.** Even though you may be a good swimmer, you never know when you may need help.
- **DO know your limits.** Know when you're too tired, too cold or too far from safety, and have had too much sun and activities.
- **DO swim in supervised areas only,** and follow all signs and warnings
- **DO wear a life jacket** when boating, jet skiing, water



- skiing, rafting or fishing.
- **DO stay alert to the currents** when white-water rafting. If you are caught in a strong current, then don't fight it. Swim parallel to the shore until you have passed through it. The current can be unpredictable near piers, jetties (lines of big rocks), small dams and docks. If you find it hard to move, then head to shore. Learn to recognize and watch for dangerous waves and currents.
- **DO watch the weather.** If you spot bad weather, then gather your belongings and take the fun inside.
- **DON'T lose control of play** in the water. Pushing or dunking your friends can lead to dangerous situations.
- **DON'T dive into shallow water.** If you don't know the depth of the water, then don't dive.
- **DON'T float where you can't swim.** Keep checking to see if the water is too deep, or if you are too far from the shore or the poolside.



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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

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
6th Degree Blackbelt
Owner/Senior Instructor

