

Kickin'

Published Monthly for the Friends and Family of this NAPMA School

The Ten Rules of Form

Most competitors' performances in tournaments are less than perfect. Part of the problem springs from inconsistencies in judging. At an open tournament, you might have five judges from five different martial art disciplines. Even in closed tournaments, you'll find a mixture of what judges look for in a form.

Poor performance is often a lack of preparation and practice; but it can also result from not understanding the universal criteria that judges utilize in reviewing a competition form. This isn't the student's fault, usually. More often, it's a misinterpretation of what is an excellent or even a passable form.

The International Council on Martial Arts Education in the Official Forms of the World Tae Kwon Do Federation has published the Ten Rules of performing a competition form. Although they were published for Tae Kwon Do practitioners, these rules apply to all forms in all styles of martial arts.

Study and adapt these rules to your style and you'll reach a higher level of performance in competition, and during class and home practice.

1. You must memorize, memorize, memorize! (Practice your form at least a thousand times.)
2. You must present a calm and courageous expression upon assuming the ready or attention stance.



3. You must, when practicing, start slow, and then increase your speed until you reach the target speed. (Don't perform too fast or too slow.)

4. You must demonstrate spirit by yelling loudly when appropriate, and perform each movement energetically.

5. You must focus your eyes on the imaginary target (not at your feet or hands or your mother in the audience).

6. You must not turn without first looking where you are going.

7. You must maintain poise, balance, a good posture and level movement.

8. You must relax between strikes, tensing only at the point of impact.

9. You must practice forms in different directions and at the prescribed rate of speed.

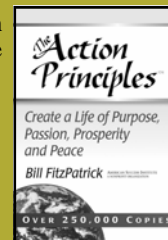
10. You must return to ready stance calmly and peacefully.

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principles

Applaud the Beginner

You may feel comfortable in a martial arts setting because you've been a student for months or years, but don't forget how the beginner feels; you were one once. Any new activity, especially the martial arts, may be tough in the beginning. Applaud those who try because the first step is often the toughest. Welcome the newcomer!



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 Profiles

Personal Profile



Earning my Black Belt Means Success By Destin C. Fleming, Age 8

I was seven years old when I earned my Black Belt. To me, earning my Black Belt means success. It makes me an example. If I can do it, others can too if they listen, focus and practice, practice, practice. Earning a Black Belt means going to a million classes, anytime you can and really trying your best.

My martial arts training has helped me in many ways. I've learned to keep my hands up when sparring. I'm focus in school and keep straight "As." I practice my piano lessons every morning before school! I want to do martial arts forever because I want to be a Grand Master.

I thank God and my instructors, parents and friends for helping and teaching me. When I tie on my Black Belt, I feel "Wow, I can't believe I did this!"

Destin C. Fleming is a student of Master Gary Wayne at Family Martial Arts Center.

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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. D _ _ E N _ E
2. S P _ _ D
3. H _ _ D _ L _ C K
4. S _ R E _ C _
5. R _ V _ _ S E - _ _ N = H
6. R E _ _ E C T
7. A C _ D _ M _ C
8. C _ _ F I _ E N _ E
9. J A _ _ I E C _ A N
10. K _ R _ _ E _ _ I D

Answers: 1: Defense; 2: Speed; 3: Headlock; 4: Stretch; 5: Reverse-Punch; 6: Respect; 7: Academic; 8: Confidence; 9: Jackie Chan; 10: Karate Kid.
Bonus: Mind-Body-Spirit.

Healthkick

Committing to a Healthier You

Six Myths About Stress

Managing stress is an important part of healthy living. Knowing the facts about stress will help you understand your problems, and then take actions to solve them.

Myth 1: Stress is the same for everybody.

Wrong! Everyone experiences and responds to stress differently. What is stressful for one person may or may not be stressful for another.

Myth 2: Stress is always bad for you.

Wrong! According to this myth, no stress would make you happy and healthy. Stress is to the human condition what tension is to the violin string: too little and the music is dull and raspy; too much and the music is shrill, or the string snaps. You must learn to manage stress, so you'll be productive and happy; mismanaged stress is dangerous to your health.

Myth 3: Stress is everywhere, so you can't do anything about it.

Wrong! You can plan your life, so stress does not overwhelm you. Set priorities and work on simple problems first, solving them, and then proceeding to more complex difficulties.



When stress is mismanaged, problems seem to be equal, making it difficult to prioritize them.

Myth 4: The most popular techniques for reducing stress are also the best.

Wrong! No universally effective stress reduction techniques exist. We are all different; our lives are different, our situations are different and our reactions are different. Only a comprehensive program customized to the individual works.

Myth 5: No symptoms, no stress.

Wrong! Absence of symptoms does not mean the absence of stress. In fact, camouflaging symptoms with medication may deprive you of the signals you need to reduce the strain on your physiological and psychological systems.

Myth 6: Only major symptoms of stress require attention.

Wrong! This myth assumes that the "minor" symptoms, such as headaches or stomach acid, may be safely ignored. Minor symptoms of stress are the early warnings that you must do a better job of managing stress.



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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

