



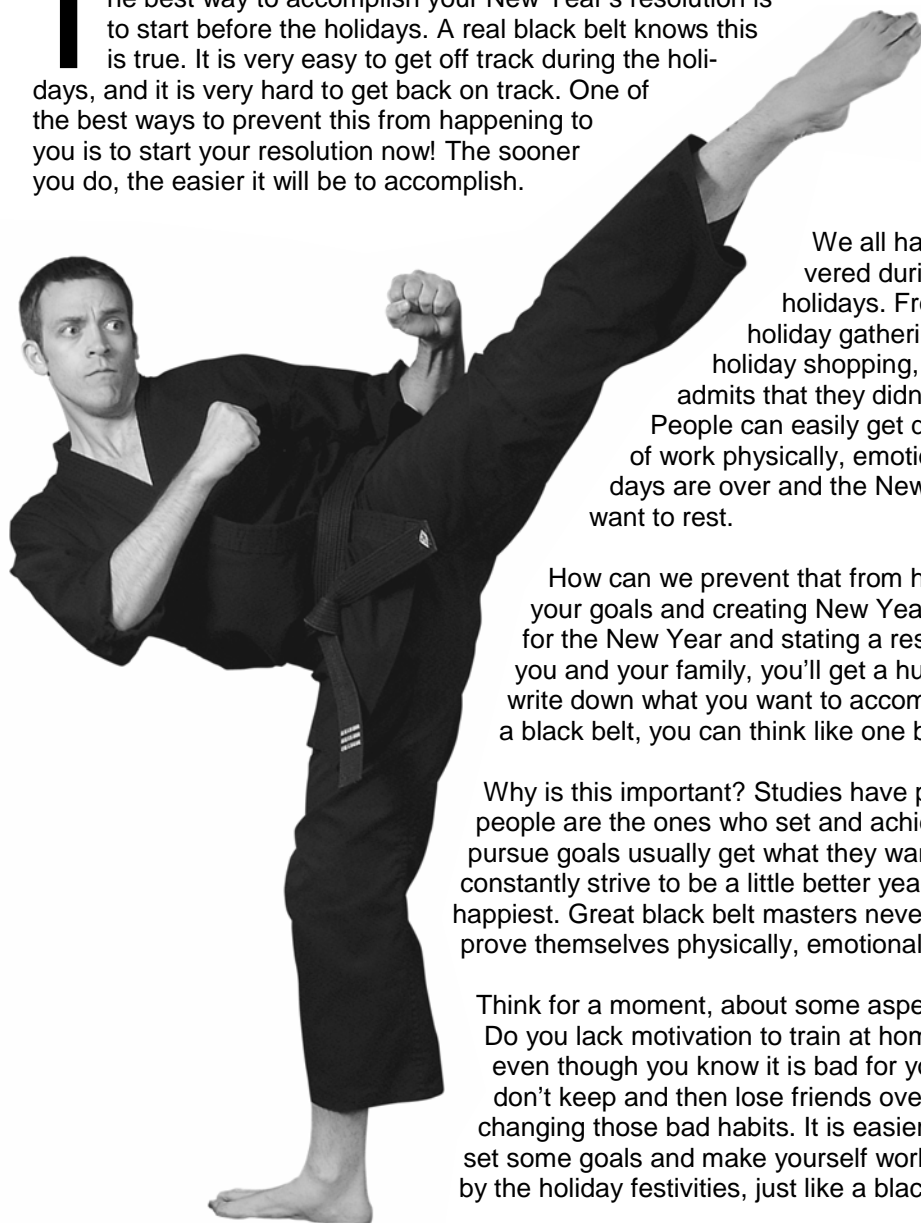
Kickin'!

Published Monthly for the Friends and Family of this NAPMA School

Accomplishing Your New Year's Resolution the Black Belt Way

by Joseph Galea

The best way to accomplish your New Year's resolution is to start before the holidays. A real black belt knows this is true. It is very easy to get off track during the holidays, and it is very hard to get back on track. One of the best ways to prevent this from happening to you is to start your resolution now! The sooner you do, the easier it will be to accomplish.



We all have wavered during the holidays. From the holiday gatherings to the holiday shopping, it is no wonder that 90% of the population admits that they didn't pursue a New Year's resolution. People can easily get distracted because the holidays are a lot of work physically, emotionally, and socially. By the time the holidays are over and the New Year is here, people are tired and just want to rest.

How can we prevent that from happening? The answer is: start setting your goals and creating New Year's resolution now! By setting some goals for the New Year and stating a resolution before the holiday season distracts you and your family, you'll get a huge head start. Take a few moments and write down what you want to accomplish in the New Year. Even if you are not a black belt, you can think like one by following these suggestions.

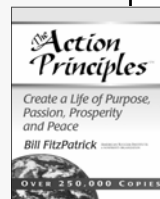
Why is this important? Studies have proven that the most successful and happy people are the ones who set and achieve specific goals. People who actively pursue goals usually get what they want before anyone else. Also, people who constantly strive to be a little better year after year are the people who are the happiest. Great black belt masters never forget this. They are always trying to improve themselves physically, emotionally, socially, and even intellectually.

Think for a moment, about some aspects of yourself that you are not happy with. Do you lack motivation to train at home? Do you eat unhealthy foods constantly even though you know it is bad for you health? Do you make promises that you don't keep and then lose friends over it? If so, then you surely will benefit from changing those bad habits. It is easier to do if you focus on it. The first step is to set some goals and make yourself work on them before you become distracted by the holiday festivities, just like a black belt.

action
principles

Close the Door on the Past

The past is only alive if you keep it alive. You can't change yesterday but you can build today for tomorrow. Don't shackle yourself with regrets. Instead, fill your life with anticipation. Set your goals. Be the new, dynamic you. Right now.



Bill FitzPatrick is a 5th-degree black belt, holds a Master's Degree in Education and runs the nonprofit American Success Institute: www.mastersuccess.com.



Kids Zone

Martial Arts Success Stories

Personal Profile

Nicolas Luna, Age 9



Hi, my name is Nicolas Luna. I have been training in martial arts for four years. I am not learning how to beat people up, but to defend myself in case of emergencies. I am learning how to concentrate

and to control myself. Martial arts has helped me to concentrate in other sports, too, like basketball and baseball.

I am proud to have a martial arts family! My mom is a black belt and my step-dad is a Master. My sister is a yellow belt and even my best friend is a red belt. I have been in karate since I was five and I am a Blue Recommended. I hope to earn my Black Belt, too!

(Nicholas is an Honor Student and has received the Principal's Award for Excellence three years in a row. His mother started him in karate to help him gain some self-confidence and to learn self-discipline and respect for others.)

Nicholas Luna is a student at American Colleges of Karate owned by Rick & Jennifer Luna

personal Profile

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.

Martial Arts Crossword

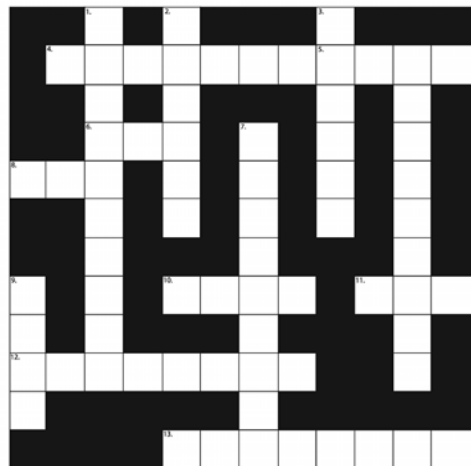
How it works: Fill in the grid by guessing the words using the clues provided. Each word is worth 1 point. **BONUS:** Give yourself an additional full point (total 14 points) for completing the entire grid!!

DOWN

1. Performs his own movie stunts
2. Defend then _____
3. Father of American Kenpo Karate
5. Popular Korean Martial Art
7. Ralph Macchio
9. Body, _____, & Spirit

ACROSS

4. Encompasses all styles
6. Yell or scream
8. Japanese weapon
10. Japanese forms
11. Strive to be # _____
12. Bruce Lee's Weapon
13. Foot attack



Down: 1. Jackie Chan, 2. Attack, 3. Parker, 5. Toekwondo, 7. Karate Kid, 9. Mind
Across: 4. Martial Arts, 6. Kia, 8. Sai, 10. Kata, 11. One, 12. Nuncho, 13. Sidekick

Healthkick: Comfort Foods

By Jennifer G. Galea MS RD

You should limit your fat. No, you should eat fat. No, on second thought, you should not eat carbohydrates. Wait, you should eat protein. Have you ever wondered how recommendations can change so dramatically, seemingly 180 degrees, overnight? The truth is that nutrition recommendations change for a variety of reasons, and most of the time, the changes are not as whimsical as they appear to the general public. Ongoing health and fitness research is constantly uncovering additional information, and even different information, about how the body works in regards to diet. And not just how it works right now, but also the long term ramifications of specific diets and actions. These research findings are then interpreted for the general public. Depending on who is doing the interpreting and who the "target audience" is, the end result can be vastly different.

For example, the consistent nutrition message regarding carbohydrates used to be to "focus your diet on complex carbohydrates." This helps fight cancer and is a good source of high density nutrition (high nutrients for the calories). Although this recommendation has shifted to be less of a "focus," it has only shifted: the current health recommendation is NOT to totally eliminate carbohydrates, as the media and people wishing to sell products would lead you to believe. COMPLEX carbohydrates are still considered to be just as wonderful for you as they always were thought to be. This is especially true in the long term, in the prevention of certain types of cancer. What should be swapped out are your simple and non-whole grain carbohydrates...things like white bread, table sugar, and sugary beverages. And rather than consuming 60% of your diet as carbohydrates, you can decrease that to 50%. But most importantly, that 50% should be composed of complex "whole food" carbohydrates, such as whole grain breads and cereals, and whole fruits and vegetables. To replace the missing percentage of carbohydrates, you can increase your protein levels, especially if you are trying to lose weight (that's where the "audience" is important).

Another controversial swing in "recommendations" is for fat. Some companies and individuals would have you believe that any type of fat is fine to consume, in any quantity, as long as you don't eat carbohydrates. This is extremely misleading and a gross misinterpretation of the current scientific findings. Fat in general is not "bad," and eliminating all fat is not a good plan regardless of your dietary aims. Rather, your objective should be to eliminate or significantly reduce the types of fat from your diet that have been shown to have adverse health consequences, such as trans and saturated fat. To do this, first avoid eating processed foods. Assume that any "trans" or "hydrogenated" fats on a label are not good. Then work on your saturated fats. These are animal fats for the most part, so make your protein sources lean (leaner cuts of meat and reduced fat cheese) and drink skim milk.

Nutrition is rarely about extremes, so eliminating a food or food group across the board is not going to be in your body's best interest, regardless of your health aims. Instead, eat a variety of "real" foods. Focus on whole fruits and grains, lean meats, and beverages that are calorie free (like unsweetened iced tea, seltzer or water) or nutritionally dense (like skim milk). By consuming a balanced, "healthy food" diet, you will feel better and be healthier, both in the short and long term. ♦

WISDOM WAY UPDATE

National Martial Arts Day 2004

On October 16th, Wisdom Way Martial Arts joined hundreds of martial arts schools across the United States in celebrating National Martial Arts Day 2004. We began the day's festivities by hosting a special "Mommy (or Daddy or Grandma/Grandpa or Guardian) & Me" class for our 3 & 4 year-old Little Ninjas™. Next, we provided our 5 & 6 year-old Little Ninjas™ with their first exposure to Wisdom Way's important "Stranger Danger" seminar. Finally, our Karate Kidz™ participated in an advanced version of our "Stranger Danger" seminar, in which our students learned important life skills necessary for identifying strangers and the mental skills necessary to protect themselves from predators.

To illustrate the importance of the martial arts, and the positive impact martial arts training has on our children, the Honorable Governor George Pataki recognized Saturday, October 16th as Martial Arts Day in the Empire State. A New York State Proclamation, signed by Governor Pataki, was sent to Wisdom Way Martial Arts and is currently on display in our studio. Many thanks to our students and families for their contributions in making National Martial Arts Day 2004 a big success!



Little Ninja™ Kyle Salamone coaching his Dad during our National Martial Arts Day Little Ninjas™ class

October Promotions

Please join us in congratulating Gerardo Lizaraga, AJ Genovesi, Michael Amieiro, Franklin Fraley, Caitlin Fryer, Gabriella Mancini, Juliana Partal, and Anthony Shields, who were promoted to Orange Belt, and Nicky Blobel, Jonathon Comfort, Nicole Platt, and Cristina Ulto, who were promoted to Yellow Belt on Saturday, October 23rd. Congratulations and best wishes for continued success in your training!!!

Joe Lewis Research Conference

Kyosahs Campo, Muniz, Dilone, and Tepper, and Mrs. Martha Dilone attended the 5th annual Joe Lewis Black Belt Research Conference in beautiful Virginia Beach from Friday, November 5th through Sunday, November 7th. The main focus of this year's conference was adding head and foot rhythm to combination sequences.

On our final day of training, Kyosah Rafael Dilone had the pleasure of sparring with the current World Heavyweight Champion, Ronnie Cope-land. Kyosah Dilone squared off against the champ for a 3-minute round of full contact

kickboxing. He made a fantastic showing of himself, impressing the champion, who wished Kyosah Dilone luck as he prepares for the coveted Joe Lewis black belt rank.



Mr. Lewis coaching Kyosah Carlos, demonstrating a combination sequence

December Birthdays

Let's extend Happy Birthday wishes this month to Amanda Brauer, Nicholas Ulto, Erin Sydney Fryer, Shuichi Thomas, and Elijah Fraley. Best wishes & many more!!!

Welcome Our New Students

A warm welcome goes out this month to Bridget Barsanti, Erin Sydney Fryer, Robert Reid, and Thomas Sanchez. Welcome to the Wisdom Way Martial Arts family! We are very happy to have you!!!

Closing Remarks

We would like to thank all of the members of the Wisdom Way family for your support throughout 2004. We look forward to serving you during 2005 and beyond. Best wishes for a **Happy Holiday Season!!!**

Wisdom Way Martial Arts Inc.

135 Wolfs Lane Pelham, NY 10803

Phone/Fax: (914) 738-7700 Mobile: (914) 419-3047

<http://www.wisdomway.net> Email: kyosah@wisdomway.net

Class Schedule:

Monday & Wednesday

5:30pm to 6:00pm Little Ninjas™ (ages 3-4)
6:15pm to 7:15pm Karate Kidz™ (ages 7-8)
7:30pm to 9:00pm Adults (ages 13+)

Saturday:

9:00am to 9:30am Little Ninjas™ (ages 3-4)
9:45am to 10:15am Little Ninjas™ (ages 5-6)
10:30am to 11:30am Karate Kidz™ (ages 7-8)
11:45am to 12:45pm Karate Kidz™ (ages 9-12)

Tuesday & Thursday:

5:30pm to 6:00pm Little Ninjas™ (ages 5-6)
6:15pm to 7:15pm Karate Kidz™ (ages 9-12)
7:30pm to 9:00pm Adults (ages 13+)

**Wisdom Way Martial Arts is an Official
Joe Lewis Fighting Systems Training Center**

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Pelham, NY 10803
(914) 738-7700
<http://www.wisdomway.net/>

PLACE
STAMP
HERE



Special Delivery

There's No Time Like the Present to Get Fit!

The holiday season is right around the corner. For many adults, that means extra pounds, added stress, and less exercise. Don't let that happen to **YOU** this year! Instead, why not try our martial arts fitness program for adults?

Martial arts is one of the quickest ways to:

- Burn calories & tone-up
- Gain endurance
- Decrease stress
- Learn practical self-defense skills
- Increase confidence and much more...

There's no time like the present to start creating a healthier mind, body, and spirit. **Call Now!**

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MEMBER: National Association of Professional Martial Artists