

k i c k s R u s

A PAMA Journal

Volume 2, Issue 5

May 2011

PAMA voted best Martial Arts Studio in Parker!

THANK YOU!

Welcome

To the newest members
of the PAMA Family

Andrew Albarran	Chase Leikam
Brigitte Becko	Reece Leikam
Mya Black	Carla Little
Kayla Chessnoe	Ella Mercer
Lexi Chessnoe	Rachel Moore
Nick Chessnoe	Isaac Morman
Ellie Daniels	Kaeden Popken
Matt Daniels	Drew Richardson
Ethan Frost	Calen Roach
Connor Hall	Max Robbins
Kristin Hempelman	Jacob Skelton
Deacon Hockenson	Tony Slizowski
Klayton Hood	Cassie Staple
Ty Houseman	Deborah Stobbe-
Joseph Jobes(Dad)	Wright
Joseph Jobes(Son)	Boston Stokes
Kaden Kurlander	
Aisling Kyne	

Biggest Class of Black Belts

Congratulations to all who tested on April 30. You all looked incredible out there. PAMA had 14 testing for 1st degree, 17 for 2nd, 4 for 3rd and the majorly awesome Master Chris Turnquist who achieved his 4th degree. Good job all 36 of you. One of the interesting features of this testing was the number of families who tested together. There were 9 family units from PAMA, and several more from UMAC and FMAC.

Current Black Belts will honor the new Black Belts and those who received higher ranks at a Celebration on May 13 at the Hidden River Club House. If you didn't receive your e-mail invitation, check for more info at the front desk.

I don't have many pictures yet, but here are a few.



Master Chris



Melissa Zediker



Hunter Suydam

HAPPY BIRTHDAY TO:

Nancy Hartshorn 5/1	Michael Baggett 5/16
Nathan Gilmore 5/1	Summer Ottley 5/18
Pam Farrar 5/2	Jed Chalupa 5/20
Bridget Lopata 5/3	Matthew Sandoval 5/20
Bernice Sandoval 5/4	Sandy McDonald 5/22
James Hatcher 5/4	Steve Bradfield 5/23
Chris Morris 5/5	Jacob Skelton 5/23
Hailey Jorgensen 5/5	Kendra Knapp 5/24
Connor Moore 5/5	Emily Gasowski 5/26
Blake Wilson 5/8	Nevin Schwalick 5/28
Linda Dean 5/9	Nathalie Duran 5/29
Alea Arias 5/10	Sara Pitts 5/30
Jackson Wray 5/12	Michael Pittman 5/30
Paul Minne 5/13	Jarrod Jaslow 5/31
Ryan Altland 5/13	
Myles Page 5/13	



**PARKER ACADEMY
OF MARTIAL ARTS**

www.ParkerMartialArts.com ☎ 303 841 0515



Black Belt Report



CAMA candidates with the \$12,000 check presented to the Red Cross for the Japan relief effort. They raised this money with a Kick-a-Thon. Way to go Black Belts!

MESSAGE OF THE MONTH:

Integrity

Message of the Month from Master Turnquist

The highest courage is to dare to be yourself in the face of adversity. Choosing right over wrong, ethic over convenience, and truth over popularity ... these are choices that measure your life. Travel the path of integrity without looking back, for there is never a wrong time to do the right thing.

Real integrity is doing the right thing, knowing that nobody's going to know whether you did it or not.

Oprah Winfrey

The most important human endeavor is the striving for integrity in our actions. Our inner balance, and even our very existence depends on it. Only integrity in our actions can give beauty and dignity to our lives.

Albert Einstein

Have the courage to say no. Have the courage to face the truth. Do the right thing because it is right. These are the magic keys to living your life with integrity.

Integrity is doing what is right – even when no one is looking.

Show Off Your Skills with a Taekwondo Portrait!

Sign up for a 15 minute photo shoot with Minne Photography's studio (located above PAMA). You will get multiple poses and shots to choose from. This is for all belt ranks, not just for black belts! The best part: *No Sitting Fees for PAMA students!*

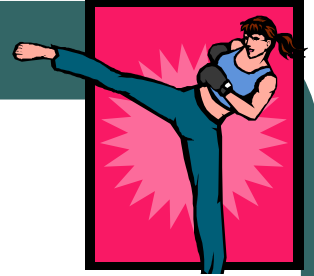
- Thursday, May 5th 4:30pm -7:30pm
- Saturday, May 7th 9am -11am
- Monday, May 9th 5pm - 7:30pm
- Friday, May 20th 4pm - 6pm

How to sign up (most important!)

All students and parents can use this link to sign up for times, simply follow the prompts and select your day and time: [MINNEPHOTOGRAPHY.ClickBook.net](http://minnephotography.clickbook.net)

More information is available at PAMA's front desk.

For ideas of what you can accomplish, visit the portfolio at <http://minnephotography.zenfolio.com/martialarts> or watch it as a slideshow with kickin' music: <http://minnephotography.zenfolio.com/martialarts/slideshow>



Kicking it Around

by Sheila Klados

Why create caloric deficiency?

April showers bring May flowers? Six months drought brings fires? Yipes, we're all hoping for May showers, and a fun filled spring and summer. We know you are getting serious now about your fitness goals, correct?

Do you know that creating a calorie deficiency is the only way you can lose fat from your body? How do we do that and what is a calorie deficiency?

A calorie deficiency means you take in less calories than the amount your body uses as energy for the day. A pound of fat is equal to about 3500 calories. So, to lose a pound of fat you need to burn 3500 **extra** calories.

This approach means you need to burn 500 more calories per day than you have actually consumed. (Goodbye sugary beverages!) This would allow you to lose 1 lb. a week, for a steady weight loss which is a safer and easier way to keep the weight off. Watching what you eat, and when you eat it, plus adding **exercise** to your daily schedule, is the best way to accomplish this goal.



What is the strongest muscle in your body? Your heart is the answer. Try adding weight training and cardio to your week. Keep

your heart strong and healthy. Building more muscle will help you to "spend" more calories. The reason is simply that muscles burn more calories than fat even when you are at rest. This is because muscles require more energy than fat does.

The hardest thing to do for most of us, is to simplify HUGE ideas, but it is time to think of segmenting your weight loss and fitness goals into smaller more achievable pieces. This will help you to be ready for all of the fun activities this summer.

Try adding something new and fun to your exercise regimen. You can **knockout** calories and increase your muscle mass with our cardio kickboxing program upstairs at PAMA. We look forward to seeing you walk through the door upstairs so we can help you **punch** out a great workout!

Besides, what have you got to lose?

*Keep in mind
stamina can come
more from the mind,
than the body!*

So much for that double
cheeseburger and fries!

Have a wonderful fun filled Spring!

From the Editor's Desk (When you can find her desk)

Greetings and happy May.

What a great testing we had on the 30th. I think the best I've attended. And - WOW! Master Turnquist! Awesome, incredible, fantastic, I can't think of any more superlatives. If you're on facebook, check out the video produced by Paul Minne. Another Wow! Awesome! Etc, etc, etc.

The spring weather has really got my family in the 'planting' mood. My daughter planted the most gorgeous tomato plant - but alas, we were a bit premature and the frost got it. Colorado is so cruel with it's cold nights. But we're not beaten. We'll replant and freeze tons of tomato paste for the cold winter spaghetti feasts.

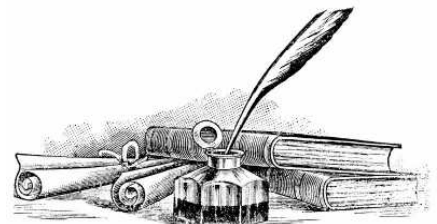
Last night was my last class before I'm

commissioned as a Stephen Minister. This program is designed to give people in crisis (and we all have them at some point) someone to talk to, hold their hand - be there when life seems bleak. If you would like to know more about the program or would like a Stephen Minister to help you, let me know and I'll give you more information.

Warm weather, summer vacation from school, swimming at the pool or lake, hikes in the park - as Willie Nelson says "I classify these as good times."

Have a great summer, use sun screen, and be safe, but have FUN!




Namaste,



Arm yourself with Confidence, Self Defense, Respect, Fitness and FUN!

May 2011

Sun Mon Tue Wed Thu Fri Sat

1	2	3	4	5	6	7 Portrait Day 9-11 Forms & Board Break Tourney
8 MOTHER's Day	9 Portrait Day 5-7:30 pm	10	11	12	13 Black Belt Celebration	14 Tricks Class - Master Svoboda
15	16	17 FULL MOON	18	19	20 Portrait Day 4-6 pm	21 Leadership Team Training & Bowling
22	23 Master Natzke here	24	25	26	27	28 Closed for Memorial Day
29 Closed for Memorial Day	30	31				Focus of the Month: Escrima

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GYPSY
18632 Pony Express Dr. #202
Parker, CO 80134
303 549 3332
www.gypsy2008.com

Coming in June:

- 6/4 Ninja Tournament @ UMAC
- 6/10-12 Parker Days - No Classes
- 6/14 Flag Day
- 6/15 Full Moon
- 6/16 CDB Testing
- 6/18 Leadership Team Training
Internal Sparring Tourney
- 6/19 Father's Day
- 6/21 Summer Solstice
- 6/24-25 CAMA Boot Camp

Focus of
the Month:
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