

# kicks R us

## A PAMA Journal

Volume 2, Issue 4

April 2011

### Welcome

To the newest members  
of the PAMA Family

Alea Arias	Bridget Lopata
Val Chalupa	Bridget Lopata
Kristen Chessnoe	Ben Loveland
John D'Alessandro	Braden McCann
Pam Farrar	Pedro Pereira
Aaron Fort	JJ Pippin
Noraa Fort	Benjamin Rathje
Maxwell Grant	Cindy Sawyer
Austin Grice	Shaun Sawyer
Frank Havens	Garth Scovill
Josh Holman	Spencer Smith
Daniel Jolly	Xander Smith
Maya Jolly	Danner Stephenson
Amy Lindsley	Gregory Stephenson

### HAPPY BIRTHDAY TO:

Deegan Corrigan 4/1	Adam Lynch 4/16
Kate Schavey 4/2	Erik Stecker 4/17
Dylan Samala 4/2	Cody Fry 4/17
Lanette Seifert 4/3	Scott Smith 4/18
Alexandra Leon 4/3	Devon Connoy 4/18
Max Zahringer 4/3	Kara Scaff 4/19
Spencer Smith 4/3	Lauren Baggett 4/19
Steven Johnson 4/6	Jacob Baggett 4/19
Trystan Wright 4/6	Ellen Smith 4/20
Debbie Pearn 4/7	Sophia Jenkins 4/21
Aodhan Kyne 4/7	Dan Atha 4/22
Maxwell Grant 4/8	Hunter Stewart 4/23
April Lyndon 4/9	Austin Podhajsky 4/23
Aidan Gilbreth 4/9	Jade Brownjohn 4/23
Maya Jolly 4/12	Travis Citkovic 4/23
Daniel Jolly 4/12	Ethan Wilson 4/23
Aiden Varnak 4/12	Susan Young 4/27
Brenda Gaughan 4/13	Chris Turnquist 4/27
Jerry Kigerl 4/13	Calib Lennon 4/27
Hallie Dasplit 4/14	Becky Hoeck 4/29
Pedro Pereira 4/14	Paige Schavey 4/29
Tyler Seifert 4/15	Madisyn Ransom 4/29
Ted Click 4/16	Julie Baggett 4/30

## Help me, Please help me!

Kicks R Us needs a correspondent. Someone who is willing to attend the events, take an occasional picture (or coerce someone else into taking pictures), and write a lead article, or just get the facts to us so we can write the article.

No need for fancy grammar (have you noticed any fancy grammar so far in this publication?), no need for special skills. Just a willing heart.

Rewards? Well - since our budget is

small (non existent), we can offer a by line and gratitude and a cookie a month if you come up to the office to claim it. Oh, and it'll look really good on your resume to say you were a war correspondent to the PAMA Journal.

Please contact us at [trish@gypsy2008.com](mailto:trish@gypsy2008.com) to save this editor from pulling her hair out and struggling to find interesting things to discuss on the front page each month.

## Newsletter will be a little late next month

The April newsletter will be published a few days late next month to allow for publishing the photos and information from the Black Belt testing which will be held on April 30.

This looks like it will be a marvelous event and we want to be sure to get pictures and information to you as soon as we can.

**Everyone is invited**

**Black Belt Testing**

**April 30, 2011**

**Eaglecrest High School**

**Demo Teams at 8:30 AM**



**PARKER ACADEMY  
OF MARTIAL ARTS**

[www.kicksRus.com](http://www.kicksRus.com) ☎ 303 841 0515



### Black Belt Report



Well, it's that time - time for me to nag, nag, nag!

As of April 1 at 1:14 pm as I write this, we have 50 bios of 63 candidates When I began writing this 3 days ago we only had 11. WOW! I always get nervous about now and that makes me cranky. Don't make me skip directly to crabby - if you haven't done it yet, get your bios and pics in

### ASAP.

To those who have gotten them in - **THANK YOU!**

There. I feel better. All of you candidates are looking so good. I can hardly wait to see every one 'show off' at the testing on April 30.



**Time's flying!**

### Message of the Month from Mr. Turnquist

#### MESSAGE OF THE MONTH:

*Courtesy*

Courtesy is a small act but it packs a mighty wallop.

If a man be gracious and courteous to strangers, it shows he is a citizen of the world, and that his heart is no island cut off from other lands, but a continent that joins to them.

In Courtesy, rather pay a penny too much than too little.

Gratitude is the most exquisite form of courtesy

Remember there's no such thing as a small act of kindness. Every act creates a ripple with no logical end.

Scott Adams

Kind words can be short and easy to

speak but their echoes are truly endless.

Mother Teresa

Those who bring sunshine into the lives of others, cannot keep it from themselves.

James M. Barrie

Your mission this month is to meet one new person at PAMA. This should be someone that you do NOT already know. Learn their name and one thing about them. Next time you see them, meet them with a friendly greeting.

What is one interesting thing you learned about your new friend? (what they like best about Martial Arts, Favorite Team, Why they joined PAMA, etc)

### TAI CHI AT PAMA!

By Teresa Ippoliti



Teri is studying her Angel healing work - when you see her, ask her about it. She's been working on Trish's knees and they're feeling great.

Tai Chi could use some more students - get ready for summer and keep calm during these final days of school.

Join the Tuesday morning Tai Chi class at 10:15.

**New pricing:**

Only \$55 for 6 classes.



**FREE**

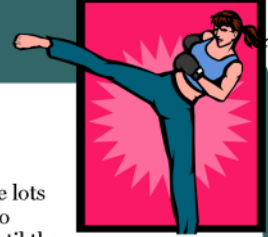
Meditation Class

4/12

7PM

Suite 202

**FREE**



## Kicking it Around

by Sheila Klados

Alrighty, spring has sprung...birds are flying in for the summer.... Flowers are starting to pop up, trees are blooming. Ahhhhhh everything's right with the world? Here comes those pesky "wabbits." And chocolate eggs, who can resist? More hours of daylight, more time for fun.

How's that working for you? Ready for the summer? Ready for swimsuits and picnics and vacations? Come on upstairs and try out a free PAMA class. We have cardio kickboxing, and strength training classes to help you have a wonderful summer and be the best you can be. A varied schedule of classes available so that you can squeeze in a quick hour of cardio or strength training. The best overall combination would be several of each class during the week for all around fitness. Come on, you can squeeze in one hour for yourself to focus on feeling great, right? Our kickboxing and strength classes are fun, quick and effective to give you what you need to be at your tip top best!

You can squeeze in one hour for yourself to focus on feeling great, right?

Our classes are accomplishable no matter what fitness level you are at, and besides, everybody knows your name. Your instructors are ready and willing to help you set and accomplish your own individual goals. Our classes are just the right size to receive great individual instruction. If you have a special request, for example, more abs or more core

work? We can do that for you. There are lots of modifications available to you either to increase the intensity or to decrease it until the class is a perfect fit for you and your own fitness goals. What better can you ask for? The prices are reasonable...first class will be a free one, it just doesn't get better then that!

Are you wondering why we incorporate light plyometric moves in each class?

Make "No bones about it!" We need weight-bearing exercise to help prevent osteoporosis. Bone is a tissue, like muscle, it will strengthen when given forces to resist. Gravity is one example. Did you know that a bone responds to impact and will reinforce itself to be up to the challenge of force put upon it. Come take strength training and cardio kickboxing upstairs at PAMA, strengthen your bones, increase the bone density. Plus, enjoy a challenging and fun class at the same time. Your instructors will always take into account your personal fitness level and help you reach your goals.

Keep your bones strong, support your spine and have a better quality of life for now and for the future.

Happy Spring time to all

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

Creative forms - the focus for April. This is always my favorite - especially when they become the musical forms.

April is a special month for me - I delivered a child on 4/16 (she forbids me to say which one, but you know), my father was born 4/17, a favorite uncle was born 4/15 - Black Belt testing happens. Easter often happens. It's a good month.

This year, with my learning/teaching schedule, it's particularly hectic. I'm involved in 4 classes either teaching or learning. Homework is going to EAT MY LUNCH! How do you in real school do it? Perhaps I'm out of practice. With 2 of my classes finishing in May, well, lets just say it's interesting.

I have a little more invested in the testing this time. I am actually the mother of one of the candidates. That always makes it more exciting. It looks like I'll have another family member testing in October, so it will be a good year.

Have you checked out that class of 2nd degrees? Wow! They outnumber the first degree's testing (at least from PAMA). I don't think that's ever happened before. Let me know if it has.

Have a great Easter. See you at the testing.


Namaste,  
Trish



Trish's Tip:  
Eat the feet first so he can't run away.

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

# April 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Focus of the Month: <b>Creative Forms</b>				1	2 Personal Protection Conference Hapkido Color Belt Testing
	3	4 Kick-a-Thon	5	6	7	8
10	11	12	13	14	15 Belt Testing Make up	16 Leadership Team Training
17 FULL MOON	18	19	20	21	22 EARTH DAY	23
24	25	26	27	28 Bo Stripe Testing - Black Belts	29	30 <b>BLACK BELT TESTING</b>

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### Coming in May:

- 5/6 Parents Night Out  
Forms and Board Break  
Tourney
- 5/13 Black Belt Celebration
- 5/21 Leadership Team Training @  
FMAC & Bowling
- 5/28-31 Closed Memorial Day



Focus of  
the Month:

**Escrima**