

# k i c k s R u s

A PAMA Journal

Volume 1, Issue 1

August 2010

## Welcome

To the newest members  
of the PAMA Family

Mwai Karaba  
Aaron -Shankles  
Tony Puello  
Lauren Mcvaugh  
Aodhan Kyne  
Sophia Jenkins  
Steven Flick  
Tristan Gilroy

## HAPPY Birthday TO:

8/3 David Gross  
8/3 Joshua Meyer  
8/4 Hal Gustin  
8/4 Austin Runyon  
8/4 Eric Leon  
8/6 Brandi Estes  
8/8 Will Speirs  
8/8 Sasha Pavicevic  
8/10 Benjamin Gibson  
8/11 Canda Hansen  
8/11 Elizabeth Hirsh  
8/13 Naomi Zeusz  
8/14 Sophia Campanella  
8/14 Jacob Shankles  
8/18 Christina Click  
8/18 Reese Ferber  
8/19 Joe Brittenham  
8/20 Anthony King  
8/21 Chris Leary  
8/23 Andy Manis  
8/24 Brett Schavey  
8/24 Tyler Aaron  
8/25 Wyatt Judd  
8/26 Bud Braisier  
8/27 Romi Dazzio  
8/29 Zion Zeusz  
8/30 Matthew Lyman

PAMA in the park testing was the best of the three years we have had it. One parent was overheard saying it was "outstanding", and they have been to all three events! There were over 100 students tested simultaneously in four rings with over 20 judges.

Opening ceremonies started at 10:15 with all rising to the national anthem. Awards were handed out for star students, top dragon was Trey Frankovitch; top ninja Sebastien Natale; top WYO belt Cody Fry; top PGB belt Ayden Ramon; top Brown belt Myles Page. Top youth students are: Luke Ingalls(1), Max Zahringer (2), Jared Ingalls(3).

All rings began at 10:30 and ended promptly at 11:30 with everyone who participated looking outstanding!! Raffle prizes were handed out, we raised over \$350 for Relay for Life. Congratulations to Taylor Wesley on the most prizes and the highest donation of \$100. Thank you Taylor! Lunch was served to over 300 people and a great time was had by all.

From Mr. Luft's email:

Everyone,

We had a great time and a successful testing in the park this Saturday. Everyone will pick up their NEW belt in their NEW class next week. Thank you all instructors, leadership team, and

## PAMA in the Park

By Michael LeMere



Photo by Robyn Jaslow

parents that helped make this a fantastic event.

A special thank you goes out to a few notables:

**Joe Panza & David Colores** – They Know how to Grill!

**Mary Meade, Martha Gibson, Stephanie Webb** for Relay for Life.

**Michael LeMere** for help with set up/take down. Everyone else that came early and stayed late to help.

**Adam Natale**–hamburgers & buns

**Robyn Jaslow** – taking pictures of the event. We will show these on the PAMA TV coming soon.

**Carrie Luft** – organizing the awards and picnic supplies

Many helped to make this a great event it is very much appreciated.

Sincerely,  
*Mr. Luft*

## Inside this issue:

Black Belt Candidates	2
Message of the Month from Chris	2
Relay for Life	2
Kicking it Around	3
Photos, and Articles, and Ideas, OH MY!	3
As I see It by Kinsyn Estes	3
August Calendar & September Preview	4



**PARKER ACADEMY  
OF MARTIAL ARTS**

www.kicksRus.com

303 841 0515



## Black Belt Candidates

Here's the calendar of events for the Black Belt candidates.

- August 7, 2010 - Black Belt Candidate Class #7 (individual schools)
- August 13, 2010 - FAST Defense for Adults (@FMAC) - 6:00 pm
- August 14, 2010 - Black Belt Candidate Class #8 (@ FMAC)/3rd Physical Assessment/FAST Defense for Kids (@ PAMA) - 1:00 PM
- August 21, 2010 - CAMA Tournament (mandatory participation)
- August 28, 2010 - Black Belt Candidate Class #9 (@ UMAC)
- August 31, 2010 - Bios due for testing booklet
- September 11, 2010 - Black Belt Candidate Class #10 (individual schools)
- September 17, 2010 - Anger Management Course (2<sup>nd</sup> & 3<sup>rd</sup> Degree Candidates only) - (@UMAC - 6:30 PM)
- September 18, 2010 - Black Belt Candidate Class #11 (@ PAMA) **Mock Testing @ UMAC - 1:00 PM**
- September 24, 2010 - FAST Defense for Kids (FMAC) - 6:00 PM
- September 25, 2010 -

Black Belt Candidate Class #12 (@ UMAC)/FAST Defense for Adults (PAMA) - 1:00 PM

- September 26, 2010 - Mile Hi Downs Syndrome Walk
- October 1, 2010 - Testing Rehearsal/Final Physical Assessment/All Testing Packets, Log Sheets and Manuals Due (@FMAC) -; 5:00 PM
- October 2, 2010 - Black Belt Candidate Class #13/Written Exam
- October 9, 2010 - 20<sup>th</sup> Semi-Annual Black Belt Testing - 8:30 AM

\* All Black Belt Candidate Classes begin at 8:00 AM and end at approximately 9:30 AM

**MESSAGE OF  
THE  
MONTH:  
INDOMITABLE  
SPIRIT**

## Message of the Month from Chris

Don't be afraid to take a big step if one is indicated. You can't cross a chasm in two jumps.

David Lloyd George

Indomitable spirit is that part of a person which

makes them unique, that part of a person which provides hope, strength and courage to get up and face each day with a smile.

Indomitable spirit is perseverance on a long term basis.

If you are not competing in the tournament, think of an accomplishment you have never done before. You didn't think you could do it and completed it anyway.

## Relay for Life

Once again PAMA is one of the top fundraisers for the Parker Relay for Life. With your help our PAMA Kicks Cancer team raised over \$2000. Thanks to all that supported us in this effort!

The Relay is the largest fundraiser for the American Cancer Society each year. This year it was held at Salisbury Equestrian Park from 3 PM on Saturday July 31<sup>st</sup> to 9 AM on Sunday August 1<sup>st</sup>. Our team had someone on the walking track at all times during those hours. The idea is that cancer never sleeps so neither do

we (OK some of us do). We also got to watch PAMA's demo team perform during the Relay. They did a fantastic job!

We had a number of fundraisers this year including bake sales, the belt rank can competition, weekend at Wingman, and the raffle at PAMA in the Park. We are already looking for more ideas for fundraisers for next year. We hope to keep up the raising money all year long so we can donate even more next year. If you have any ideas,

By Jan Miller

suggestions, or would like to help, please contact Jan Miller at [jmillerrj@yahoo.com](mailto:jmillerrj@yahoo.com).



## Kicking it Around

**Are you looking to burn calories? Relieve the stress? Want to gain confidence? Would you like to look and feel better? Then cardio kickboxing may be for you.** It's a cardiovascular workout blending elements of boxing, martial arts and traditional aerobics.

Cardio Kickboxing is hailed as "a full-body workout." A well balanced routine with precision and power punches, which enables you to strengthen your upper body and see more muscle definition. The kicks strengthen your legs,

especially the hamstrings. And the knee strikes firm your abdominal muscles. In fact, all of the moves, make your torso into a solid base that lets you do everyday tasks more easily.

Your cardiovascular system will benefit too. Cardio Kickboxing is an aerobic workout — bobbing, weaving, and jumping (if you choose) amidst the punches and kicks, allows your heart rate to stay elevated. Any class will leave you sweaty and energized.

What's more, kickboxing is

by Pam Thompson

a great way to release stress. You may find that planting your fist or heel into the WaveMaster Bags leaves you feeling wonderfully tranquil.

Try slipping on those boxing gloves and punching the bags. All equipment is provided — wear comfortable workout clothes and bring water. Our instructors, Sheila K,



Cindy, Sheila B and Pam, are sure to serve you up a winning cardio kickboxing class!

**Your first class is always FREE!**  
**Schedules are available online at**  
**[www.parkermartialarts.com](http://www.parkermartialarts.com)**  
**What excuse do you have now?**

## Photos and articles and ideas, OH MY!

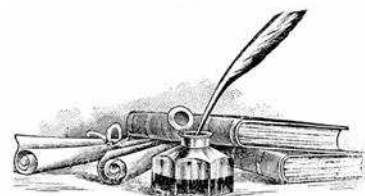
If you have photos of PAMA events, or other interesting photos for us to publish, please let gypsy know.

You may email them if they are digital to [trish@gypsy2008.com](mailto:trish@gypsy2008.com) or bring them up to our office in the A.M. Massage suite 202 next door and up one flight from PAMA. We can scan in photos, slides or negatives and return the original to you unharmed.

We would also welcome any articles you would like to write and contribute, as well as ideas for the editor to pursue.

If you know of any community event that we should make our readers aware of, we would love to hear from you.

In short, make this YOUR forum to communicate with the PAMA family.



## As I See It Taekwondo from a Student's Point of View

By Kinsyn Estes, Age 12

**Martial Arts isn't a sport to me but a way of life**

Kinsyn Estes

I've been studying Martial Arts since I was about 4. Through the 6 years I've learned how to focus my mind, eyes and body. I have also learned how to defend my self in bad

situations and how to control my opponent. Since my dad is an instructor, I get pushed to accomplish more in my Martial Arts career.

Martial Arts is also a good way to keep your body in shape, and the stretching we do at the being of class keeps our bodies lose so we don't pull a muscle. For me, being a very athletic person, Martial Arts has helped me keep focused and in shape.

There are many ups and downs learning Martial Arts, but as long as you have fun but stay focused you can achieve more with anything else you try. Martial Arts isn't really a sport to me but a way of life and this way of life can help with anything in sports by keeping focused and staying in shape and in life by keeping things in control if you are being attacked or if you are just stressed out.



Martial Arts is my way of life and has helped me with most of my ups and downs.

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

# AUGUST 2010

FOCUS OF THE MONTH: XMA & MUSICAL FORMS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9 AM Relay for Life Ends	2	3	4	5	6	7
8	9	10	11	12	13	14 1 pm Fast Defense for Kids Buddy Board Break White Belt Testing
15	16	17	18	19	20 6-7 P Leadership Team Training	21 3 School Tourney
22	23	24 Full Moon	25	26	27	28 12 Noon Demo Team Competition
29	30	31				

Produced by  
**gypsy**  
 Marketing  
 18632 Pony Express Dr. #202  
 Parker, CO 80134  
 303 549 3332  
 www.gypsy2008.com

**Coming up in September:  
 Focus of the Month: Escrima**

- 9/4, 5, 6      Closed for Labor Day
- 9/6            Labor Day
- 9/9            12-2 pm Stripes Make up Class - PGB
- 9/12          Grandparent's Day
- 9/17          6-9 pm Parent's Night Out: Back to School - Demo
- 9/18          11:30 Leadership Training
- 9/22          First day of Autumn
- 9/25          1-4p Fast Defense for Adults