

k i c k s R u s

A PAMA Journal

Volume 1, Issue 5

December 2010

Welcome

To the newest members
of the PAMA Family

Akshant Lanjewar	Marcy Gutierrez
Bridget Altland	Rurik Lubinski
Sam Ross	Daniel Lantz
Kristy Morris	Colton Swan
Tim Stevens	Calib Lennon
Xander Kelty	Amy Over
Jacob Walker	Tony Cvjetkovic
Joshua Vigil	Kyler Koger
Cole Peterson	John Foster
Ben Peterson	Bobby Foster
Owen Pointer	Slovana Becerra
Ellen Smith	Lizette Schacer
Avery Rudd	Andrew Kida

HAPPY Birthday TO:

Nikolas Close	12/1
Sophia Linares	12/1
Tyler Willis	12/4
Jake Brown	12/10
Justin Whitehead	12/10
John Foster	12/11
Isaac Ingalls	12/13
Brayden Parsons	12/14
Jordan Hempelman	12/15
Morgan Jorgensen	12/15
Iris Pixler	12/15
Andrew Spaulding	12/15
Willy Cornejo	12/16
Kristy Lawson	12/18
Akshant Lanjewar	12/19
Mary Meade	12/19
Rich Foster	12/21
Henry Pixler	12/22
Ainsley Rudd	12/23
Denise Vondy	12/23
Josh Bulawa	12/24
Caraline Williams	12/24
Paige Ortmeyer	12/25
Nate Paulo	12/27
Mateo Grajales	12/28
Tim Luft	12/28
Brayden Sandoval	12/31

Congratulations Black Belts!

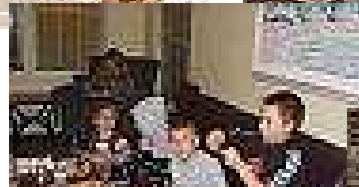
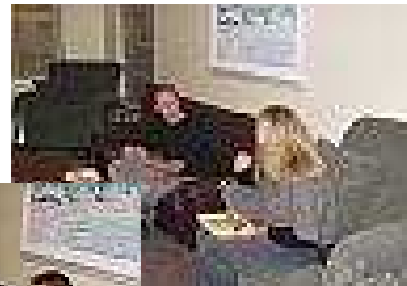
Trish McCall

What a great time we had celebrating the new Black Belts on November 5. Kukkiwon's were handed out to April and before students. What's a Kukkiwon? The OFFICIAL recognition from Korea to tell the world you are a Black Belt in Taekwondo. On a side note, you may notice that I spell Taekwondo differently than some others. This is the way it is spelled on the Kukkiwon, so I figure it must be the official, for real, accurate spelling. It also comes with a card so you can be a Card Carrying Black Belt!

Mrs. Luft got together the gift bags for our new class - the water bottles are a prestigious sign of Black Belt even when you aren't wearing the belt. And of course, chocolate is always welcome. If anyone needs any more books, they are available, just ask me.

The pot luck - what can I say? You guys are incredible cooks! And the spaghetti and bread Mrs. Luft made was awesome. Even our vegetarians found some great food. Next May we'll do it again.

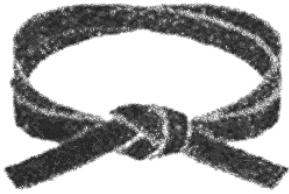
Check out the Black Belt news on page 2 for info on the Black Belt Club.



**PARKER ACADEMY
OF MARTIAL ARTS**

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Black Belt Report



A momentous event happens this Sunday, December 5, as Mr. Luft obtains his 4th degree Black Belt. I hope all of you plan on attending the 4 pm event at the Parker Fieldhouse. The program looks challenging, entertaining and is a testimony to perseverance and fortitude.

Way to show what a Black Belt looks like, Mr. Luft.

On a related note: Did you know that PAMA has a Black Belt Club available to students? To be invited you need 30 Star Points, to have achieved the rank of Orange belt and demonstrate a Black Belt Attitude.

As a member of the Black Belt Club you receive special privileges including:

- Unlimited classes

- 8 classes per month that focus on weapons and advanced material
- Lessons in Bo staff, Nunchaku and Escrima
- Learn Xtreme Martial Arts and how to put together a creative form



- 10% discount at the Pro shop as well as for all seminars and tournaments

- A special red uniform with your name embroidered on the collar

The most recent members are: Matthew Tomkowicz and Dylan Samala

Welcome and we look forward to seeing you test for your Black Belt soon.

MESSAGE OF THE MONTH:

GOAL SETTING

Message of the Month from Mr. Turnquist

Show up / Try hard / Don't quit

The importance of goal setting:

The goals we set are the goals we get. An amazing thing happens when you write down your goals – they happen.

It's the first part of the Black Belt Cycle of Success – Know what you want.

The importance of writing down goals—case in point:

Harvard graduates participated in a 20-year research project. The researcher interviewed the graduates about their goals and determined that only 2% of the Harvard graduates had written their

goals down.

Twenty years later the same researcher interviewed the same graduates and found that the net worth of the 2% that had written down their goals exceeded the cumulative wealth of the entire rest of the graduating class.

Effective goal setting:

- **S** – Significant (important)
- **M** – Measurable
- **A** – Achievable
- **R** – Recorded
- **T** – Time-sensitive

TAI CHI AT PAMA!

By Teresa Ipoliti Tai Chi is a gentle form of exercise - the long form of Tai Chi Chuan is known to be equivalent to walking approximately 3 miles.

In Transcendental Medicine, Tai Chi produces remarkable results in the treatment of illness.

- Those with hypertension: relaxation of the muscles relaxes the arterioles creating a natural way to lower blood pressure. This also relieves symptoms like headaches, dizziness, and insomnia.

- For those with arthritis or rheumatism, practicing Tai Chi will increase flexibility of joints and prevent restriction of movement offering more range of motion.



- For people with atherosclerosis, it improves the circulation in the hands, legs, and feet. Numbness will be relieved.

- Those who are older find a higher quality of life by these simple slow and gentle movements.

- Those who are effected by emotional problems or mental stress, Tai Chi brings relaxation and modification of the psychological profile, developing better concentration, attention, composure, self confidence, and self control.

Each movement involves all the muscles, joints and organs of the body. It is also a breathing exercise. Breathing should be deep, steady rhythmic and gentle. Each breath flows with the movement in each set. Each movement should be practiced to be gentle, soft and slow with the breath smooth and natural. To obtain the maximum therapeutic benefits, Tai Chi must be practiced as a way of life.

Kicking it Around by Sheila Klados



We hope you had a fabulous Thanksgiving Holiday with your family and friends.

Are you feeling *stuffed*? Pants getting a bit tight through the waist? Doing a few too many bicep curls with your drink of choice? I'm guessing that by now you know where the stuffing sits, perhaps the same place that you do? (Said with a "wink")

We have a solution to offer you. Think about a fun workout, that includes cardio, punching, flexibility, stress relief, and lots of fun and high energy. Yes, that would be a cardio kickboxing workout at PAMA.

Below is a list of benefits from a Boxing workout for you to think about.

Boxing benefits include:

- Improved balance
- Increased coordination, rhythm and timing
- Improved flexibility

A Reason to kick this season

- Increased power delivery from the core muscles.
- Correct any postural misalignment.
- Increased cardiovascular endurance and breathing efficiency.
- Oh and by the way.. you will burn approximately 600 calories in a one hour class.

Combine that with strength training sessions, and you have a winning 1 2 combination. We have certified trainers upstairs at PAMA to help you achieve your fitness goals. Come on up and try some classes. Grab a schedule from the front desk and see the many time slots available across the week to fit into your lifestyle.

Celebrate the holidays and the New Year, with renewed spirit and dedication to your own fitness.

Happy Holidays from the PAMA cardio instructors.

Pam
Cindy
Sheila K.



Kris has been a regular at Kick Boxing for the last 3-4 years.

Kris Minne runs the streets of NYC



Kris ran with 45,000 others in the NYC marathon in early November. The route went through all five boroughs. She completed the course in 3:36:50, which made her really happy since she had run the Denver Marathon three weeks before NYC in 3:36:47. How's that for consistency?!"

So if she's not kicking so high these days in kickboxing, it's because her legs are tired!

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



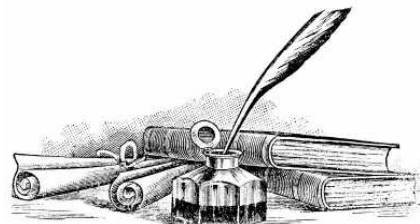
Did you notice we are a little late this month? With all the stuff going on, I ended up with 4 deadlines on the same day. Sorry about needing to push this publication back a little.

The office here at Gypsy is decorated for the holidays- Michael had so much fun! Be sure to come up and check it out. While you're here, enter the snowman contest. The guess closest to the actual number of snowmen on display gets a free massage. We were pretty tricky, so be sure to check out the entire lobby and tree.

Michael (AM Massage) Paul (Minne Photography), Teri (Holistic Health Alliance) and I (Gypsy) all wish you a joyous holiday season from up here in cloud AM land.

Gypsy is running a special on converting your photos from pictures, slides, or negatives to digital media. I'm scanning in those old, old precious photos from my albums and getting them on CDs to distribute to the rest of our (very) far flung family. Just a little thought for New Year's gifts.

What ever you chose to celebrate this winter, all our best to you. And a happy Solstice, Hanukah, Kwanza, Christmas or whatever. I think I'll go build a snowman!



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

DECEMBER 2010

Focus of the Month: **Sparring / Musical Forms**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5 Mr. Luft's 4th Degree Test 4PM Parker Fieldhouse	6	7	8	9	10 Parent's Night Out	11 Holiday Shopping Leadership Team Training
12	13	14	15	16	17	18 Tourney: Forms/BB
19	20	21 Winter Solstice FULL MOON	22	23	24	25
				PAMA Closed Holiday Break		
26	27	28	29	30	31	
PAMA Closed Holiday Break to Jan 2, 2011						

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Coming in January:

- 1/1&2 Closed for Holiday Break
- 1/15 Belt Testing-White to Red 1
- 1/15 Buddy Board Break WYO
- 1/15 Star Banquet Chili Cook off
- 1/21 Make up Testing
- 1/21 BJJ Seminar
- 1/22 Leadership Team Training
- 1/28 Glo Chucks Seminar
- 1/29 Leadership Team Training

Focus of the
Month:

Escrima

