

k i c k s R u s

A PAMA Journal

Volume 3, Issue 01

January 2012

BELT TESTING DEMYSTIFIED

Belt testing is not something to fear. All students will test together (nobody is singled out to perform alone). The testing will have all students run through the basic kicks and punches, then do the form (again, all together), self-defense, Pad Drill and will end with the board break.

You will know you are ready for testing once you have all of the stripes on both sides of your belt. We will do a review the week before the test which will help you gain those second stripes. If you are missing stripes on the first side of the belt, you may consider a private lesson or two. You can set these up at the front desk.

Stripes:

Red - Sparring (or tag pull)

White - Self defense

Blue - Forms

Black - Board break

Gold - Pad Drill

Brown - Verbal Judo

Green - Home help (these are the attachments you find in the weekly emails which need to be printed off, completed and turned in to an instructor)

What is the Belt Progression?

White belt is about learning the basics. At this level, you get a feel for what is expected, how to show respect in class and start building on integrity in your actions and words.

Yellow belt is about building on what you learned as a white belt and begin to perform the basics better. You start to understand that perseverance is about trying and trying again. It's okay to fail as long as you learn from those mistakes.

Orange belt is about trying to start perfecting those basics and adding to the base of knowledge. By this point, students should be coming to class twice per week. If you are on a 1x per week rotation, you may want to consider switching. It starts to become too difficult to keep up with the class if you are only coming one time each week.

What is the difference between W, Y, & O?

At every level, you learn more. The meaning of a Black Belt is "Master of the Basics". You can only master them through practice and repetition. At each level you learn another form, another self-defense, add to the pad drill, etc. By orange belt, you will know all three first level forms, self-defense and the entire pad drill. You will also have improved on your personal performance of the basics.

Our next testing date is January 14th. WYO belts will test at 10am. There will be a fee of \$20 for this testing. Save money by paying before January 7th.

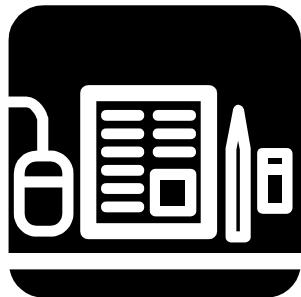
We will have a **BUDDY BOARD BREAK** that morning around 9:30. This is a great opportunity to bring a friend with you to show them what you are learning. Your friend will have the opportunity to break a REAL board! Then they can stay and watch you test. If they sign up for classes on that day we will offer them a free uniform. Then, you'll be able to train each week along side your friend. This event is FREE.

Check out information on the Star Celebration on Page 2.
You won't want to miss this!

**FOR ARCHIVED NEWSLETTERS AND
MORE INFORMATION ON ANYTHING
YOU READ HERE, GO TO**

<http://www.parkermartialarts.com/newsletter.html>

This site has the latest news on everything PAMA!



**PARKER ACADEMY
OF MARTIAL ARTS**

www.kicksRus.com ☎ 303 841 0515



Star Celebration

Saturday, January 14 @ 6 PM

Come one, come all - bring your friends. We will start with a potluck of Cold Weather foods (see box for what to bring). Don't forget to enter the chili cook off and show us your finest recipe for chili. You could win \$\$ for your culinary skills. Entry fee for the chili cook off is \$5 - sign up and pay your fee at the front desk.

After we are fed and feeling mellow, we will move into the Dojon for awards, words from Master Tim and other surprises.

This is a great opportunity to socialize with the other students, get some great food and most importantly, have

FUN!

If your last name

| Begins with: | Bring: |
|--------------|-----------|
| A-F | Side Dish |
| G-L | Appetizer |
| M-T | Main Dish |
| U-Z | Desert |

Goal Setting Seminar Wednesday, January 18 @ 5&6 PM



Give your New Year's resolutions a jump start with John Kyle's Life Planning and Goal Setting. The seminar will be held in two sessions - for children at 5 PM and for adults at 6 PM. (I may attend both just to cover both sides of my persona!)

These seminars will replace the 5 & 6 PM classes. All other classes will be held as usual.

Learn how to turn your goals into accomplishments.

Be there
This is a **FREE** seminar!

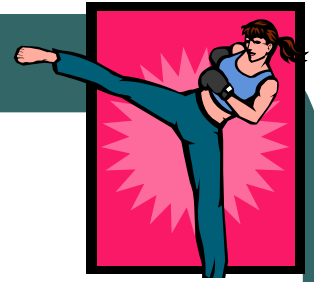
Message of the Month from Master Turnquist

**MESSAGE OF
THE
MONTH:**

*Black Belt Cycle
Of Success*

1. Know what you want.
2. Have a plan.
3. Have a success coach.
4. Take consistent action.
5. Review your progress.
6. Renew your goals.





Kicking it Around

Happy Holidays to all at PAMA!

The following quotes are from Dr. Seuss:

“Today is your day! Your mountain is waiting. So... get on your way.”

“If you never did, you should. These things are fun, and fun is good.”



“You made your list, you checked it deuce, stuffing in abs? mashed potatoes in glutes.” (a quote from myself , said with a smile and a wink)

Well, it was fun eating drinking and being merry, wasn't it? Were the only bicep curls done with a drink of choice from table to mouth? We drank it we ate it, and now must negate it. Don't fret, we are here to help you burn it off.

Did you know that this is your day, month, year to begin something good for yourself? You can be on your way to looking fabulous, feeling fabulous and having more strength and balance than ever before. Are you wondering how you are going to get on your way....to your mountain? Sometimes goals stretched before us, especially long term ones, can feel like a mountain. To get on the way to meet them, you need to start some place. Taking things one step at a time and just starting somewhere, is the key.

Look at the goals and resolutions you set for yourself last

by Sheila Klados

January. Were they reasonable? How many of them did you succeed with?

How many did you even attempt to meet? List your personal goals, mark them numerically to be realistic. Take your number ONE goal and start moving towards it. Small baby steps, one by one. Don't worry about what you didn't do, and instead focus on what you know you should do.

If looking and feeling at the top of your game is one of those first goals, PAMA has programs to help you meet it. How about a fast paced cardio kickboxing class? Proven to reduce stress, help you achieve weight goals, and to be tons of fun. Come on upstairs and let us show you how to make every jab and roundkick count. After 2 or 3 classes you'll be hooked. New friends wait for you, certified trainers to help you get over that mountain and be on your way to fun and fitness. Add a strength training program to your week to see and feel the results. Fun , is what we try to make in every single class.

So tell me, where did the holidays hit you? Yes, we know in the wallet... but,

(think about it) did they hit you in the stomach as well? Come on upstairs and knock out a great workout, you'll be a winner and so will your family. We will help you to be the best you that you can be.

Remember the quote **“If you never did, you should, these things are fun, and fun is good.”** Dr. Seuss knew what he was writing about, for sure.

Happy New Year! Come on upstairs and ring yourself in the BEST year for you!

As always, ask your physician before beginning any new exercise program

Where did the holiday's hit you?

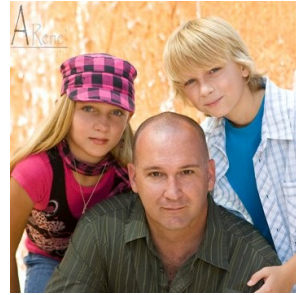
Black Belt Report



One thing I am looking forward to in CDB Class and Black Belt training, is to get into better habits and a healthier life style and a better routine. I am aiming for a couple of things during the 16 weeks of training. I am aiming to get fit and in shape, to have a habit of getting up in the morning and making time to stretch and do a couple of exercises to wake me up, to have home chores be a habit. I haven't thought much about my perseverance but I have a couple of ideas in mind. I am very poor at jumping and spinning kicks, and would very much like to improve on that. Another idea is to keep off the sugar, to only allow myself a certain amount in a week or day, so I can stop getting cavities. My last idea would be keeping my room clean by cleaning

it every weekend, so my mom can stop shutting the door, and so I can walk around without stepping on anything. either way I'm super excited for most of the upcoming events.

Kinsyn Estes



Kinsyn, Brandi & Talin Estes



A New Face at PAMA

As we begin a new year, we want to introduce a new instructor who is certainly NOT new to Taekwondo.

Dylan Craig will be working with us starting Wednesday, January 4th. We are very excited to have him as an addition to our leadership team. Dylan had been with Family Martial Arts for 16 years, since 1st grade. He is currently a third degree Black Belt. Dylan has been teaching since he was 14 years old.

He enjoys learning anything and everything about the differences in martial arts disciplines.

Dylan also has competed in Olympic Taekwondo tournaments (elementary school), he's competed in contemporary wushu (chinese) and has fooled around with boxing and kickboxing.

Please take a few minutes to say hello and welcome him to our team!

Tenets of Taekwondo

INTEGRITY (Yom Chi)

Integrity is doing the right thing even when no one is watching. - - Unknown

A person is not given integrity. It results from the relentless pursuit of honesty at all times.

Integrity (Yom Chi) Although it may be similar to the definition provided in the common dictionary, this form of integrity takes on a wider role. In Taekwondo, integrity means not only to determine what is right or wrong but also having the conscience to feel guilt if one has done wrong and to have the integrity stand up for what is right. For the Martial Artist "The Way" Is In the Training.

It is important to remember that martial arts is about more than learning how to fight or exercising.

Through Martial Arts we encourage our students to learn important life skills that will be seen throughout every aspect of their lives. Whether they are in the Dojon (Training Hall),

5 Tenets of Taekwondo

1. Courtesy (Ye Ui)
2. Integrity (Yom Chi)
3. Perseverance (In Nae)
4. Self-control (Guk-Gi)
5. Indomitable Spirit (Baekjul Boolgool)

on a date, or on the street surrounded by strangers, martial artists are expected to live by these Tenets.

Recently, some items have been taken in locker rooms. This is disappointing and unexpected in the atmosphere we hope to build here at PAMA.

Remember, INTEGRITY and honesty at all times is one of the important tenets of Taekwondo.

From the Editor's Desk

Happy 2012!

We made it! I hope your holiday was as much fun as mine was. I had a good mix of socialization and alone time. My 2012 is planned - now just to implement the plans! As I just posted on my webpage, "When writing the story of your life, don't let anyone else hold the pen." (I say this as I'm getting ready to ghost write an autobiography.)



I am here asking for help from each of you out there. My gift to Master Luft this year was a commemorative book detailing his journey to 4th Degree Black Belt which he accomplished 12/5/2010. There were no pictures to be found of his testing for 2nd degree in October 2004. If you have any pictures of this testing, please, please get them to me one way or another. It's not too late - I designed the book so I could add pages as necessary. I hate having this leg of his journey undocumented. Thank you so much in advance. I know I'll be flooded with photos in the next week.

I am living my dream. 2012 is the best year of my life. I hope it is for each of you, too. Every day is a new adventure and an opportunity to make our community a better place.



Think of water and exercise as food groups in your diet.

Water. Water helps flush our systems of waste products and toxins, yet many people go through life dehydrated—causing tiredness, low energy, and headaches. It's common to mistake thirst for hunger, so staying well hydrated will also help you make healthier food choices.

Exercise. Find something active that you like to do and add it to your day, just like you would add healthy greens, blueberries, or salmon. The benefits of lifelong exercise are abundant and regular exercise may even motivate you to make healthy food choices a habit.

Healthy Eating



What does healthy eating have to do with the Martial Arts? Without healthy eating, the body is not ready for the physical demands placed on it by the sport. Without being ready for the physical, the mind cannot absorb the meaning of the skills that are presented.

So where does the healthy eating habit come from? When I was a child, we didn't eat salads. Our vegetables were corn and peas. We ate potatoes in every guise -mostly fried. Bread was

a staple, usually either baked by my mother or the cheapest available on the grocery shelf.

To this day, I have to really THINK about eating salads. It is a struggle to get the healthier selections of fruits and vegetables on my table. The habits forged when I was a child have taken a lifetime to overcome, and still I resist.

So this column will become a monthly event with an occasional recipe, an idea to help disguise broccoli or make it into a rare treat that kids from 1-99 can actually enjoy. If you have any ideas or needs that you'd like to have addressed, let me know. After all, this is YOUR newsletter. So here we go:

Healthy eating tip 1: Set yourself up for success

To set yourself up for success, think about planning a healthy diet as a number of small, manageable steps rather than one big drastic change. If you approach the changes gradually and with commitment, you will have a healthy diet sooner than you think.

Simplify. Instead of being overly concerned with counting calories or measuring portion sizes, think of your diet in terms of color, variety, and freshness. This way it should be easier to make healthy choices. Focus on finding foods you love and easy recipes that incorporate a few fresh ingredients. Gradually, your diet will become healthier and more delicious.

Start slow and make changes to your eating habits over time. Trying to make your diet healthy overnight isn't realistic or smart. Changing everything at once usually leads to cheating or giving up on your new eating plan. Make small steps, like adding a salad (full of different color vegetables) to your diet once a day or switching from butter to olive oil when cooking. As your small changes become habit, you can continue to add more healthy choices to your diet.

Every change you make to improve your diet matters. You don't have to be perfect and you don't have to completely eliminate foods you enjoy to have a healthy diet. The long term goal is to feel good, have more energy, and reduce the risk of cancer and disease. Don't let your missteps derail you—every healthy food choice you make counts.

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

January 2012

Sun Mon Tue Wed Thu Fri Sat

Be sure to check with the front desk to verify times and dates.

For the most recent Calendar updates go to: <http://www.parkermartialarts.com/calendar.html>

| | | | | | | |
|--|----------------|----|--|----|---------------------------------------|---|
| 1 New Years Day Closed for Holiday Break | 2 | 3 | 4 | 5 | 6 | 7 Elite Teen Training Black Belt April Testing program begins |
| 8 | 9 FULL MOON | 10 | 11 | 12 | 13 | 14 Belt Testing Buddy Board Break 6:00 STAR CELEBRATION |
| 15 | 16 MLK Day | 17 | 18 Goal Setting Master Kyle | 19 | 20 Make up Testing for Color Belts | 21 CAMA Leadership Competitive Sparring Seminar |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 Competitive Sparring Tryouts CAMA Leadership @ PAMA |
| 29 | 30 | 31 | Black Belt Club Focus for January: Escrima | | | |

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Coming in February:

- 2/04 Kids Fast Defense @ PAMA
- 2/10 Parent's Night Out
- 2/24 All Leadership/Instructors
- 2/25 CAMA Tourney

Black Belt Club
Focus for
February:
Bo Staff