

k i c k s R u s

A PAMA Journal

Volume 2, Issue 1

January 2011

HAPPY Birthday TO:

The new student information is not available this month, so we'll double up next month.

Also, the date we put into the system if we don't have your birthday is 1/1, so if your birthday REALLY is 1/1, I'm sorry. Let me know and I'll put it in next month.

It might be a good idea to make sure we have your special day, too. Email me back and I'll make sure the front desk has it.

Andrew Singdahlsen	1/4
Evan Tilstra	1/4
Claire Stecker	1/5
Tim Knox	1/8
Nathan Lucken	1/8
Diego Galvez	1/9
Heidi Bradfield	1/10
Alexis Dalessandro	1/13
Nicholas Dalessandro	1/13
Steven Flick	1/13
Jennifer Ferber	1/17
Nicholas Luft	1/17
Julie Andeson	1/18
Lindsey Gullekson	1/19
Troy Husted	1/20
Dave Malcom	1/21
Somer Luitjens	1/21
Grace Pace	1/22
Viktoria Hawkins	1/24
Ayden Ramon	1/24
Derrick Disnute	1/25
Teresa Wilkins	1/25
Michael Chung	1/27
Trey Frankovitch	1/27
Melissa Zediker	1/28
Jordan Rowley	1/28
Alex Putica	1/30

Congratulations Master Luft!

Trish McCall

What a wonderful day! The respect & love in the Parker Field House on December 5 was so strong it was almost as if all of us were receiving a 4th degree. Perhaps we were.

Over 300 people attended and/or participated in the test. Friends, relatives, PAMA alumni, even a couple of complete strangers wandered in to see what was going on.

The afternoon began with Master Luft and his children in a musical form. Alli's TKD moves looked suspiciously like gymnastics, but they teamed well with the choreography. Most of the school participated to show forms, board breaks, and other curriculum.

Michael LeMere was *okie ueka* sparring partner extraordinaire, even sacrificing his pony tail to the art! (not for real, thank heaven).

The show piece of the afternoon was the quad brick break to commemorate his 4th dan. See Paul Minne's amazing photo of this brick break.

On a side note, Master Luft's hip surgery went very well and he's looking forward to getting back in teaching once again. It will be a few weeks while the new hip becomes accustomed to it's fresh location.



Photo by Paul Minne



Photo by Ryan Miller

New Year - New Look

Beginning in January - that's this month, Verbal Judo will begin on January 16 when the new schedule goes into place. Be sure to check the website and the message boards to make sure you aren't late to your favorite class or worse yet, miss it entirely.

Have you seen all the new paint everywhere? And the additional TV in the dojo? And all the other spit and polish that happened over the break? A big thank you to Michael LeMere and his assorted elves who worked so hard over the break to ready the academy for another successful year.



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OF MARTIAL ARTS**

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Black Belt Report



The new candidate Class has begun. Congrats to all of you. Watch this space for announcements and updates about the progress. I don't have too much info yet, but I know you are out there running the miles and pumping those push ups. The Mentors are checking the books twice - no, that was someone else from last month. Sorry.

But the books are being checked, and from my standpoint, I hope everyone is thinking about their bios for the commemorative booklet. A few hints on that score :

- I only have room for about 200 words, so keep them short.
- Don't worry about grammar, spelling or such - I'm an editor - I can't help but edit so it'll get fixed.
- Please send it in Microsoft Word if you can. I can open most formats, but Word works best for me.

- Your picture. It's about your Taekwondo journey, so a picture in Taekwondo gear is best.
- Jpeg format gives the most clear reproduction. If you have a hardcopy picture or are having trouble with it, just bring your media up to me and I'll get it in the right format for you. It's best to let me know you're coming so I'm sure to be there. I goof off a lot, you know.

If you have any concerns about your bio or picture for the book, let me know. If you just don't know what to write or how to do it, come on up. We'll talk, I'll write, everything will be good and you'll have one less thing on your worry plate.

One last thing, I'm not sure what deadline Master Natzke will give for the bios and pics, but earlier is better. Then you won't have to listen to me nag. And that's a REALLY good thing!

MESSAGE OF THE MONTH:

**BLACK BELT
CYCLE OF
SUCCESS**

Message of the Month from Mr. Turnquist

DEFINITION

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.**

TAI CHI AT PAMA!

By Teresa Ipoliti

Sign up now for a free demo on **February 17**
6:30 to 7:30

Tai Chi Chuan consists of 124 movements performed in a perfectly balanced sequence. It requires no special equipment or clothing, takes twenty minutes to perform, and can be practiced anywhere any time, making it ideally suited to today's fast paced lifestyle.

Tai Chi is a gentle expression of training the mind and body to become relaxed, focused and quiet. Those who have stress related illnesses, chaotic work schedules, anxiety or depression may relieve many of these symptoms by practicing these gentle, relaxing movements, by training the subconscious mind to assimilate the movements and break down each one so your mind and body can take over these smooth, easy, rhythmic



moves to become meditation in movement creating an internal balance.

Tai Chi is valuable to health because it promotes blood circulation, stimulates thinking, improves memory, strengthens muscles and tendons, and lubricates joints. It is beneficial for pain management such as arthritic related discomforts, and it invigorates the heart and lungs, enabling one to relieve fatigue, tension and stress.

The martial aspect in Tai chi Chuan is rooted in the mind, internal organs, and tendons. Energy and strength are applied practically as the opposing force is neutralized; otherwise the force is turned back upon itself.

Along with the physical, Tai chi is an internal discipline which challenges the individual spirituality, emotionally and mentally with its in-depth history.

THE BENEFITS OF TAI CHI ARE ENDLESS

It promotes the general physique, helps prevent disease, exercises all joints and muscles, improves balance (proven to help seniors avoid falls), improves temperament, encourages healing and promotes rehabilitation following injury, surgery or serious illness.

Kicking it Around by Sheila Klados



Eat too much? Drink too much?? Eat and drink all of the wrong things for the holiday season. YEOW.

Just think, we still have overindulgence for the New Year to get through. Oh wait, then it will be Valentine's Day. Yipes then Easter and Memorial Day and the 4th of July and Labor Day. Hold on, we'll be back to October and Halloween AGAIN! Hmm, obviously we need to worry about calories, abs and core, all year long!

Well, other than the obvious reason, let's look at the abs and their **importance** to your body. Your abs are responsible for a

Take a **free** class and see how good you feel.

Why Should You Work Your Abs?

variety of important duties, including rotation and stabilization of the spine. Strong abs will help protect you from injury, improve your posture and make daily activities easier. Enough said? Well then come on, **kick** those ab muscles into gear with some classes here available at PAMA. **Punch** it out upstairs with some kickboxing, or with weights, to sculpt those abdominal muscles to be the best that they can be. Feel that serotonin rushing through your brain? Your heart and brain love exercise too.

Your Pama instructors will help you accomplish your goals by using core training which also targets the upper and lower back, hips, butt, inner and outer thighs and hamstrings... to just name a few.

Three certified trainers are upstairs waiting for you to try a free class and join in the fun of working out. Together we can all accomplish our own personal goals. Give it a try and kick that metabolism into high gear. **Knock** out the calories and pounds that

accumulated during the holidays.

Take a **free** class and see how good you feel. Give yourself the gift of fitness. Classes are available across the week, multiple time slots to fit into your busy schedule.



What else is Free?



Join Teri Ippoliti as she leads a Meditation class on the first Tuesday of each month at 7 PM.

Class will be held in the AM Massage lobby, Suite 202. This class will be held each month, and did you get that it's FREE?

FREE

January 11
7PM
Suite 202

FREE

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

Greetings and a Happy New Year and new beginning to all.

Every year I spend the Christmas holiday deciding my focus for the next year. Some years have been difficult but this year the decision was made in a few minutes. I was talking with my good friend Teri about an idea I've had for some time - The Warner Foundation. A charitable group to help people who may be having a tough time being able to afford things like Taekwondo classes, dance classes, art instruction, etc. The things that add color to our lives, but tend to be the first to be cut when financial times get tough.

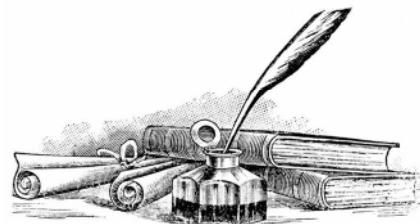
So my focus for the next year will be (drumroll) giving. I decided not to just

give financially, but to give my time, what talents I can provide, my ear if someone just needs to have someone hear their pain.

2011 is my year of giving - seeking out opportunities and actively looking for ways to help. Feel free to let me know where help is needed and I will try my best to be there. Slide a note under my door if you want to remain anonymous.

And be sure to avail yourself of the free classes offered. I'm going to attend the meditation class. Teri assures me I will look like the picture if I go, so I'm all over that one!

Namaste,
Trish





The Warner Foundation

Help for today.
Hope for tomorrow.

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

January 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Focus of the Month: Escrima						I Closed for Holiday Break
2	3	4	5	6	7	8
9	10	11	12	13	14	15 Belt Testing to Red I Buddy Board Break WYO Star Banquet Chili Cook-off
16 New Schedule begins Verbal Judo	17	18	19	20	21 Make up Testing	22 Leadership Team Training BJJ Seminar
23	24	25	26	27	28 Gio Chucks Seminar	29
30	31					

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Coming in February:

- 2/5 Fast Defense Seminar - Kids @ PAMA
- 2/11 Parents Night Out
- 2/14 Valentines Day
- 2/25 Leadership Team Training
- 2/26 3 School Tourney

