

kicksrus

A PAMA Journal

Volume 2, Issue 6

June 2011

Welcome

To the PAMA Family

Henry Bae	Grant Marine
William Binder	Alex Mensing
Jacob Blair	Ashley Mezey
Kayla Blair	Jacob Mezey
Joshua Bronley	Ryan Mitchell
Layton Bronley	Tyler Muhr
Joshua Burris	Caden Noar
Spencer Carson	Morgan Palmer
Jason Chu	Korbin Pfannenstiel
Nathan Chu	Samantha Pfannenstiel
Alex Chumrau	Sarah Roach
James Chumrau	Brody Robertson
Jacob Engelstad	Fallen Rogers
Elizabeth Fawcett	Lorna Rogers
Victor Gonzalez	Mia Rydab
Ryan Holland	Andrew Sargent
Theodore Hutama	David Selden
Tiffany Hutama	Bailey Sishe
Timothy Hutama	Brenden Smith
Mezey Jacob	Blake Thorp
Scott Jones	Emma Thorp
Akash Kalagara	Jace Thorp
Crystal Kennah	Jay Thorp
Brandon Kohrt	Tori Thorp
Caleb Laping	Jonah Vigil
Ian Sky Liu	Ryley Weinstein
Kim Lodes	Makayla Weiss
Laurie Lord	Alex Wilson
Jayce Macias	David Wilson
Alex Marine	

PAMA in THE PARK

We know it's a little way off, but it's time to get ready NOW! You won't want to miss the opportunity to belt test in the Hidden River Park on July 16.

What do you need to do to be able to test for your next belt, eat hamburgers and hot dogs, and have an afternoon of fun with your PAMA friends?

GET READY! There are PAMA Boot Camps happening 6/14 thru 6/18 to help you prepare for testing. You could sign up for private lessons, you'll need to work hard, but it's worth it to be able to test at this fun event

Here are some photos from last year. (Do you think we could convince Master Luft and Master Turnquist to be in a dunk tank?)

Everyone's invited - bring your family, your appetite and your TKD skills. More info next month, and as always if you'd like to know more, talk to those people in the know at the front desk.



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Black Belt Report



Master Tim doing the honors

Black Belts are pretty quiet at this point. The last class is still sleeping with their new belts and the next class is just getting ready for the 16 week final leg of their journey to

the next belt.

Here are a couple of photos I took at the Black Belt Celebration - we'll just admit right here that I'm no Paul Minne and leave it at that.



Gift bags stacked as high as Carrie could reach.

MESSAGE OF THE MONTH:

Self Control

Message of the Month from Master Turnquist

Real glory springs from the silent conquest of ourselves.

James Thompson

Self-discipline begins with the mastery of your thoughts. If you don't control what you think, you can't control what you do. Simply, self-discipline enables you to think first and act afterward.

Napoleon Hill

You cannot control what happens to you, but you can control your attitude toward what happens to you, and in

that you will be mastering change rather than allowing it to master you.

Brian Tracy, Television Host

Most powerful is he who has himself in his own power.

Seneca, Roman philosopher

I think self-control is probably the most important thing towards being a champion.

Billie Jean King, Tennis Star



EVERY TUESDAY MORNING

10:15 AM TAI CHI BEGINNER'S CLASSES

SIGN UP AT THE FRONT DESK OR CALL

303 841 0515

Tai Chi at PAMA

6 SESSIONS FOR \$55.00

FREE

Get 1 session free when you sign up now

FREE



Kicking it Around

by Sheila Klados

Remember: no matter how self-motivated we are, a trainer can get us to reach deeper and work harder and achieve more than we would do on our own.

The month of June is already upon us! Are you thinking of relaxing days at the pool, or the beach? How about vacations or weekend jaunts? There are so many opportunities to get some great workouts in.

Gardening, for example is an opportunity to exercise. Ooops, watch that back and those knees though with all of the bending and lifting.

Walking, or jogging are good things to do for yourself, however, not everyone is prepared physically for much of either of these. Swimming is probably the best exercise. All of these require stamina, and good health.

If you are in a structured program, such as one of the many classes offered here at PAMA, you can count on your body to adapt to the added stress of summertime activities.

Have you heard of the term "muscle confusion?" The term has been around for many years amongst fitness professionals, but is now a catch phrase you will hear often. Many good programs are designed around this proven theory. Your fitness trainers here at PAMA are familiar with the type of exercise progressions used to achieve this for your body. The concept of

muscle confusion is to constantly change several variables of your routine so your body never gets a chance to adapt to any one thing.

Variables include:

1. The number of repetitions.
2. The number of sets.
3. The type of exercise.
4. The length of the exercise.

If you really want the biggest overall benefit from your workouts, muscle confusion is the way to go. Come on upstairs and add a fast paced hours of kickboxing to your own exercise regimen. Your trainers will always

modify the class to your personal fitness level and if you need any assistance, that is what we are always available for. Each class is unique and we are always challenging you and your muscles to do different techniques. While you are here, check out our schedule for cardio kickboxing and strength training programs available. You can **knockout** a great program for your body and do so at times that will be convenient for you. Pack a wallop to your energy level and eliminate stress.

Come on upstairs, bring a smile and a "can do" attitude, you'll be so glad that you did. Bring a friend and have a workout buddy, or make some new friends in our classes.

Oh, by the way, did you know that for every pound you lose you remove approximately 4 pounds of pressure or stress, from the knee joint?

Congrats to Kris Minne who ran in the Colfax marathon in May

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

Happy June!

I think Sheila wrote the article above just for me. I had to highlight the middle quote - you see, I broke my patella (knee cap) a while ago. Just a foolish old lady, slipping when a shiny floor met her slippery shoes. (My pride was irreparably damaged since it was very public.) Now I have even more incentive to lose weight. So no more Reese's Minis for me (dam!). Put the chips back on the market shelf and get the carrots and zucchini instead. (dam!)

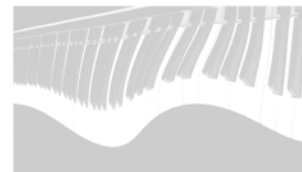
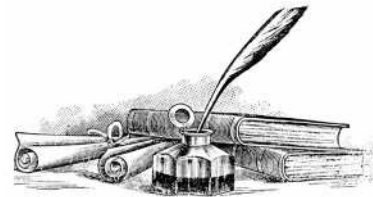
Other news in my world - **I'm learning to play the piano!!!** It's so exciting (to me, not Kristen who is teaching this old dog her new trick). If you have a desire, talk to Kristen Chessnoe - she's wonderful, she's patient,

I love her.

By the time the July newsletter reaches you, I'll be visiting Northern Idaho's Silver Valley. It's beautiful up there and I'm really looking forward to seeing my little (?) brother and his family. It's been 2 years and I miss whomping him at cribbage. He gets this newsletter, too, so we'll see if he actually reads it. HE may be writing this column next month. I'll be sending in the newsletter from Idaho, so it may have a few fish scales attached, but just ignore them.

Have a wonderful June, don't forget to apply plenty of sunscreen and watch out on the highways - my granddaughter Alli just turned 16!

*Namaste,
Trish*








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

June 2011

Sun Mon Tue Wed Thu Fri Sat

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

					1	2	3	4 Ninja Tournament @ UMAC
5	6	7	8	9 CDB Testing	Parker Days No Classes			11
12	13	14 Flag Day	15 FULL MOON	16	17	18	Leadership Team Training Internal Sparring Tourney	
CAMA BOOT CAMP 6/14 to 6/18								
19 FATHER'S Day	20	21 SUMMER SOLSTICE	22	23	24	25		
26	27	28	29	30	Focus of the Month: BO			

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Coming in July:

- 7/1-7/4 Closed for Ind. Day
- 7/4 Independence Day
- 7/9-7/15 Stripe Class Week
- 7/15 Flash Light Weapons
- 7/15 Full Moon
- 7/16 PAMA in the Park
- 7/23 Belt Test Makeup
- 7/30 Relay for Life

Focus of the
Month:
Nunchaku

