

# k i c k s R u s

A PAMA Journal

Volume 1, Issue 4

November 2010

## Welcome

To the newest members  
of the PAMA Family

Leyton McGeough	Trevor Bertsch
Katia Gerwinat	Jacob Andre
Noah Gerwinat	Cooper Johnson
Peyton Loya	Sopia Linares
Sam Carlson	Josh Neill
Bev Ruiz-Moss	Nikki Greenhalgh
Diego Galvez	Owen Vaughn
Nevan Hatfield	Nicholas Floyd
Adrianna Govea	Samuel Walker
Annete Gentry	Kaden Kinsey
Kyler Rocha	Jackson Bishop
Evan Allen	Aiden Varnak
Jordan Hempelman	Rachelle Aguirre
Morgan Reed	Kara Trumillo
Rich Foster	Nate Binns
Caraline Williams	Tori Crowder

## Congratulations Black Belts!



## HAPPY Birthday TO:

Dylan Gross	11/1	Giovanni Natale	11/18
Brendan Neiman	11/2	Morgan Robison	11/19
Lucas Webb	11/4	Dylan Vigil	11/21
Adam Natale	11/6	Mwai Karaba`	11/21
Carter Jansen	11/6	Spencer Kent	11/21
Missy Matthews	11/7	Jaime Kent	11/21
Zachary Tomkowicz	11/7	Alex Minne	11/22
Lori Echols	11/8	Jack Klick	11/23
Chyriss Hendrix	11/8	Jessica Galvez	11/23
Nevan Hatfield	11/10	Lizzie Smith	11/23
Nicholas Floyd	11/11	Benjamin Underwood	11/24
Pete Campanella	11/12	Zachary Griffith	11/25
Samuel Walker	11/12	Luke Ingalls	11/26
Riley Christian	11/13	Robert Gustin	11/27
William Gibson	11/14	Justin Jaslow	11/28
Amanda Leon	11/15	Sebastien Natale	11/28
Zachary Kent	11/17	Kean Lloyd	11/28
		Nate Binns	11/29



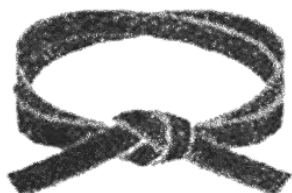
**PARKER ACADEMY  
OF MARTIAL ARTS**

www.kicksRus.com © 303 841 0515



### Black Belt Report

As a new group of Black Belts graduates, we look forward to the April class. Rumor has it that this will be a large group with many 2nd and 3rd degree candidates. It should be an interesting winter!



On a different, yet related note, a momentous event will be occurring on December 5. Mr. Luft will be testing for his 4th Degree Black Belt. All are invited to this wonderful event.

The testing is scheduled to be held on December 5 at 4 PM in the Parker Fieldhouse, on the



corner of Dransfeldt & Plaza in Parker. Mr. Luft has requested that all the students of PAMA participate by performing their forms to earn their blue stripe. If you have not responded to the "E-vite" sent last week, please let us know you will be there and who will be performing forms at the testing. It promises to be an interesting and eventful day for everyone.

What an accomplishment! We are all so proud of you Mr. Luft!

#### CALLING ALL BLACK BELTS:

Be sure to save Friday, November 5 at 6 PM for the Black Belt Celebration, as the current Black Belts congratulate the new BB class with a pot luck supper at the Hidden River Club House. Be sure to RSVP to your invitation.

### MESSAGE OF THE MONTH:

### APPRECIATION

### Message of the Month from Mr. Turnquist

Show up / Try hard / Don't quit

Showing our appreciation always makes people feel great! Show your appreciation to someone you know (maybe your parents or sibling) by doing something special for them. Maybe it is writing a letter, doing the dishes, making a meal, or what ever comes to your mind

Appreciation is not only the greatest of virtues, but the parent of all others.

Cicero

Appreciation is a wonderful thing: It makes what is excellent in others belong to us as well.

Voltaire

Not what we say about our blessings, but how we use them is the true measure of our thanksgiving.

W. T. Purkiser

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.

John F. Kennedy

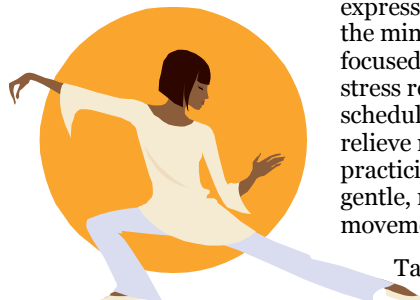
Feeling gratitude and not expressing it is like wrapping a present and not giving it.

William Arthur Ward

Today is a gift, that's why they call it "the present"!

### TAI CHI AT PAMA!

By Teresa Ipolitti



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.

Tai Chi Chaun can also be very beneficial for pain management as well as other physical applications such as

A gentle expression of training to become relaxed, focused and quiet.

balance and memory/ concentration.

Teresa teaches the basics of Tai Chi and Qi Gong healing, training the subconscious mind to assimilate the 108 movements and 28 sets of the Yang Long style, medium frame of Tai Chi Chuan. She breaks down each movement so your mind and body can subconsciously take over these smooth, easy, rhythmic moves which become meditation in movement.

Your mind and body take over to make the rhythmic motion meditation in movement.



## Kicking it Around

### Holidays

Ahhh the holidays are upon us. Parties, food, drinks and merriment. Too much of everything and no will power to fight it. AHA! You can burn those calories in advance and have a great time doing it. Remember a pound of muscle burns 60 calories even while you are at rest, and a pound of fat, only burns 10. A pound of muscle is solid

**Nothing tastes as good as being fit will feel!**

by Sheila Klados

and compact, while a pound of fat, well.... you get the point! Mixing up your workouts has been proven to be the best way to kick your metabolism into high gear and keep your body burning more calories. The key is to continually challenge your muscles by taking the exercises you're currently doing and changing some aspect of them every **4 to 6 weeks**.

Upstairs you can try an energetic cardio kickboxing class or a strength training class. Better yet, try them both. They are available right here at PAMA. Mix that up with whatever workouts you are currently doing and **knockout** those holiday calories and extra pounds. You enjoyed eating them, time to come up and have a blast while **punching out** those few extra pounds. It's a **win, win** all around!



**Join the Kick boxing crew on Sat, Nov 27 for the Annual "Turkey Burn."**

**Eat, drink and be merry, but try some fun and different classes right here at PAMA.**

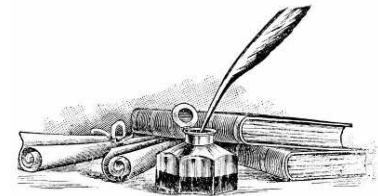
## Photos and articles and ideas, OH MY!

Happy November! What a great time of year - and so much is going on before the Holiday break beginning December 23. We have the Black Belt Celebration, Glow Chucks seminar (really amazing - ya gotta see this!), Thanksgiving (Turkey for all!), Mr. Luft's testing, the Forms & BB tourney and of course all the holiday shopping

and baking that goes on. At our house, we're going to be starting a new tradition this year - on Saturday after Thanksgiving everyone bakes. We'll be making Holiday goodies and eating a bunch.

Come up to the Gypsy/AM Massage office this month to get your FREE

pocket calendar for 2011. It's a great addition to your electronic calendars. And did I mention it was FREE?



## Fall in Balance with yoga

**The practice of yoga will sooth your body and free your mind.**

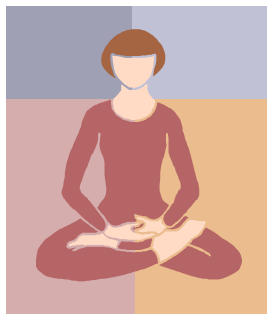
This class is designed for beginners to advanced students!

### Class description:

- Learn to use your breath as a vehicle to body and mind connection.
- Learn how to heal your body from the inside out!
- Reduce stress, anxiety and depression.
- Boost your energy, metabolism

and immune system!!!

- Learn techniques to relax and let go!
- We will increase your flexibility, balance and build bone density.
- You will become stronger, healthier and happier with yoga.
- The benefits of yoga are endless!



**Bring peace, health and balance back into your life with yoga**

6 week session

Starting November 2nd 2010

Tuesday @ 11:30

Cost \$60.00 per session

Drop ins welcome @ \$14.00 per class

We must have a minimum of 10 students

You must have your own mat



Any issues, concerns or questions please contact Instructor

Irene Speirs 720-771-7337

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

# NOVEMBER 2010

Focus of the Month: **Nunchaku**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Election Day Yoga Begins	3	4	5 Black Belt Celebration	6 Black Belts Laser Quest
7 Daylight Savings Ends	8	9	10	11	12	13 BJJ Seminar
14	15	16	17	18	19 Glow Chucks Seminar	20 <div style="border: 1px solid black; background-color: #e0ffe0; padding: 2px; text-align: center;">Holiday Shopping 25% off</div>
21	22	23	24	25 Thanksgiving Day	26	27 Turkey Burn
Holiday Shopping 25% off			PAMA Closed for the Holiday			
28 <div style="border: 1px solid black; background-color: #fff9c4; padding: 2px;">PAMA Closed for the Holiday</div>	29	30				

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

### Coming in December:

12/5 Mr. Luft's 4th Degree Test  
12/11 Parent's Night Out  
12/11 Holiday Shopping  
12/11 Leadership Team Training  
12/18 Tourney - Forms and BB

Dec. 23 2010 to Jan 2 2011  
Closed for Holiday Break

Focus of the  
Month:  
Sparring  
Musical Forms

