

kicksRus

A PAMA Journal

Volume 1, Issue 3

October 2010

Welcome

To the newest members
of the PAMA Family

Alex Whitter	Joshua Hempelman
Mason Whitter	Claudia Lacey
Giovanni Natale	Sara Lacey
Annie Smith	Emily Gasowski
Aleric Edinger	Adian Sato
Adam Lung	Taylor Boley
Jake Lung	Jace Kroll
Lucas Bruno	Daniel Gullekson
Jim Wesolowski	Lindsey Gullekson
Emily Reddy	Davis Hatfield
Bernice Sandoval	Adam Lynch
Logan Gilmore	Caleb Greenfield
Jace Layfield	Isaac Greenfield
Benjamin Trillet	

CAMA 2010



Taken from the Face Book Page, Apologies for not having name credits for these photos, but it sure looks like everyone had a bunch of fun!

HAPPY Birthday TO:

William Barton	Oct 4
Hunter MacDonald	Oct 5
Cade Croissant	Oct 5
Andy Luft	Oct 6
Adam Lung	Oct 6
Jan Miller	Oct 8
Michelle Carlisle	Oct 8
Taylor Meyer	Oct 17
Cindy Hoeft	Oct 18
Michelle Forbis	Oct 18
Kellen Fife	Oct 20
Alex Daniels	Oct 20
Logan Smith	Oct 23
Shawna Tarin	Oct 24
Austin Ainsworth	Oct 24
Sean Slaten	Oct 25
Samantha Anguiano	Oct 26
Mike Hoeck	Oct 29
Brian Yost	Oct 29
Nicholas Gardner	Oct 29
Niklas Skirmants	Oct 29

TAI CHI COMES TO PAMA!



A warm welcome to Teresa Ippoliti who will be teaching Tai Chi classes on Tuesday morning and Sunday afternoon here at PAMA. The Chinese call it tai chi chuan, which means "supreme, ultimate power".

Sign up at the front desk for these classes beginning on Sunday, October 24 at 3PM or Tuesday, October 26 at 10:15 AM. Cost will be \$75 for 6 sessions.

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**PARKER ACADEMY
OF MARTIAL ARTS**

www.kicksRus.com 303 841 0515



Black Belt Candidates

Here's the calendar of events for the Black Belt candidates.

- October 1, 2010 - Testing Rehearsal/**Final Physical Assessment**/All Testing Packets, Log Sheets and Manuals Due (@FMAC) – 5:00 PM
- October 2, 2010 – Black Belt Candidate Class #13/Written Exam

· October 9, 2010 –
**20th Semi-Annual
 Black Belt Testing**
 – **8:30 AM**

Thank you to all the candidates for getting your bios and pictures in to Gypsy. The book looks really good this time. A special thank you to the ace proofers - you know who you are!

If any of you have pictures of events during your testing that you would like to see published in future Black Belt Books, please let us know and get them to us either hard copy (we'll scan them in for you while you wait) or electronically. We include a section of photos in the PAMA commemorative book, but not the all school edition because of the size of the candidate group.

Additional copies of both books are available from Gypsy - we have past books also if you'd like to order them.

Gypsy is located upstairs in the AM Massage studio.

MESSAGE OF THE MONTH:

**SPEAK HIGHLY
OF OTHERS**

Message of the Month from Mr. Turnquist

Show up / Try hard / Don't quit

Acts of Kindness

This month find somebody who needs a little pick up and tell them what they are doing great; not only to them but others

around you. Maybe you see another student helping someone with their form. Tell them they did a great job and let a few others know!!!!

2010 Fall Taekwondo Picture Day

Breaking News: An additional day has been added - sign up now for the 10/26 day!!!

Celebrate your new belt rank and show off your favorite Taekwondo pose by getting your portrait taken in October!

Minne Photography will be taking portraits for PAMA students on October 25th from 4pm to 7pm. Groups (demo teams, instructors, all new black belts, etc) will be done at 7:30pm that evening.

Paul Minne, the photographer, is a 2nd degree black belt and will help you pick out a pose that shows off your personality and skills. You will be able to see your picture instantly on picture day and your poses will be uploaded online for viewing and ordering. You will be able to order everything from prints and digital images to Holiday cards and mugs, all with you on them showing off your mad martial arts skills!

More details and sign up times are at PAMA. There is a \$10 sitting fee payable at session time.



**So, grab your favorite
 weapon and
 sign up to capture
 yourself with your
 martial arts face on!**



A make up day will be in early November (TBD). Here is a link to Paul's portfolio: [click here.](#)

Kicking it Around

What is meant by core training?

Core training targets a very large group of muscles in the center of the body – encompassing the abdomen, lower back, hips, and buttocks. It helps to strengthen your muscles and support your spine. Training your core will also target muscle imbalance so you can work on creating muscle balance.

Muscle balance can help get rid of frequent back pain by focusing on strong abdominal muscles which will help to support your back.

In a typical kickboxing or strength training class, your instructors will focus on core training. We accomplish this by working on upper and lower back, hips, butt, inner and outer thighs and hamstrings to give you a great all around workout.

by Sheila Klados

Why is it important to do core training?

Developing a powerful core is considered a must for improving athletic performance and maintaining everyday functional movement, as all movements of your extremities emanate from your core.

How Can I get core training?

PAMA Kickboxing and strength training classes address core and balance challenges, creating a nice even, fun, safe, all over workout for you. We have a wide variety of classes scheduled throughout the week to fit into your own busy schedule. Our instructors will help you modify any workout to your current level of fitness and support you to advance that level



to meet your own personal goals. **What** are you waiting for? Come join a class, better yet, try it out for **free!** Get a head start in achieving your own fitness goals.

Why are you waiting? Come on upstairs and let your cardio instructors help you to

Knockout a great workout!!

Photos and articles and ideas, OH MY!

This is a busy time of year for us here at Gypsy. We are creating the Tri School Black Belt Book, the PAMA Black Belt book and publishing the newsletter. All in all, FUN!

We're getting excited about the holidays and plan on some special treats to celebrate. In October there's a

pamphlet on pumpkin selection tips and patterns to get the Jack-o-lanterns good and scary or cute and fun.



In November we'll have a live turkey (just kidding - I wanted to see who really reads this).

In December we will have cookies out all month long. Save us. We'll eat them if you don't!

Come on up and get your 'Perfect Jack' book.

Ev'rbdy get Kung Fu (coming to PAMA in October)

This traditional Chinese based art is taught in a traditional manner, respect, harmony and internal power are emphasized and required for students. The art focuses on the five elemental powers from ancient China (earth, water, wood, fire, and metal) and their application on the real world. The origins of this art hale back to a region of the world and a time when life and death was determined by how skilled you were in martial arts. Thus the Masters incorporated anything and everything that worked including: the Tibetan Lama Arts of Pa Chin (8 Dragon Animals), the Mongol Arts of Wu H'sing (5 Cosmic Elements), with their own Art of Wu Tang Pa Chi Jen Ch'uan (8 Immortals). This Art became more unified over the centuries and covers all areas and realms of fighting

with many specializations.

There are only four Wu Tang Chuan schools in the United States. Wu Tang Martial Arts is traditionally a Simi-public school only allowing select students. Ryan Smith First Level Master (Shr Lung Smith) is now accepting students into this school beginning after October 5th. The traditional training in this art is not suited for children and no student under the age of 14 will be allowed in the school and only a few students will be allowed under the age of 18.

The primary art includes meditations that bring the mind into the body and the spirit into the movements. A form of the Tien Tao healing arts is also taught. It is believed that if you know how to harm the body so you must also know how to heal it.



If you want to find an art where you can focus your energy on a single point in time and return a balanced martial artist in harmony with all around you, then please sign up at the front Desk of PAMA and Shr Lung Smith will contact you for an interview.

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

OCTOBER 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>Focus of the Month: BO</p>					1	2
		5	6	7 7:30 Bo Stripe Testing	8	 <p>9 BLACK BELT TESTING</p>
10	11 Columbus Day observed	12	13	14	15	16 Belt Testing 6-7 Star Banquet
17	18	19	20	21	22 5P Belt testing Makeup	23
24 Sunday Tai Chi Starts	25 Picture Day	26 Tuesday Tai Chi Starts Picture Day, 2	27	28	29 Halloween Party Demo	30
31 Halloween						

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Coming in November:

- 11/2 Election Day
- 11/5 Black Belt Celebration
- 11/7 Daylight Savings ends
- 11/19 Glow chucks Seminar
- 11/20 Black Belt - Lazer Quest
- 11/25 Thanksgiving Day
- 11/27 Turkey Burn
- 11/25-28 PAMA Closed for holiday
- 11/29 Holiday Shopping -25% off
- 11/29 Leadership Team Training

Focus of the Month: Nunchaku

