

Kicks & Tricks Seminar

by Hailey Ferber

Tricks class this month was fantastic. In the tricks class, we first ran and then stretched out before Master Svoboda taught us some tricks. He taught us how to do a Kip Up, butterfly kick, a 360 kick and for those who needed simpler tricks...cartwheels.

For the Kip-ups, he told us to get up on our hands and kick forward into a bridge and try to stand up at the same time. He also taught us

to do a butterfly. It's not a very basic trick because you need to take a step then dip your head down and swing your legs over your head and land, but we all had fun trying to do it. He also taught us to do a basic cartwheel. It was a super awesome evening and I'm looking forward to doing it again.

Competitive Team Seminar

We recently had sign-ups for a Competitive Tournament Team which is run by Stepan Zeytunyan through CAMA. (Our four school training alliance).

Mr. Zeytunyan would like to offer another opportunity for those who couldn't make the full commitment of the team, those on the team who would like more training and friends and family members who just want to try this stuff out for a day.

We will be hosting a **Competitive Team Seminar**. Don't be put off by the name, it's a seminar for everyone! Adults and children alike are welcome to participate. 75% of the seminar will focus on training for competitive sparring, techniques, tips, and ideas for improvement. 25% of the seminar will focus on traditional forms for tournaments – how to walk in and

announce yourself – focus on techniques judges look for. He will help you be "best in show".

October 29, 2011 @ 4:00pm

Price:

- \$30 for non competitive team members (students of PAMA)
- \$20 for competitive team members (those who have already signed up for the team)
- \$40 for family and friends who are not already students of CAMA

The student who brings the most non-CAMA family or friends to the seminar (minimum of 3 people) will get the seminar for free.

Sign up at the front desk!

Welcome

To the PAMA Family

Connor Hall	Gaines Brock
Brandy Bidwell	Rachel Bleile
Morgan Bidwell	Rebecca Bleile
Palmer Danko	Cassie Staple
Skylar Bradley	Bridget Lopata
Noah Curtis	Adam Zdanowicz
Harrison Bull	Tom Loveland
Hugo Santana-Roman	Andre Zdanowicz
Nicole Bidwell	Jack Titterington
Shannon Leonard	James Titterington
Taylor Mathewson	Hayden Appel
Zacharay Barber	Beau Huckemeyer
Aleric Edinger	Patrick Fischer
Sofia Garofano	Augustus Morris
Tyler Woods	

HAPPY BIRTHDAY TO:

William Barton	4	Alex Daniels	20
Hunter MacDonald	5	Avery Rudd	20
Andy Luft	6	Jacob Walker	20
Jan Miller	8	Josh Holman	20
Michelle Carlisle	8	Shawna Tarin	24
Kayla Blair	10	Sean Slaten	25
Kim Lodes	10	Aiden Milla	26
Jacob Mezey	16	Augustus Morris	27
Anah Miller	17	Ellie Daniels	29
Taylor Meyer	17	Evan Brinkerhoff	29
Cindy Hoeft	18	Mike Hoec	29
Jim Lord	18	Calen Roach	30



Inside this issue:

Star Celebration	2
PAMA Does Birthday Parties	2
Message of the Month from Mr. Turnquist	2
Kicking it Around	3
Halloween Party	3
Black Belt Report	4
Belt Testing Times	4
Booth updates - Can you help?	4
Revenge of Water, Part 3	5
From the Editor's Desk	5
October Calendar & November Preview	6



PARKER ACADEMY OF MARTIAL ARTS

www.kicksRus.com © 303 841 0515

Star Celebration

Calling all PAMA family members: Please join us for an evening of awards, recognition and drawings for goodies.

Each quarter after the Belt Testing we honor the Star Students and all of the families who make PAMA the fun place it is. It's a great time to meet other families - you may find a friend to last a lifetime - many have.

Master Luft will recount what has been going on around PAMA and preview plans for the future. Top students of the previous quarter are honored with trophies to show off. Did I mention the drawings that are held throughout the night? Someone will win a free month of tuition. But you have to be there to win. Don't miss out.

This month we will showcase your famous pie making talents. If you have a most fabulous recipe, a family secret recipe or just a really good pie, make it for us and let us be the judge! Please sign up at the front desk if you plan to bring one in. By the way if you like to EAT good pie, be sure to come in and help pick out the yummiest of the yummy.

October 8 @ 6 PM



Michael LeMere,

AM Massage

303 204 3554



PAMA Does Birthday Parties

Pirates & cowboys & clowns, Oh MY!

If you're looking for something different that is sure to please your birthday person, have a birthday bash at PAMA. One of our certified instructors will give your kids a workout they are sure to enjoy. Stand back when they cut the birthday cake!

Call the front desk TODAY!

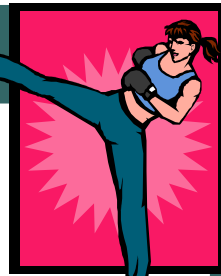
Message of the Month from Master Turnquist

MESSAGE OF THE MONTH:

Speak Highly of Others

When we speak of others in a negative or judgmental manner, we are hurt in two ways. The first is that the people to whom we are speaking are put on the defensive. Their first thought is: "Wow, I wonder if they talk about me that way." This does not create an environment for friendship or for trust. Secondly, it shows a lack of character. If it happens too much, people don't like to be around it. This month find someone 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!!!!





Kicking it Around

The Bottom Line on Exercise

Ahhh October! The smell of fall is in the air, football is on the TV, and leaves are all over your lawn. The approach of the holiday season is closing in quickly. Why wait until January to set your expectations and resolutions in motion? Why not get a head start now, and already be where you want to be, or well on the way to getting there in 2012! Do you really have to wait? Get a good start on January now, and be able to just enjoy tailgate parties and the holiday parties!

Okay, so let's talk about your bottom line! (Yes, there is a pun intended here.)

According to the **Mayo Clinic**, the following paragraph is and should be your bottom line.

"Exercise and physical activity are a great way to feel better, gain health benefits and have fun. As a general goal, aim for at least 30 minutes of physical activity every day. If you want to lose weight or meet specific fitness goals, you may need to exercise more." We are here to help you at PAMA.

Come on upstairs and try out some fast paced kickboxing or a strength training class. This will help you have a great Fall Season and deal with the stress of the holiday as well.

The following information regarding why exercise is good for you, was gathered by the **Cleveland Clinic**:

- Reduce risk of developing diabetes and high blood pressure
- Improve blood sugar tolerance if you have diabetes
- Help control high blood pressure, by as much as 8 to 10 points in both systolic and diastolic pressure.
- Improve blood lipids (cholesterol, LDL, HDL and

by Sheila Klados

triglycerides) along with other strategies (diet and medications).

- Support efforts to stop smoking
- Control weight and reduce body fat
- Improve your strength and feeling of well-being
- Help keep muscles, bones, and joints healthy
- Increase your ability to do daily activities without getting tired
- Improve your balance and flexibility
- Maintain muscle tone, improve your posture, and reduce the risk of falling and fracturing bones. Lessen feelings of anxiety or depression
- Improve your sense of well-being and help you feel good about yourself

Remember to check with your doctor before starting a new exercise program, especially if you have any health concerns.

Nothing tastes as good as being fit will feel.

Come on upstairs and take a free class. You'll be glad you chose to knockout a great workout for yourself.

Halloween PARTY! October 28 6-7:30PM

Get those scary, funny or just plan weird costumes ready for the annual PAMA Halloween party. Invite your friends to this event. The only cost to attend is a canned or boxed food item to contribute to the Parker Task Force. See who screams like a little elf and who can stand up to the PAMA ghouls. The staff always has fun creating scary stuff. We never know what will pop up from anywhere in the building.

If you'd like to get in on the real fun, volunteer to help. Ghouls and ghosties are always needed.

Please help us by donating bagged candy to hand out at the party. Drop your donation off at the front desk.

Kris Minne Update:

From Paul's facebook post.

"Berlin Marathon: Kris' time was 3:45:23. Not bad considering how jammed the entire race course was and she re-qualified for Boston. Very proud of how awesome she looked during the entire course."



Black Belt Report



BIG, BIG month at PAMA. By October 16 we will have 15 new Black Belts, 4 new 2nd degree Black Belts and 1 new 3rd degree Black Belt. The amount of work these candidates have put into their testing is amazing. I need to go take a nap after just thinking about it. (That's why I'm not a Black Belt!)

Please join us at Eagle Crest High School 5100 S. Piccadilly St., Aurora CO. Take Parker Road north to Arapahoe, East to Liverpool, North on Liverpool which becomes Piccadilly. The school is on the right side of the road.

Demo teams begin at 8:30 AM - the schools present a wonderful sight worth getting up that early. The bleachers are a bit hard, so bring a pillow and get ready to enjoy our 55 candidates from 4 schools show their stuff. Stay for the whole event or just part of it. Belts will be awarded about 12:30.

The PAMA family will meet at Servino's Underground 11020 South Pikes Peak Drive, Suite 140, Parker (it's in the basement) to hang out and celebrate after the testing. Let Jen Ferber know if you will attend in case reservations are needed.

Testing Times for Color Belt Testing 10/08

White, Yellow/Orange	10-11AM
Purple, Green/Blue	11-Noon
Ninjas & Dragons	Noon - 12:45
Brown/Red	1-2:30PM

Intelligent Motion Therapy

Rebecca Hoeck

Physical Therapist
Certified Pilates Instructor

12081 Bay Oaks Ct.
Parker, CO 80138

303.808.9807

rhoeck@comcast.net

PAMA Does Booths

When Parker hosts events, PAMA often has a booth there to let the community in on the good things we do. For example, we will be at the Taste of Parker on November 12.

The good news: You can earn Star Points for helping out at our booth during these events. Contact Kristen Chessnoe or Jen Ferber or the front desk to let us know you'd like to beef up your Star Point quota by helping out while having some fun.

No experience necessary!



Parent's Night Out

A HUGE thank you to Kinsyn and Aisling who volunteered to be helpers during our Parent's Night Out on September 16th. Each student will be receiving 5 Star Points for their extra efforts.



Kinsyn Estes



Aisling Kyne



What's the deal with the tape?

Confused about receiving stripes on your belt? The tape is our way of tracking progress. For the first weeks of each rotation, students are shown different techniques. Once they can show they understand that technique, they receive a stripe on the first side of their belt. Each color represents a different technique.

The last half of the rotation reviews everything learned earlier. Once the student can do the technique on their own, they receive that color on the second side of the belt. All color belt students must have all stripes before they test.

BLACK BELT SPORTRAITS



Minne
photography
portraits & events

VIEW PICTURES FROM TODAY'S EVENT ONLINE AT
MINNEPHOTOGRAPHY.COM
303-808-6700

The Revenge of Water Part 3

Excerpt from *The Big Thirst*, by Charles Fishman

One of the hallmarks of the 20th century, at least in the developed world, is that we have gradually been able to stop thinking about water. We use more of it than ever, we rely on it for purposes we not only never see but can hardly imagine, and we think about it not at all.

It is a striking achievement. We used to build monuments -- even temples -- to water. The aqueducts of the Roman Empire are marvels of engineering and soaringly elegant design. Plumbing presented as civic achievement. Today, water has drifted so far from civic celebration that many people visit the Roman aqueducts without any sense that they moved water, or how.

In Poland Spring, Maine, there is an actual marble and granite temple enclosing the bubbling spring that gives one of the nation's most popular bottled waters its name. The temple was built in 1906 to celebrate a source of water that was then so pure and so highly regarded that people as far away as Boston, New York, and Chicago could arrange to have it delivered for household use.

Many cities in the world are located where they are because of their proximity to water. For most of human history, getting water was part of the daily routine; it was a constant part of our mental landscape. At the same time, humanity's relationship to its water supply was wary, because water often made people sick. That's why Poland Spring water was so popular in Boston and New York a century ago -- it was safe.

One hundred years ago, with the dawn of bacteriology, two things happened. Cities started aggressively separating their freshwater supplies from their sewage disposal, something they had been surprisingly slow to do. And water utilities discovered that basic sand filters and chlorination could clean and disinfect water supplies, all but assuring their safety.

Philadelphia is just one of many cities whose sewage system, 100 years ago, emptied into a river upstream of the city water-supply intakes from the same river

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

Greetings!

You may wonder what these water articles have to do with PAMA. I think we need to have some topical interest stories here, too. Since I am what folks in Washington State call a 'tree hugger', environmental issues are near and dear to my heart.

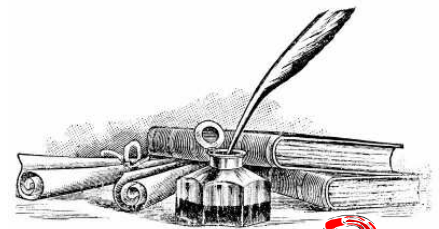
Typing this article made me think about my misspent youth. When I was very young my Mother assigned me a task: I was to make sure that the water bucket was always full. You see, we didn't have indoor water at my house. I had to go out to the pump, put the bucket on the spigot and pump the handle until water sloshed in. Then I carried the (very heavy for a 6

year old) bucket into the house 100 feet away. At first I couldn't lift it to the counter so my Dad would help. This gave me a profound reverence for water. No turning a knob and getting water to drink or brush my teeth. It was hard work to get that water in our house and I didn't waste a drop! Doing laundry was a marathon that happened every Monday winter or summer. The old wringer washer and two rinse tubs took many trips out to the pump that became my enemy.

Most of you probably have no idea what these things were, let alone what it was like living in rural northern Wisconsin before indoor plumbing. My grandson says we had a dinosaur as a pet . . .

He's not far from wrong.

*Namaste,
Erish*



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

October 2011

Sun Mon Tue Wed Thu Fri Sat

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

Black Belt Club focus for October: Bo Staff						1
2	3	4	5	6	7 Practice for Black Belt Testing	8 Belt Testing 6:00 STAR CELEBRATION
9	10	11 FULL MOON	12	13 Bo Stripe Testing	14 Make up Testing for Color Belts	15 9 AM BLACK BELT TESTING
16 CPR Training	17-18 Photo Time with Minne Photography		19	20	21	22
23	24	25	26	27	28 HALLOWEEN PARTY!!!	29 Competitive Competition Seminar
30	31					

Produced by

 18632 Pony Express Dr. #202
 Parker, CO 80134
 303 549 3332
 www.gypsy2008.com

Coming in November:

- 11/4 Black Belt Celebration
- 11/12 Booth at Taste of Parker
- 11/12 BJJ Seminar
- 11/18 Glow Chucks Seminar
- 11/19 Leadership Team Training
- 11/19 Laser Tag outing for Black Belts
- 11/24-26 Closed for Thanksgiving
- 11/25 Kick Boxing Turkey Burn???

Black Belt Club
 Focus for
 November:
 Nunchaku