

# kicksRus

## A PAMA Journal

Volume 2, Issue 2

February 2011

### Welcome

To the newest members  
of the PAMA Family

Maddelynn Hoppe	Madisyn Ranson
Rachel Smith	Kyra Kauffman
Sheila Mares	Cheryl Hammel
Summer Ottley	Colleen Lebkuecher
Michah Lindsley	Mason Matous
Tiffany Ottley	Carson Odden
Ronnie Curry	Kirk Ottley
Jared Brinkerhoff	Brayden Jacob
Jackson Perez	Eric Jacob
Travis Citkovic	Colton Saunders
Evan Brinkerhoff	Finnegan Saunders
Jasmine Perez	Cassandra Schneider
John Hatfield	Brett Schneider
Anaya Vasquez	Zane Macias
Jo Davis	Kayley O'Toole
Alyson Kallas	

### HAPPY Birthday TO:

Marko Pavicevic	1	Jacob Colores	20
Jayne Kirby	2	Sam Little	20
Andy Bradfield	3	Michah Lindsley	21
Tristen Hay	3	Rachel Ancar	22
Sukini Lyndon	3	Zerik Favorel	22
Sarah Payne	5	Chelsea Koch	22
Jonathan Jensen	6	Sam Baines	23
Eli Little	6	Reade Webb	23
Janine Bernard	8	Jared Brinkerhoff	24
Ryan Flannigan	8	Brad Day	24
Taylor Wesley	9	Hailey Ferber	27
Zach Miller	10	Cassandra	
Jace Kroll	17	Schneider	28
Kris Minne	19	Mariah Thomas	28



**PARKER ACADEMY  
OF MARTIAL ARTS**

www.kicksRus.com ☎ 303 841 0515

## Star Celebration

And the winner is - Ted Click! For the send year in a row Ted brought us the best antidote to cold winter days. His awesome recipe sure took the chill off the evening.

The rest of the event recapped the quarter's activity, revealed the survey results and honored our star students.

Top Dragon	Giovani Natale
Top Ninja	Michael Chung & Owen Pointer
Top Adults	Derrick Disnute Lance Ingalls Shane Collins

Top WYO winning a red uniform and discounted Black Belt Club fee:

Tyler Willis

Top PGB winning a Forms DVD:

Luke Ingalls

Top Brown Belt winning \$25 from the store:

Tristan Gilroy

Top Red Belt winning \$25 from the store:

Katelyn Martin

April Lydon

Conner Martin

Leadership Team Jordan Disnute

Black Belt Jack Click

And the Start Student of the Quarter

Number 3. Alexis Dalessandro

Number 2. Zion Zeus



We hope everyone had a good time and look forward to our next Star Celebration in April. Start racking up those points and YOU could be in the Star next time.



## New man on Deck

That new face you're seeing on the front desk is John D'Alessandro. John is a recently retired Navy Captain who is happy to be able to spend more time

with his pre-teen twins Nicky and Allie.

Currently John is working Monday and Wednesday evenings to give Michael time to put that Instructor's Certificate to good use teaching out on the floor (or upstairs).

So be sure to stop by and tell John welcome at your first opportunity.



### Black Belt Report



The Candidates are running, doing push ups, sit ups, crunches, good deeds, days of empathy, eating healthy, all the things that add up to that Black Belt or the next level of Black Belt. The final day is only one day of their progress. The 16 weeks preceding that day are the real test.

The day of empathy is a major hurdle for some of our candidates. There are 3 choices: Deaf and Mute, Blind, or in a wheelchair. After seeing several people go through their day, it has achieved it's goal. I've hear comments such as "I have a real appreciation for handicapped people now." "I thought I knew what it would be like, but I had no idea." and the best I heard "What can we do to make the people who have to LIVE like this have an easier time?"

For my part, just helping a 'handicapped' wheelchair person was eye opening. And that was only for 1 day. This is a huge part of the prep for obtaining that all important Black Belt Attitude that I mention every chance I get. Way to go Candidates. Only a few more weeks left.



### Message of the Month from Mr. Turnquist

#### MESSAGE OF THE MONTH:

#### Meaning of the Belts

White: Seeking knowledge in martial arts

Yellow: Just as a seed needs light to grow, the student needs knowledge to learn and grow.

Orange: The sun rises and the sun sets. As with the morning's dawn, only the beauty of the sunrise is seen rather than the immense power. The beginning student sees the beauty of the art of Taekwondo, but has yet to experience the power in the technique.

Purple: As the rays from the sun cause the plant to grow it blossoms into beautiful colors, just as the student begins to discover their ability and potential.

Green: As the seed grows into a young plant, the student's ability and knowledge of the art begin to develop.

Blue: The plant continues to grow and reach for the sky, the student continue to grow and reach for more knowledge.

Brown: A solid root has grown into the ground and holds the plant firmly in place. The student has built a solid foundation of basic techniques upon from which to build on and learn new, advanced techniques.

Red: As the plant grows closer to the sun it's red-hot heat scorches the plant. Here the student learns that with knowledge comes responsibility. The student has black belt technique but without black belt wisdom, maturity or sensitivity.

**Black: Master of the Basics**

### TAI CHI AT PAMA!

By Teresa Ippoliti



FREE

Sign up now for a free Tai Chi Chuan demo on February 17 6:30 to

Teri Ippoliti has the free stuff going. Call 720 315 3348



Meditation Class February 8 7PM Suite 202

FREE

## Kicking it Around by Sheila Klados

How are those resolutions working out for you? More importantly, are YOU working out? Valentine's Day is approaching! Do something good for your own heart, and be an example to your family of the importance of an exercise routine.

Here are examples of the average calories burned doing some popular exercises:

**\*Results are based on a 150 lb person**

**How many calories do you burn...**

- Walking:** 238 calories per hour
- Jogging:** 408 calories per hour
- Biking:** 544 calories per hour
- Kickboxing:** 600 – 700 in a one hour class

**New Year  
New Rear!**

## Chinese New Year: 2011 The Year of the Rabbit by Holly Hartman

Chinese New Year is the longest and most important celebration in the Chinese calendar. The year 4709 begins on 2/3/2011.

Chinese months are reckoned by the lunar calendar, with each month beginning on the darkest day. New Year festivities start on the first day of the month and continue until the fifteenth, when the moon is brightest. In China, people may take weeks off from work to celebrate the New Year.

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

Happy cold day! I was born and raised in northern Wisconsin, so I KNOW snow! But this cold - WOW! I've hunkered down in my cozy little apartment with my cuddle bug fur face (the celebrated terrier named Jack) for the last 2 days and let me tell you, I'm glad for my little space heater and double layers of sweaters. I hope everyone survived the sub zero temps with no frost bite and you parents survived the 2 snow days from school.

Last month in our sister publication, Tranquility from AM Massage I announced that I would be hosting a reading club in our lobby. Well, of course a class that I've been waiting to join begins this week on the same night I had planned the Reader's club. So

now, here we are back to planning square one. If anyone is interested in meeting once a month to discuss books in general, books we can read together and discuss or just to have a cup of coffee and some cookies, let me know. I'm available just about any time except Thursdays. I have a class in the morning and my other class in the evening. Give me a call - we'll put a plan in action and read some good books.

Check my web site - [www.gypsy2008.com](http://www.gypsy2008.com) or give me a call at 303 549 3332. Once it's warmer, I'll be back in my office most days.

Namaste,  
*Trish*

## Ahh the New Year!

Just want to feel good, have fun and improve your physique? Come on upstairs and join us in a fast paced class of cardio kickboxing. Nothing relieves stress like hitting a bag, besides, you can learn some simple self defense techniques and take back your own power in a fun filled class with other people all working at their own pace.

No special equipment necessary, comfortable clothes, gym shoes and a smile are all that you need to bring with you. We will loan you gloves and provide you with a bag to hit. What more can you ask for? Oh, and did I tell you that you can take the first class for **free** and try it out for the perfect fit? Your own smile will be the first result!

Find your inner power, take control, challenge yourself and perhaps a friend? What a deal! Start now and avoid the summer rush to get in shape.

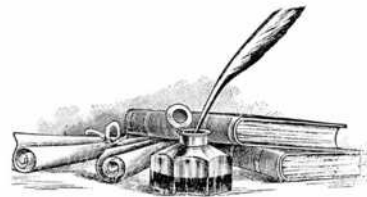
**Make this your new mantra for 2011, "New Year- New Rear! Healthy heart and a happy spirit!"**

Oh, and BTW, have a very  
**Happy Valentine's Day!**






### Hopping into the New Year

Legend has it that in ancient times, Buddha asked all the animals to meet him on Chinese New Year. Twelve came, and Buddha named a year after each one. The people born in each animal's year would have some of that animal's personality. Those born in rabbit years are popular, compassionate, and sincere. Francis Ford Coppola, Michael Jordan, and Drew Barrymore were all born in the year of the rabbit.



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

# February 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 Chinese New Year	4	5 Fast Defense Seminar - Kids Hapkido Seminar
6	7	8	9	10	11 Parent's Night Out	12
13	14 	15	16	17	18 Full Moon	19
20	21 President's Day	22	23	24	25 Leadership Team Training	26 CAMA Tourney
27	28	 Focus of the Month: <b>BO</b>				

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### Coming in March:

- 3/12 Leadership Team Training
- 3/12 BJJ Seminar
- 3/17 St. Patrick's Day
- 3/21-26 Stripe Class Week
- 3/26 Fast Defense - Adult Seminar



Focus of  
 the Month:  
**Nunchaku**