

kicksRus

A PAMA Journal

Volume 2, Issue 3

March 2011

Welcome

To the newest members

Collin Barnett	David Knapp
Melinda Bray	Brian Knapp
Mike Callahan	Brian Lehner
Damon Callahan	Zoey Lynch
Laura Coburn	Dylan Miller
Taylor Coburn	Kathy Miller
Deegan Corrigan	Anah Miller
BettyJo DiTullo	Tiffany Ottley
Lawson Enley	Parker Ottley
Aidan Gilbreth	Gil Rivas
Marcy Gutierrez	Laura Tatum
Tonjia Harris	Melissa Welch
Mehgan Kelly	

HAPPY Birthday TO:

Shea Barrington	3/2	Carson Odden	3/19
Mason Matous	3/2	Sheila Klados	3/23
Betsy Koch	3/3	Scott Penrod	3/24
Ian Stanford	3/5	Sam Rosnik	3/24
Finnegan Saunders	3/5	Matthew Rivas	3/24
Cole Brownjohn	3/8	Noah Gerwinat	3/25
Raimi Close	3/9	Jake Lung	3/26
Miriam Zoole	3/10	Ann Atkinson	3/27
Martin Villalva	3/10	Jade Smith	3/27
Katelyn Martin	3/11	Connor Martin	3/27
Katia Gerwinat	3/12	Owen Pointer	3/27
Maddelynn Hoppe		Colton Saunders	3/28
	3/13	Sam Ross	3/29
Michael Ferber	3/15	Tyler Sinclair	3/29
Matthew Tomkowicz		Brandon Sinclair	3/29
	3/15	Tonjia Harris	3/30
Charlie Leary	3/15	Sheila Badovinac	3/30
James Beaudreau	3/16	Connor Walker	3/31
Tristan Gilroy	3/16	Peyton Loya	3/31
Erica Funk	3/17		
Kim Schorege	3/19		

Focus of the Month

Many theories surround the origin of the Nunchaku. Some say it descended from a rice flail, a night-watchman's rattle, or maybe a tool for barking banana trees. Despite this disparity of origin, they are now defensive weapons which are said to possess a unique spirit and character.



Nunchucks have been a popular weapon in movies related to martial arts, particular in Bruce Lee movies. In western pop culture, nunchucks are often portrayed as a Japanese weapon favored by the ninja, but it was only introduced to mainland Japan in the early 1900s.

- Teenage Mutant Ninja Turtle Michelangelo uses a pair of nunchucks.
- Thundercat Panthro uses a pair of nunchucks.
- Marvel Comic superhero Daredevil often uses nunchucks, in the form of a billy club that splits in the middle with a connecting cable, as a weapon.
- From the television series Charmed, Billie Jenkins often used to practice with a nunchucks made of metal, being able to effectively use it in combination with her telekinetic powers.
- On the TV series The Boondocks, nunchucks are used by a few characters, including Colonel H. Stinkmeaner, Huey Freeman, and Uncle Ruckus.
- Maxi from the Soul Series of weapon-based fighting games always uses a variety of nunchucks, his primary set always being a black nunchucks called "Soryuju," which means "Gathering of Revived Dragons."
- Selphie Tilmitt from a video game Final Fantasy VIII wields nunchucks in battle.
- Might Guy, from the anime and manga series Naruto, uses nunchucks as a weapon, as does his student, Rock Lee (who is a character formally based on Bruce Lee), and while Guy's were actual nunchucks, Lee's were made from his leg weights, and also could connect to form a bo staff.
- Bruce Lee famously uses a pair of nunchucks in the film, "Fists of Fury".



**PARKER ACADEMY
OF MARTIAL ARTS**

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Black Belt Report



Hey - The 3 School candidate list is out - as of the first part of February, there will be 62 (yes, sixty two!) testing on April 30.

Here's how it breaks down:

FMAC has 5 first degree
3 second degree
3 third degree
for a total of 11 testing.

UMAC has 14 first degree
2 second degree
for a total of 16 testing

PAMA has 15 first degree
15 second degree
4 third degree
1 fourth degree
for a total of 35 testing

WOW! No wonder we have so many folks running around our 1 mile 'track'!

The dedication and perseverance I see are amazing. I keep saying that - sorry - but my poor 'non sport' body rebels when I even THINK about what all of you do routinely.

Remember to get your pictures and bios in to me ASAP. I'm formatting the book this week, so they will have a nice, neat home to fit into as soon as they arrive in my in box.

That e-mail (in case you've forgotten or misplaced it) is

trish@gypsy2008.com.

Message of the Month from Mr. Turnquist

MESSAGE OF THE MONTH:

Respect

There is an old saying that the stalk of rice that carries the most grain, bows his head the lowest. I think this concept is true in the martial arts as well. The best martial artists I have ever seen are the most humble of all.

It is said you must learn to give respect before you can earn respect. In the martial arts school, we teach the students to show respect by the way they address their seniors and bow to them. We also teach them to respect their junior students by accepting the responsibility of their growth and helping out.

Steeped in martial arts culture, a student should bow to the senior person when he enters the training hall and also when he

leaves. This sign of respect is important in that the senior person is in charge of the floor, and needs to know who is still in the training hall and who has left. It is customary to bow to a teacher before and after asking a question, or if being used to demonstrate techniques with - a high honor in most schools.

Again this custom keeps order in a school, and teaches important lessons in respect, but it is also for self defense. There is an old saying to be close to your friends and be even closer to your enemies. By being respectful to all people at all times, you will definitely reduce the number of enemies and people that may want to harm you. Respect is the ultimate proactive self defense strategy.

It is very important to show respect to instructors and parents.

TAI CHI AT PAMA!

By Teresa Ippoliti



Be sure to sign up for the new Tai Chi classes beginning in March. This will be an ongoing class - one you can join at any point. Your punch card allows you to miss a class and still get your 6 sessions.

New Pricing:

6 sessions for \$55

Get your punch card at the front desk.

Call Teri for more information

720 - 315 3348



FREE

Meditation Class

3/15

7PM

Suite 202

FREE



Kicking it Around by Sheila Klados

March is here. In like a lion and out like a lamb? Who knows, we cannot control the weather that's for sure. So, what can we control? Take control of your health by doing regular physical activity which will help prevent heart disease and stroke by strengthening your heart muscle, raising your high-density lipoprotein (HDL) levels (good cholesterol) and lowering low-density lipoprotein (LDL) levels (bad cholesterol) and also by improving blood flow. Regular exercise is proven to lower your blood pressure, by increasing your heart's function enabling it to pump blood throughout the body in a more efficient manner. In other words, thereby maximizing each pumping action.

Okay, so how can you achieve this goal? Well, by regular aerobic activities and by strength training 3 X a week. Yes, you do need to put those Twinkies down and pick up perhaps an apple? Put that remote down and come to --- -- umm perhaps a PAMA class? Talk to your doctor and inform him of the chosen exercise diet regimen to make sure that what you select, will be good for you at your current fitness level.

PAMA has great classes available to help you reach your fitness goals. Try an invigorating class of kickboxing? How

Fitness will look so good on you

about a combination of strength training and an aerobic kickboxing class? Best of both worlds would be a combined program of cardio and strength training. Come on upstairs and try punching out a new workout routine. Fun, fast paced, or at your own speed with great instruction from 3 certified trainers. Want to have more confidence and feel your own inner power? Want to have fun with other friends in class?

Let's face it, you can't beat free, right? Come on upstairs and try out a **free** class. All you need is a smile and to open a door to a fun filled workout. Knock out some of the St. Patrick party calories ahead of time. Get ready for summer, some day it will be here. (It is not that far away, you know.) Let the instructors know you are trying a class out, wear comfy loose fitting clothes and a smile on your face, you'll be good to go. Fitness will look so good on you.

Oh, BTW : Happy St. Patrick's Day

HAVE A HAPPY DAY, SHEILA K!

From Mrsmac

I know I'll probably get yelled at for this, but I can't let the opportunity go by since it only happens once a year.

March 23 is our good friend Sheila K's birthday. (see above

for her monthly column.)

Sheila is one of the busiest people I know and yet I can always count on her to get her column in early and nearly perfect. She is a joy to

work with and I hear she is fabulous on the kickboxing floor (which is one of the reasons I don't take her class!)

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

Where's our winter? I have a friend in Northern Wisconsin who says we've sent it to them. Seems like every week she's posting snow pictures on facebook. Will we make up for it in March? Probably.

I'm leaving the books on the column again this month because I want to issue an invitation to you. I have begun a Writer's Clinic class on every other Monday morning - next class is 3/7 at 10:15. We have 5 brave souls so far learning and discussing writing projects. I'd like to have an even dozen in the class. This is designed so you can jump in at any point and get support, critiques, or just get a start your writing project. We have everyone from former journalists to a gentleman who has

never written anything but letters home from Viet Nam. There's a poet and a couple of people who want to write their memoirs for their family. It's a good mix and we sure have a lot of fun.

So come join us in Suite 202 and have a cookie and a cup of coffee or tea. We'll get some books out in the world and have some good fun while we're doing it.

Support those Black Belt Candidates. They amaze me!

Namaste,
Trish

PS: Let me know what you think of my new logo. It's on the back page by the calendar.



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

March 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	
6	7	8	9	10	11	12 Leadership Team Training BJJ Seminar
13 Daylight Savings time Begins	14	15	16	17  St. Patrick's Day	18	19 FULL MOON
20 First Day of Spring	21	22	23	24	25	26 Adult Fast Defense
Stripe Class Week Stripe Class Week Stripe Class Week Stripe Class Week Stripe Class Week Stripe Class Week						
27	28	29	30	31	Focus of the Month: Nunchaku	

Produced by

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Coming in April:

- 4/2 Personal Protection Conference
- 4/09 Hapkido - Color belt testing
- 4/09 Belt Testing White through Red 1
- Buddy Board Break for WYO
- Star Celebration
- 4/15 Belt Testing Make up
- 4/22 Bo Stripe Testing - Black Belts
- 4/25 Group Picture day
- 4/28 Individual Picture Day
- 4/30 **BLACK BELT TESTING**

 Focus of the Month:
Creative Forms