

k i c k s **R** u s

A PAMA Journal

Volume 2, Issue 9

September 2011

Welcome

To the PAMA Family

Timothy Alvear	Ivan Magnusen
Finn Bates	Nandan Murugesan
Jeff Becko	Stephanie Payne
Camden Buehler	Alex Robertson
Bella Byington	Colby Rukavina
Austin Courtright	Mia Speights
Abby Ferrin	Jillian Tolson
Briana Ferrin	Ryan Wilson
Adia Hinds	Zane Wilson
Eric Jacob	Cameron Zaldatte
Julie Anne Kelty	Jacob Zaldatte
Devan Klaus	Denise Zweygardt
Hope Laping	

HAPPY BIRTHDAY TO:

Judy Schliebe	9/1	Ashley Howells	9/23
Mike Tarin	9/2	David Selden	9/24
Xander Smith	9/2	Reece Leikam	9/24
Hunter Suydam	9/4	Amy Over	9/26
Levon Fuhr	9/4	Tony Panza	9/26
Matthew Lyndon	9/7	Benjamin Rathje	9/28
Caleb Laping	9/8	Dan Hartman	9/28
Matthew Lord	9/12	Darren Reichler	9/28
Alexander McRae	9/14		
Joey Petrucelli	9/14		
Angel Figueira	9/15		
Keaton Reiman	9/15		
William Binder	9/15		
Erin Yost	9/16		
Nita Cronin	9/16		
Giovanni Natale	9/18		
Tori Thorp	9/21		



Exciting news!!!

A Message from Master Luft



PARKER ACADEMY OF MARTIAL ARTS

Everyone,

I am very pleased to announce some exciting changes that will continue to make PAMA a great place for families to train.

Our focus, more than ever, will be to deliver our core values and our promise to every student

CORE VALUES - OUR PROMISE

QUALITY TRAINING
FAMILY CULTURE
SELF DEFENSE
CONFIDENCE
INTEGRITY
RESPECT
FITNESS
FUN

ANNOUNCEMENTS:

Mike and Jen Ferber have joined me in partnership. The Ferber family (Mike, Jen, and their daughters Hailey and Reese) have trained at PAMA for over 4 years. Mike, Jen, and Hailey have their Black Belts and Reese is on her way. They really demonstrate strong loyalty to PAMA and I am excited to have them assist with making our school even stronger in delivering the core values.

Master Turnquist will continue as Chief Instructor and will oversee all classes. He is in the process of getting his teaching degree which means he will be spending less time during the day at PAMA. You will receive more emails from Jen. Chris will continue to ensure consistent and quality training.

Michael LeMere will spend more time instructing and focus on student progression while John Dalessandro takes over front desk operations.

Many thanks to all of our instructors and junior leaders who continually provide the fantastic loyalty and great training. We have a wonderful family environment. I promise we will become better than ever.

Best Regards! Please look for exciting things to come,

Master Luft

Tim@kicksRus.com

www.KicksRus.com



PARKER ACADEMY OF MARTIAL ARTS

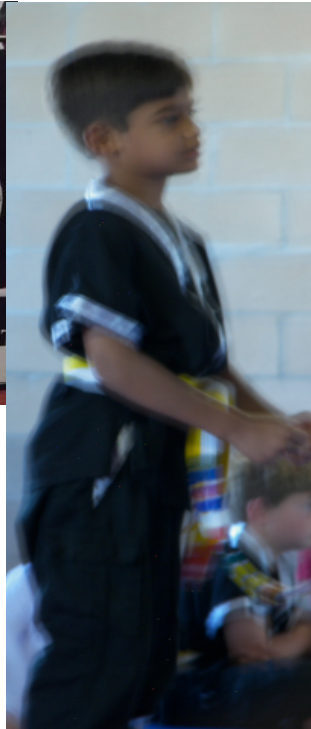
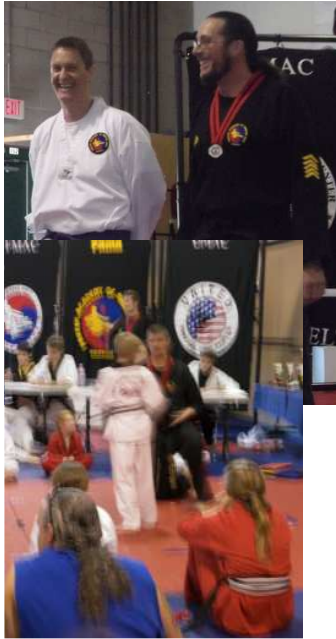
www.KicksRus.com © 303 841 0515

If you haven't visited the website lately, be sure to check it out. It's getting a new look and some fresh pieces. Be sure to click on the box to see the montage of pictures from the last Black Belt testing. It's amazing and just the music is worth listening

to let alone seeing the fantastic photography of our own Paul Minne.

In case you missed any past newsletters, click on the link below the box to view an archive of past issues.

CAMA Tourney August 2011



I'm sure there's someone out there who can take better pictures than I can. PLEASE for the sake of our readers volunteer for this task. You will receive a free 1 year subscription to the KicksRus PAMA Journal.




Michael LeMere, LMT
AM Massage
303 204 3554

Grand Champions:

Black Belt
 CDB
 Brown-Red
 Purple-Green-Blue
 White-Yellow-Orange
 Ninja

Andrew Koneman, UMAC
 Justus Jamison, FMAC
 Isaac Ingalls, PAMA
 Jared Brinkerhoff, PAMA
 Kailey Horton, PAMA
 Evan Godin, UMAC

Message of the Month from Master Turnquist

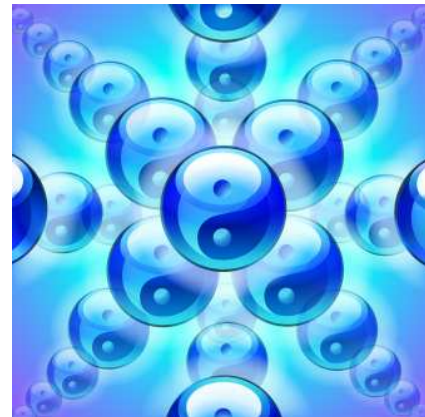
MESSAGE OF THE MONTH:

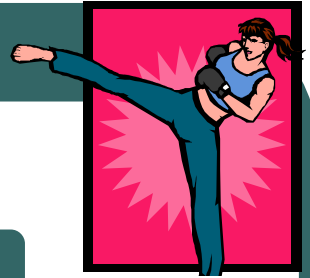
Repetition

100 Times Theory: Practice something 100 times to build muscle memory.

This month, I want you to find something new in martial arts that you have learned or maybe something that you just need more practice. It could be a kick, chamber, form, self-defense, and so on. Write what you are going to do 100 times this month.

What are you going to practice 100 times?





Kicking it Around

by Sheila Klados

Plateau Blues

Just about everyone reaches a weight loss plateau at some point in a fitness program. The reason is that your body does not like to lose weight (I'm guessing this is not really news to most of us.) When you have a weight loss your body slows down and eventually may stop losing, even though your exercise and diet stay status quo. The efforts you make to burn more calories can make the body slow down in the burning of them. This is because, simply put, it takes calories to burn calories. Lowering your calories too much and decreasing your food intake too much will make your body lower its metabolic rate.

It is wise to change up your exercise and eating regimen every now and again.

That said, it is wise to change up your exercise and eating regimen every now and again so the body is virtually "tricked" into being a mean burning machine. Keep your calories slightly below your maintenance calories so your energy and metabolism remain high.

Here's where we can help you. We have 3 certified trainers upstairs in the cardio room at PAMA. We have exciting energy building, fun classes to choose from and are always available to help you meet your individual fitness goals. Each trainer spends a good deal of time trying to keep their classes fresh, fun and different.

Try out a program of gaining!

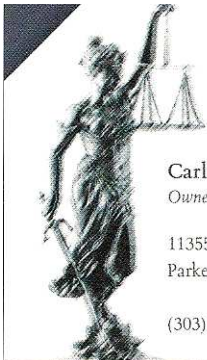
Yes, that is right, you can gain so many wonderful things for yourself. You can gain self-confidence, friends, and even gain pure determination and strength. (Besides, your first class will be free.) What have you got to lose?

Improve your quality of life for now and later, while being a role model for your children. Show them how important and fun exercise and strength are to you. It is an investment in your own future and theirs. Be on the right track, gaining in the right way. **Knock out** a great workout in 60 minutes. Come on up and see us sometime! (As always, check with your doctor before starting any new program.)

**Remember
Nothing tastes as good as being
fit will feel, and look on you!**

Posted on facebook by Paul Minne: "According to Colorado Runner magazine, my wife has the 5th fastest marathon time for her age group in 2011 (for Colorado women)...look out Berlin Marathon here she comes!!!"

Kris will run the Berlin Marathon in September.



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Black Belt Report



The Black Belt class is heating up. They participated in the CAMA Tourney on August 20. The entire candidate group is busy running, crunching, helping, and everything else required. The upper levels are practicing musical forms and doing even more to prepare. Keep those books up to date and keep on running.

It's not too early or too late to get your bio and picture in to me. You're too late to be the first with a picture. I received that in mid August. Remember, about 200 words focusing on your journey to Black

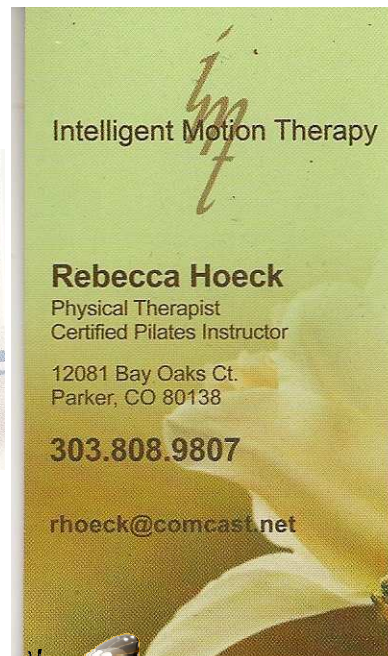
Belt will do the trick. I'll make it fit and polish it if needed. This time there will only be a CAMA book, no book just for PAMA.

If you've ever wanted to write a novel, memoir, inspirational story, poem, whatever, here's your chance for the support you need.

Join the Gypsy Writer's Clinic beginning Sept 19 at 10am at the Parker United Methodist Church.

Call Trish for more information. This is a support group, so all levels are encouraged to participate.

303 549 3332



New Faces on Staff at PAMA

You may have noticed a change in staffing lately at PAMA. So here's the rundown:

Kristen Chessnoe has taken on marketing and Public Relations for PAMA. She will be coordinating the school presence at Parker events, seeing the booths are manned and keeping folks happy and in the loop as events are planned and unfold.

Kristen and her family are all training at PAMA. The girls, Kayla and Lexi, are active and participated in the recent CAMA Tourney. Ryan is our best spokesperson (anyone speak 18 mo. old?). His happy face makes all who see him smile. He already has one of the best kihaps I've ever heard. Her husband Nick is also training and participating in the PAMA family in many ways.

Help Kristen out by letting her know of any upcoming opportunities for us to show off our 'stuff'.



Ryan Chessnoe

The only person who applauds when I play the piano. I think it's because I stop, though.

Our future Black Belt. Look out Dragon class of 2013!

John Dalessandro is the face of PAMA on the front desk Monday thru Thursday from 4PM to 7PM. He greets students as they come in for class, answers the phone, enrolls new students, solves problems, maintains the front area, and places orders for the store. Wow! I think I'll bring him a cup of coffee this afternoon.

John and his children are full time students who are a wonderful part of the PAMA family.



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The Revenge of Water, Part 2

Excerpted from *The Big Thirst*, by Charles Fishman

The largest single consumer of water in the United States, in fact, is virtually invisible. Every day, the nation's power plants use 201 billion gallons of water generating electricity. That isn't water used by hydroelectric plants -- it's the water used by coal, gas, and nuclear power plants for cooling and to make steam. U.S. electric utilities require seven times more water than all U.S. homes. They use 1.5 times the amount of water used by all the farms in the country. In fact, 49 percent of all water use in the United States is for power plants.

Toilets and electric outlets may be stealthy consumers of water, but they at least serve vital functions. One of the largest daily consumers of water isn't a use at all. One of every six gallons of water pumped into water mains by U.S. utilities simply leaks away, back into the ground. Every six days, U.S. water utilities lose an entire day's water. And that 16 percent U.S. loss rate isn't too bad - British utilizes leak 19 percent; the French leak 26 percent.

There is perhaps no better symbol of the golden age of water, of the carefree, almost cavalier, attitude that our abundance has fostered. We go to the trouble and expense to find city-size quantities of water; build dams, reservoirs, and tanks to store it and plants to treat it; then we pump it out to customers, only to let it dribble away before anyone can use it.

Every six days, U.S. water utilities lose an entire day's water.

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

OK, I'm climbing up on my soap box to voice a rant. A few days ago as I was headed home I spotted a driver in an SUV with a BOOK balanced on the steering wheel. Attention went from the busy traffic around the driver and back to the book, which claimed attention for several seconds at a time.

Maybe I'm old fashioned, but I believe when one is piloting a multi-ton potential for danger, it requires ones total attention.

- Put your make-up on at home.
- Eat in the dining room.
- Read on your break.

And don't get me started on cell phone use while driving. I'll sum that up in one succinct phrase:

HANG UP AND DRIVE!

I'm climbing down now. Thank you for your attention.



All in all, it's been a beautiful summer and looks like a great autumn, which is my favorite time of year. You all know I'm crazy, but I'll prove it one more time: I really like thunderstorms. And did you see those rainbows this summer? Stunning!

Have a great September - I know all the Moms who have kids back in school are dancing in the back yards.




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

September 2011

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

Sun Mon Tue Wed Thu Fri Sat

 Focus of the Month: Escrima				1	2	3 Closed for Labor Day
4 Closed for Labor Day	5	6	7	8	9 6 PM Kicks & Tricks Seminar	10
11	12 Full Moon	13	14	15	16 Parents Night Out Demo	17 Leadership Team Training
18	19	20	21	22	23	24 Fast Defense Adults
25	26	27	28	29	30	

Produced by

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Coming in October:

- 10/08 Belt Testing White - Red
- 10/08 Star Celebration
- 10/13 Black Belt Stripe Testing
- 10/15 Black Belt Testing
- 10/28 Halloween Party, Demo
- TBD Pictures with Paul

