

k i c k s R u s

A PAMA Journal

Volume 2, Issue 12

December 2011

HAPPY HALLOWEEN

It was a scary, spooky, GOOD TIME along with contests. We had a guess the M&M's and the Packer Football dude won it. His guess was off by 31. Cutest, scariest, goriest, most original, most creative and best baby contests were the delight of the evening.

This was our biggest turnout to date. Thank you to Mr. Michael and all his helpers who set up, cleaned up and worked the event. They had a good time, too.

We collected a truck load of canned and boxed goods to donate to Parker Food Bank. YEAH!!



HAPPY BIRTHDAY TO:

Connor Hall	1	Morgan Jorgensen	15
Kyra Kauffman	1	Willy Cornejo	16
Nikolas Close	1	Kristy Lawson	18
Aleric Edinger	1	Mary Meade	19
Bella Byington	2	Nick Chessnoe	19
Zane Macias	2	Akshant Lanjewar	19
Abby Moore	3	Chase Leikam	20
Tyler Willis	4	Rich Foster	21
Hannah Miner	5	Jacob Zaldate	21
Jillian Tolson	7	Ainsley Rudd	23
Lance Ingalls	8	Josh Bulawa	24
Rebecca Miner	8	Caraline Williams	24
Jake Brown	10	Tim Luft	28
Justin Whitehead	10	Kirk Ottley	29
John Foster	11	Richard Esparza	30
Isaac Ingalls	13	Stephanie Payne	30
Zane Wilson	13	Parker Ottley	30
Brayden Parsons	14	Aaron Fort	31
Hope Laping	14	Brayden Sandoval	31
Ryan Wilson	14		



REFERRAL PROGRAM

Do Your Friends a Favor and you may win an IPOD Touch. Refer three or more people to PAMA for a chance to win an IPOD TOUCH!

The person with the most referrals between October and January will win the IPOD TOUCH.



**PARKER ACADEMY
OF MARTIAL ARTS**

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A Leader in Training

By Cameron R. Rowley (Age 9)

Leadership is when you show another person the way, like when you're showing someone where to go or how to do things. You have to be a good and honest person to be a leader. You also have to know where you are going or what you need to accomplish to be a leader.

Ever since I was a white belt I have wanted to be on the PAMA Leadership Team. I have always thought it would be really cool to be a Master and teach lots of classes. I like teaching people and I like how it feels to be respected, just like I respect my teachers. When I was a Cho Dan Bo I had to help teach 10 classes. I loved teaching the little Dragons. In the past year I've also helped teach at the North Star Academy after school program for Taekwondo. I really enjoyed helping out. It made me feel like I was already on the leadership team.

Now that I am a black belt I really look forward to being on the leadership team. One of the main reasons I want to be on the leadership team is because when I am older I am going to be a military officer. Being on the leadership team will help me teach people how to do things, just like I'm going to teach people in the military how to do things. I have the responsibility to teach well and respectfully. Being a leader in the military is just like being a leader in Taekwondo. I know that because you tell people what to do, you watch how

they do it, and you help them fix their problems if they didn't get it right.

Being a leader to me is a special opportunity to do good things in life. As a military leader I hope to make good changes and peace throughout the world. On the PAMA Leadership Team I will be learning how to be a leader while being a leader to others.

Leadership Certification

Becoming a Black Belt is goal fulfilling! It's about completing an accomplishment as well as just plain exciting! Now that you are a black belt, help someone else complete their goal by joining the leadership team! Becoming an instructor or even an assistant instructor is a very rewarding job for both yourself and those you help. Ask about how you can become a PAMA instructor today! Adult certification will be held Saturday, December 3rd 8am-3pm. All other instructors will gain on-hands training through a 12 month program.

Message of the Month from Master Turnquist



MESSAGE OF
THE
MONTH:

Goal Setting

The importance of goal setting:

The goals we set are the goals we get. An amazing thing happens when you write down your goals – they come true. It's the first part of the Black Belt Cycle of Success – Know what you want

The importance of writing down goals—

Harvard graduates participated in a 20-year research project. The researcher interviewed the graduates about their goals and determined that only 2% of the Harvard graduates had written their goals down

Twenty years later the same researcher interviewed the same graduates and found that the net worth of the 2% that had written down their goals exceeded the cumulative wealth of the entire rest of the graduating class.

Effective goal setting:

- S** – Significant (important)
- M** – Measurable
- A** – Achievable
- R** – Recorded
- T** – Time-sensitive

By recording your dreams and goals on paper, you set in motion the process of becoming the person you most want to be. Put your future in good hands – your own.

Mark Victor Hansen

The reason most people never reach their goals is that they don't define them, or ever seriously consider them as believable or achievable. Winners can tell you where they are going, what they plan to do along the way, and who will be sharing the adventure with them.

Denis Watley

When defeat comes, accept it as a signal that your plans are not sound, rebuild those plans and set sail once more toward your coveted goal.

Napoleon Hill





Kicking it Around

by Sheila Klados

Well happy Holidays to all of you

Yes, the year went by fast, as it always seems to do at this point! Everyone is busy with holiday planning, vacations, parties and lots of buffets and drinks of choice. Are you rushing around, skipping meals, eating and drinking all of the wrong things? Maybe you should consider a new program of wellness?

Have you thought about giving a gift of health to yourself or a loved one? May I suggest a PAMA gift certificate? There are great programs to choose from. Why not try something new, for example, kickboxing upstairs at PAMA. We have a super program that you can modify to your own fitness level. If you need support to achieve those goals, just ask one of the three certified trainers upstairs. We are always available to help you modify for any injuries and to progress farther than you probably would expect in a relatively short time.

Did you know that brain health is also supported by exercise? New connections form in the brain when balance challenges are met. Add cardio to your routine and functional exercise as well for optimal health benefits! Being overweight and not getting enough physical activity has been proven to be a risk problem. (Did you know that the plaque forming in arteries begins to form in adolescence?) Given all of the studies done, this along with other risk factors seriously does matter! What do you want the rest of your life to look like?

Come on upstairs and belt out a fast paced cardio or strength training workout. It will pick up your spirits as well as support your cardio and brain health. Be in super role model for your children and the rest of your family. Come up and see one of the cardio instructors to begin a knockout workout. Your self esteem, mood, and overall health will improve significantly.

Don't you deserve a great life now and for the future? We can support you and work out every major muscle group in your body. In turn, you will be able to deal positively with the stresses that holidays bring upon most of us. WIN ! WIN! all around!

Don't say you are too busy, because all of us can squeeze in one hour for ourselves several times a week. Oh, and the first class is free! No contracts to sign. Can you beat that for a gift of health?

Remember, nothing will taste as good, as being fit will feel and look on you. Remember to check with your physician before beginning any new exercise program.

Twas the month after Christmas...

Twas the month before Christmas,
and all through the house,
Nothing would fit me,
not a shirt or a blouse.

The cookies I'd nibbled,
The chocolate I'd taste
So many fun parties
had gone to my waist.

When I got on the scales
There arose such a thunder
I walked to the store
To reduce this large number!

I'd remember the marvelous meals I'd prepared;
The gravies and sauces and beef nicely rare
The wine and the rum balls, the bread and the cheese
And how I would say, "pass the platter again, please!"

As I dressed myself in my favorite big shirt
And headed outdoors to do battle with dirt...
I said to myself, as I only can,
"I can not spend this Winter out of shape, as I am!"

So, away with the last of the sour cream dips.
Get rid of the fruit cake, the crackers and chips.
Every last bit of food that I like must be banished
Till all the additional pounds have been vanished.

I won't have a cookie, not even a lick.
I'll only now chew on a long celery stick.
I won't have hot biscuits, or corn bread, or pie.
I'll munch on a carrot and quietly cry.

I'm hungry, I'm lonesome, and life is a bore...
But isn't that what PAMA classes are for?
Unable to giggle, no longer a riot,
Healthy New Year to all, and to all a good diet!



**Happy Holidays to all.
Be safe !**

Black Belt Report



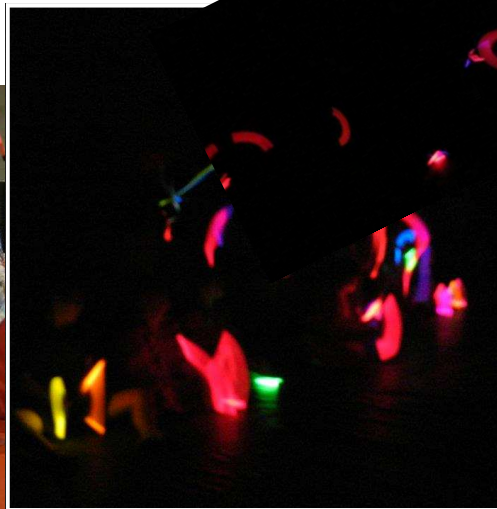
The Black Belt Celebration was incredible. So much food, so much fun, so much talking. My feet hurt for days!

Not too much happening now, CDB testing for the next group testing in April is Dec 8, with the 16 week program beginning in January with a kick off meeting on Dec. 10. I hope the weather is good for you guys - but then, you ARE Black Belts (or almost) so a little snow shouldn't slow you down.



Glowing Weapons Spotted at PAMA

No, it wasn't aliens taking over our school, just the most fun with a pair of Nunchucks - make that Glow Chucks. On Nov 18 the lights were out, but we were all home watching the magic in the night. Here's a couple of pictures in case you missed it.



Forms and Board Break Tournament December 17th

This will be an internal tournament to help you grown in confidence and show what you can do. These tournaments are great preparation for testing and besides, they are tons of fun. Come join your friends and you may take home a medal or a trophy to show your friends.

As always, check with the front desk for sign up and times for your belt rank, age group.



Parent's Night Out December 9

We'll be screening the Smurfs. The kids always have a great time and so will you on your date, shopping, wine tasting, etc. At \$20/child, for 6:30 to 10, it's a bargain. Check the front desk for more info.

If you are a teenager and would like to help out this evening to earn Star Points, please contact Chris Turnquist

From the Editor's Desk

Happy December!

I Googled December Holidays and boy did I find some! Here is the shortened list of those that caught my eye.

December is Hi Neighbor month as well as Read a New Book month.

- 12/1 Eat a Red Apple day (put down that Granny Smith!)
- 12/4 Wear brown shoes (why???)
- 12/6 St. Nicholas Day - St. Nick was a Greek priest who liked to give gifts. He would put coins in shoes left out for him.
- 12/7 Pearl Harbor day - Tell a veteran thank you
- 12/10 Nobel Peace Prize Awarded - I'll be in Sweden
- 12/12 Poinsettia Day
- 12/16 Chocolate Covered Anything day - YES!
- 12/20 Hanukkah begins @ Sunset - Festival of Lights, is an eight-day Jewish holiday commemorating the rededication of the Second Holy Temple in Jerusalem
- 12/22 @ 5:30 AM Winter Solstice - The shortest day of the year or for you romantics, the longest night. (Don't catch cold, Mary)
- 12/25 Christmas - A Christian holiday to commemorate the birth of Jesus
- 12/26 Kwanza begins - a week long celebration held in the United States honoring universal African-American heritage and culture
- 12/31 New Years Eve or as my second husband always called it Amateur Night (he was a pro)

Wow! And that is only about a quarter of those listed. Whatever holiday you choose to celebrate, have an awesome December and be safe, but have fun.

Until next time -



PRIVATE LESSONS

Whether you need help with a form, want to learn how to better execute those basics or simply need a little push to be ready for testing, we have instructors who are ready to assist. This is a great way to get a little extra one on one help.

We offer multiple levels beginning with our Master Instructors down to our Jr. Instructors. We will help you schedule with the right instructor depending on your level. Stop by the front desk to schedule your lesson.

Healthy Eating

Part 2



If your children are like mine, their idea of a snack includes chips, candy bars and cookies. What about veggies? Well, only if they are dipped in ranch dressing or covered in cheese. Getting our children to eat healthy is always a challenge when there are so many other temptations available. A very helpful book on

this topic is *Child of Mine, Feeding with Love and Good Sense*. In the book, the end goal for children is to become self-reliant, self-controlled, content and cooperative. These foundations apply both to eating and life in general. This books helps you to show your child how to decline food when they are not interested in eating, have good table manners and be willing to try new foods.

We have all heard the words, "I don't like that!" the moment the plate is set on the table before a bite has even been taken. Children are reluctant to try new foods, especially when they don't like the way it looks. In order to give your child the opportunity to try different foods, it's important to offer new items on a regular basis. Try pairing the new food with something they like. Encourage them to try one bite, then teach them that if they don't like it to respond politely, but praise them for trying.

At our house, the girls know that we only make one meal at dinner and only one chance to eat. If they choose not to eat dinner, we don't force them. However, there is no snacking once the table is cleared or in-between meals. I've also found that if they help prepare the meal, they are more likely to try it.

This doesn't mean they don't want to eat in between meals, they are still children after all. I do encourage in these times to grab a piece of fruit or a small bowl of Veggie booty. They love that stuff!

Growing up as a picky eater myself, I understand the thought process from their perspective. It wasn't until I met my husband that I started expanding my palate. I realized that I wanted to help our girls develop healthy eating habits at an early age which will hopefully help them become healthier adults.



Healthy eating starts as a child. Teach your child to ENJOY broccoli!

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

December 2011

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

For the most recent Calendar updates go to: <http://www.parkermartialarts.com/calendar.html>

Sun Mon Tue Wed Thu Fri Sat

Black Belt Club Focus for Dec: Sparring/Musical Forms				1	2	3 Instructor Certification
4	5	6	7	8 Cho Dan Bo Testing	9 Parent's Night Out	10 Kick off meeting for BB Candidates
11	12	13	14	15	16	17 Forms & BB Tourney
18	19	20	21	22	23	24
Closed for Holiday Break						
25	26	27	28 Tim Luft turns 50!	29	30	31
Closed for Holiday Break						

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Coming in January:

- 1/1&2/ PAMA closed
- 1/7 April Black Belt Testing Program begins @ FMAC
- TBD Testing/Star Celebration
- 1/21 Competitive Sparring Team Seminar
- 1/28 Competitive Sparring Team Tryouts

Black Belt Club
Focus for
January:
Escrima