

k i c k s R u s

A PAMA Journal

Volume 2, Issue 11

November 2011

Black Belt Testing

What an incredible day! Everyone looked so wonderful out there - I'm always amazed by the degree of dedication and just plain endurance exhibited by the candidates. We only have room for a few photos, but it will give you an idea of what happened. I don't have IDs for everyone, sorry.

As always, a huge THANK YOU to Paul Minne for his excellent photos . I'll shout it from the PAMA roof -

YOU'RE THE BEST, PAUL MINNE!

Welcome

To the PAMA Family

Due to computer problems, the new student list was not available this month.

But we want to let you know how welcome each of you is to our PAMA family.

We will print the double list next month if we can convince the computer to share it's information.

HAPPY BIRTHDAY TO:

Dylan Gross	1	Skylar Bradley	22
Deborah Flipse	3	Jack Click	23
Lucas Webb	4	Jessica Galvez	23
Adam Natale	6	Noraa Fort	24
Carter Jansen	6	Alyson Kallas	24
Missy Matthews	7	Xander Kelty	24
Zachary Tomkowicz	7	Melinda Bray	26
Lori Echols	8	Luke Ingalls	26
Samuel Walker	12	Justin Jaslow	28
William Gibson	14	Kean Lloyd	28
Kayley O'Toole	17	Sebastien Natale	28
Sofia Garofano	17	Layton Bronley	28
Brandon Kohrt	19	Nate Binns	29
Alexander Minne	22	Ryan Mitchell	29



Inside this issue:

Color Belt Testing	2
Hapkido	2
Message of the Month from Mr. Turnquist	2
Kicking it Around	3
Black Belt Report	4
Healthy Eating	5
November Calendar & December Preview	6



**PARKER ACADEMY
OF MARTIAL ARTS**

www.kicksRus.com ☎ 303 841 0515

Color Belt Testing Pics



The Challenge of Hapkido

PAMA offers Hapkido for those who want more of a challenge than Taekwondo.

Hapkido is a dynamic and eclectic Korean martial art. It is a form of self-defense that employs joint locks, as well as kicks, punches, and other striking attacks. Traditional weapons are also used, including sword, rope, Nunchaku, cane, short stick, and staff depending on the tradition examined.

Hapkido contains both long and close range fighting techniques, utilizing jumping kicks and percussive hand strikes at longer ranges and pressure point strikes, joint locks, or throws at closer fighting distances. It emphasizes circular motion, non-resisting movements, and control of the opponent. Practitioners seek to gain advantage through

footwork and body positioning to employ leverage, avoiding the use of strength against strength.

There is plenty of room left in these classes. Check out the website for dates/times. Sign-up at the front desk.



MESSAGE OF THE MONTH:

APPRECIATION

Message of the Month from Master Turnquist

Appreciation is not only the greatest of virtues, but the parent of all others. Cicero

Appreciation is a wonderful thing: It makes what is excellent in others belong to us as well.

Voltaire

Not what we say about our blessings, but how we use them is the true measure of our thanksgiving. W. T. Purkiser

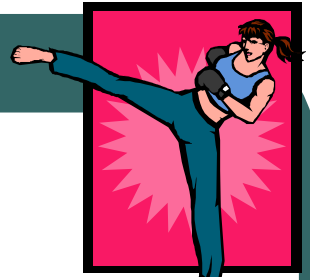
As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them. John F. Kennedy

Feeling gratitude and not expressing it is like wrapping a present and not giving it.

William Arthur Ward

Today is a gift, that's why they call it "the present"!

Showing our appreciation always makes people feel great! Show your appreciation to someone you know (maybe your parents or sibling) by doing something special for them. Maybe it is writing a letter, doing the dishes, making a meal, or what ever comes to your mind.



Kicking it Around

by Sheila Klados

that YOU can be? Talk to one of the instructors and tell them what you want out of a fitness program. Our instructors are certified and experienced and can help you choose a healthy and fun path.

Get Going!!

Almost another year has gone by since you made those New Year's Resolutions! How many of them did you make? How many did you try to keep? Last but not least, how many of them DID you keep?

We now know that regular exercise at any time during your life, strengthens your heart and keeps it performing more efficiently. **What does this mean to you?** Regular exercise will help you to maintain muscle tone, and flexibility of the muscle structure of your body. Exercise can build stronger bones in children and muscle tone for adults will support adult bones, making them stronger as well. Bone mass and muscle mass are important to maintain throughout life. You will not only have more strength with regular exercise, but you will have a better posture and balance, as well.

Ideally your exercise regimen should combine cardio and weight bearing or resistance, exercises. Lifting weights, doing floor exercises using body weight, or resistance band workouts, can all be incorporated into one program upstairs at PAMA. We will loan you wraps and gloves for cardio kickboxing and provide strength training to help you carry through on that commitment to your health.

What have you got to lose?

It is never too late to begin an exercise regimen, nor is it too late to think about good nutrition. Are you ready to be the best YOU

Take the stairs, upstairs at PAMA

What have you got to lose? The first class is free! Try it out, see how good being fit will feel. Bring a smile and a bottle of water, be ready to make new friends and have fun and great results.

As with any new program, check with your doctor to make sure any new form of exercise will work for you!

Burn calories,
not the turkey
BTW:
Have a great
Thanksgiving



**For those who have asked:
CDs of TKD forms are available.
Check with the front desk for pricing and availability.**



Star points are awarded for referrals. Do your friends a favor and get them started in Taekwondo and get some points for you.

Black Belt Report



Part of our Black Belt Candidate requirement is to write an essay on a topic assigned by their Mentor: I found this essay to sum up the meaning of Black Belt. If you would like your essay published, forward it to trish@gypsy2008.com and we'll do a series.

How will I use my 3rd degree in my life?

By Nick Luft, age 14

Belts aren't an object but a symbol that represents a state of mind. This state is achieved through leadership roles, community outreach, attitude and continued training. Everyone is different with his or her attitude and approach in training and these differences combine to create a unified martial arts community. With my 3rd Poom rank will come a greater responsibility to myself, everyone in my martial arts family (CAMA) and all that I encounter. The growth I have experienced from the time I started martial arts almost 9 years ago and even during this last 4 month test has been exponential. I intend to make a bigger difference in all areas of my life upon attaining my 3rd Poom.

I believe that with a higher rank comes a greater demand for leadership, respect and setting a good example of Black Belt behavior at all times. This applies not only within PAMA but everywhere I go. I will exhibit this behavior in school by respecting all students regardless of their relationship with me, and helping when I am able. I plan on taking a bigger role in soccer by becoming a stronger example of perseverance in training and following my coach's directions without fail. Within the martial arts community, I will continue to teach at PAMA, take on more classes if needed and helping others in their training.

Another way to affect my surroundings is by showing a positive attitude in all that I do. This will be a conscious effort on my part but the mental training I have completed in my black belt tests and during my martial arts journey have proven how important this is. To me, responsibility and attitude go hand in hand. When one is responsible, a positive attitude and leadership qualities shine. From my training I know that attitude is what you make of a situation. When I am in school, I keep my head up, walk into a classroom confidently and address everyone with great importance. One of the greatest challenges for me is internal perseverance to complete tasks such as homework and chores. In the future, I will use my training to achieve a higher focus within these areas. A positive outlook on life will get you everywhere!

Physically, working out every day and building the habits of daily exercise and strengthening have been a huge bonus in my life. I will continue my training and workouts so that I can maintain and increase my endurance and stamina. This will help me to show a good example of high athleticism to my martial arts family and friends.

Many people say the work is better than the reward. Although I am testing on a single date, I too believe the work getting to this date was a gift. I feel stronger, more confident, respected and am able to impart those same feelings to others. My training has given me the power to realize I can make a difference in this world and I can't wait to get started!




Belt Testing Food Booth

Thank you to Jade Brownjohn, Jordan Rowley, Hailey Ferber (pictured), Jordan Disnute and Reese Ferber (not pictured) for helping run our food booth during testing on October 8, 2011. All helpers will receive 3 Star Points for their volunteering efforts




**What a great idea
for a Holiday gift!**
Custom Comfort LLC

MARY MEADE




**BLACK BELT
10/17/2009**

**SKYLAR
ELENBAAS**



**BLACK BELT
4/24/2010**

**MACKENZIE
ALBRECHT**



**BLACK BELT
4/24/2010**

Custom fleece blankets

**Designed by YOU
Made by Me**

What a great gift - a warm, soft blanket designed especially for that special person. Choose your own colors, wording, and design. Large 5' x 8' size. Make it uniquely yours.

Check on the availability of your school's logo.

These make great coach and mentor gifts!

Contact
Jan Miller
for more details.

303.503.1693

Jan@CustomComfortOnline.net
www.CustomComfortOnline.net

Healthy Eating

Part 1



With the Holidays coming up, it becomes harder for adults to adhere to the healthy eating rules that we try so hard to install in our children. This is a tough time of the year with candy hanging out around the house, a multitude of pies and sweets being prepared for Thanksgiving feast and then candy canes hanging out all over a tree sitting right in the house!

Most health experts recommend eating a balanced, healthy diet to maintain or to lose weight. But exactly what is a healthy diet?

The basic components include the right amount of:

- Protein (found in fish, meat, poultry, dairy products, eggs, nuts, and beans)
- Fat (found in animal and dairy products, nuts, and oils)
- Carbohydrates (found in fruits, vegetables, pasta, rice, grains, beans and other legumes, and sweets)
- Vitamins (such as vitamins A, B, C, D, E, and K)
- Minerals (such as calcium, potassium, and iron)
- Water

(bullet points taken from Women's Health)

There are so many benefits to eating healthy: It helps you keep a healthy body weight, gives you more energy to enjoy all kinds of physical activities, as well as helps support your heart. There are studies that suggest what you eat affects your mood. A good balanced diet ensures you get the nutrients needed for your brain to function.

Portion control is a struggle for many Americans. It's hard to miss that portion sizes in restaurants have gotten larger in the last few years. This trend has spilled over into the grocery stores and vending machines as well. An "individual" size bag of chips can easily feed more than one person. We can take control of our intake by sharing a meal at a restaurant with a friend or ask the wait person for a "to-go" box and wrap up half of your meal before you begin eating. To minimize overeating from that bag of chips, don't eat straight from the package. Instead, serve the food in a small bowl or container.

As you sit down with your family on these festive Holidays, don't deny yourself a taste of your favorite treat. Just keep the portion to a minimum. Instead of piling your plate with all of the goodies, start with a small taste of everything. You may find yourself full, but not stuffed at the end of the meal.

From the Editor's Desk

How in the world did it get to be November already? With so much going on at this time of year, the Newsletter is packed, but I wanted to take this space to say a special thank you to Jen Ferber. I had forgotten how much fun it could be to edit a newsletter when someone else is there to help and communicate with. She's fantastic.

And now a word about next month's newsletter. There are so many holidays next month - Hanukah, Christmas, Kwanza, if your holiday is left out, please let me know and we'll spot light it. I believe in diversity, so anything goes (just don't send me pictures of jumping naked over the Winter Solstice bonfire!)

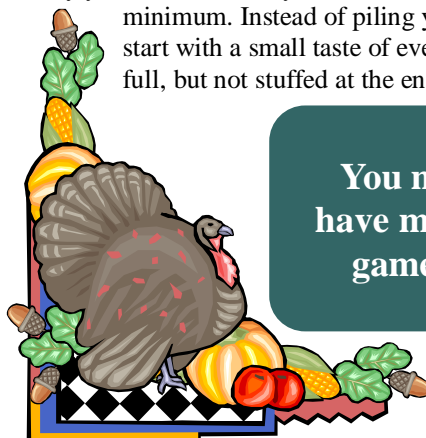
Happy Feast Day on the 24th.



*Namaste,
Erish*



**You may even find you
have more energy for that
game of flag football!**



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

November 2011

Sun Mon Tue Wed Thu Fri Sat

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>

Black Belt Club Focus Nunchaku		1	2	3	4 Black Belt Celebration	5 Tourney Competition tryouts
6 Day Light Savings Ends	7	8 Election Day	9	10 FULL MOON	11 Veteran's Day	12 Booth at Taste of Parker BJJ Seminar
13	14	15	16	17	18 Glow Chucks Seminar	19 Leadership Team Training @ FMAC
20	21 25% off SHOPPING DAYS (Don't miss this!)	22	23	24 Thanksgiving Day	25	26 25% off SHOPPING DAYS
				Closed for Thanksgiving		
27	28	29	30			

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

Coming in December:

12/3 Instructor Certification
12/08 Cho Dan Bo Testing
12/9 Parent's Night Out
12/10 Kick Off for BB
12/17 Forms & BB Tourney

12/22 thru 1/2/2012 Holiday Break
PAMA closed

Black Belt Club
Focus for
December:
Sparring /
Musical Forms

