

Kickin'

Published Monthly for the Friends and Family of this NAPMA School

Building Emotional Intelligence through Choices

By Melody Shuman

You make choices everyday that reveal your character. The choices that you make should be the best decisions possible. The choices you make determine just how successful or unsuccessful you are. When you choose to exercise, you are choosing to be healthy. You must also make healthy choices about your emotions, such as anger, happiness, sadness, etc.

Your emotional choices are your reactions to your emotions. If your little brother spills water on your schoolbook, then you may become angry. Anger is your emotion. If you yell at your brother, then yelling is your reaction or behavior to your emotion of anger.

When you are emotionally intelligent, you choose how to respond. You choose not to behave badly, even though you are experiencing a bad emotion. This is a lesson that Black Belts understand and practice every day.

Answer the following questions to test your emotional intelligence:

1. If someone spreads a nasty rumor about you that hurts your feelings, would you:
 - a. Attack him or her physically?
 - b. Spread equally nasty rumors about that person?
 - c. Ignore the rumor and solve the problem with that person in a positive way?

2. If someone called you bad names that offended you, would you:
 - a. Hit that person?
 - b. Call that person names in retaliation?
 - c. Remain emotionally calm and react or behave positively?

3. If someone told you that he or she did not like you because of how you dress, would you:
 - a. Confront that person with a bad reaction?
 - b. Buy new clothes, so that person would like you?
 - c. Ignore the person because you like the clothes you wear?



If you answered "c" to all of the above, then you showed emotional intelligence. You understand how to choose the right reactions to emotional situations.

Making good choices is a skill you must learn. You must practice making good choices. Sometimes you will make bad choices, but you can learn from your mistakes and be more emotionally intelligent. You may not control many things in life, but you can control your reactions to emotions. When you learn how, you will live a more successful and positive life.!

Check This Out!

NEW WEBSITE
launched!

The new
www.TeamPlusOne.com
Has launched. It's been completely redone and has many new features for our students– including a password secured *student area*. Check out the new website and see Sensei Darin for your password!





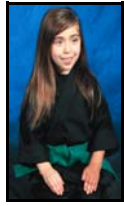
Martial Arts Success Stories

KIDS ZONE

Personal Profile

The Dojo Is Where I Go For Fun!
By Kiara Alberigo, Age 7

personal Pro-



My parents always tell me that I started my martial arts career before I was born! My mom was already an experienced martial artist when she was pregnant with me. They tell me that the sound of a Kiai or yell during her training at the school would make me start moving in her belly. They say I was doing Kata!

I became a regular student in the 5 year old class at my dad's school as soon as I could. I have been in the martial arts for more than five years. I am a Blue Belt on my way to Purple Belt. I love to do Sai, Bo, gymnastic-like moves, and grappling. When I'm a little older, about nine, I want to help my daddy teach. My favorite part is making new friends and having fun with my classmates. The dojo is a place where I go for fun!

Kickin' Kids Korner



Welcome to Kickin Kids, the mind-boggling, brain-teasing section of Kid's Zone. If you score: 9 or more, you are a Genius; 7 or 8, a Whiz; 6, an Advanced Student; 5, an Intermediate Student; 4, a Beginner Student; 3, do 10 sit-ups; 2, do 10 push-ups; 1, do 10 sit-ups and 10 push-ups.

Martial Arts Match Game: Match each martial arts physical benefit word with the appropriate definition below. Guess the bonus and add +1 to your score. Good luck!

- | | | | |
|---------|---------|--------------|----------|
| Timing | Power | Flexibility | Strength |
| Agility | Control | Coordination | Fitness |
| Balance | Stamina | Speed | |

1. Stable, able to keep in equal proportion, required to stand on one foot. Answer _____
2. Skillful interaction and use of muscles in movement. Answer _____
3. Moving fast, swiftness of action. Answer _____
4. To adjust, so that a technique is performed exactly when needed to make it work. Answer _____
5. To adjust and not hit too hard; to manage your strength. Answer _____
6. Adjusting movement quickly, even at the last minute. Answer _____
7. Strength or force exerted. Answer _____
8. Lasting energy and endurance. Answer _____
9. A source of physical power and force. Answer _____
10. The state of being in good physical condition from exercise. Answer _____

Bonus: Pliable, supple; someone who has this can stretch and touch their toes without being injured. Answer _____

Answers: 1. Balance; 2. Coordination; 3. Speed; 4. Timing; 5. Control; 6. Agility; 7. Power; 8. Stamina; 9. Strength; 10. Fitness; Bonus: Flexibility

Healthkick

Another Stress Effect

By Jennifer G. Galea MS RD

There have been many recent news reports about "food-borne illness." These reports serve as reminders to keep food safe. Buy foods that are safe and handle foods safely in your kitchen.

First, be careful when buying foods. Buy fresh-cut produce, such as cut, whole fruits or bagged salad greens, but only if they are refrigerated or completely surrounded by ice. Drink only pasteurized milk, juice or cider. Recent recommendations have urged consumers to avoid eating any raw sprouts.

Second, store purchased foods safely. Keep any perishable or cut or peeled produce in a clean refrigerator at 40 degrees F (4 degrees C) or colder. Food can be contaminated, if you don't keep your refrigerator clean, and remove spoiled and old foods. Refrigerate cooked leftovers within two hours of removing them from the heat.

Third, safe food-preparation techniques are necessary to



keep food safe until eaten. Wash your hands for 20 seconds with warm water and soap before and after food preparation. Wash fresh fruits and vegetables under running water. Remove any outer leaves of leafy vegetables. Cook all foods until they reach an internal temperature of 160 degrees F (71 degrees C).

These safe food-handling techniques are very important for today's athletes, including martial artists. You should include more fresh produce in your diet to increase both vitamin and fiber consumption. You should also probably decrease your total daily caloric intake. Follow these guidelines to help keep your food safe.

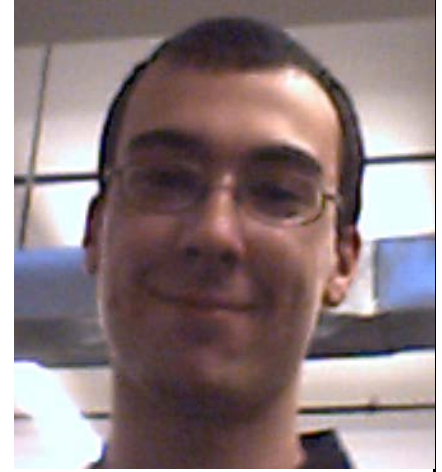
DOJO UPDATES

DOUG BEALE III SCHOLARSHIP PROGRAM– 4th Annual Kick-A-Thon!

We will be hosting our fourth annual “kick-a-thon” on Saturday, March 21st, from 1:00pm - 2:30pm as a fundraiser to help continue the *Doug Beale III Scholarship Program*. This program was put in place to honor Doug, who was one of our most dedicated students, and was tragically killed in a traffic collision on March 25th, 2006.

The program helps underprivileged folks in our community take martial arts lessons. Last year we raised over \$2400 and helped pay for 54 months of lessons to students who otherwise would not have been able to afford it! The fund was over-extended by \$1616. (Many needed help this last year.) We’re looking forward to helping others in our community through the arts! *Pledge sheets, along with details, are attached as page 4 of this newsletter. Pledges are due on the day of the event, please.*

You don’t have to be a member of the dojo to join in... all are welcome!



UMAA RENEWALS

In order to maintain our accreditation with the United Martial Arts Alliance (UMAA) all students must be members. Memberships renew annually and the cost is \$50 per student. If you are listed below, you may renew at the desk. Also, in order to make it more convenient for all involved (the dojo included) we complete an auto-withdrawal for those not renewed by the 15th of the month to keep memberships current.

Congratulations go out to the students listed for their dedication to training toward black belt excellence! As of March 1st, those noted below need to pay for their UMAA renewals:

YEAR TWO RENEWALS

Annie Trepanier

Al Nadeau

Alec Nadeau

Matt Kowalczyk

YEAR TWO RENEWALS

Marshal Trigg (Year Four)

Alberto Collazo (Year Four)

Please see Sisok Billy for your free “crest” patch and/or annual “rocker” patch.

Feel free to pay at the desk prior to March 15th if you do not wish for your dues to be paid automatically from your account.

Plus One Summer Camp Is HERE! (soon)

Every year parents ask, “Do you have any summer martial arts camps for kids?”
This year, the answer is “YES!” :-)



July 13th, 2009 (Monday) through July 17th, 2009 (Friday) we will be hosting our first summer martial arts program for youth.

The program will be capped at 10 kids- youth class students. Cost is \$150 per child for the week. The session will run from 10am to 2pm.

Study of different martial arts styles will be focused upon, as well as fitness, martial arts games, and cinematic representations (fictional and non-fictional) of the martial arts practiced (i.e. age appropriate martial arts movies). **Stay tuned for more details.**



Plus One Defense Systems
www.teampluseone.com
 860-922-5343

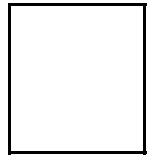
DOUG BEALE III SCHOLARSHIP EVENT (Kick-A-Thon, March 21st, 1:00pm-2:30pm)

I, _____, pledge to kick _____ (i.e. 250, 500, 1000) kicks on March 21st, 2009 to help support those in need in the West Hartford area, assisting in the continuance of a scholarship program in honor of Doug Beale III.

Name	E-Mail Address (if you desire to be on our list)	Pledge Amount	Name	E-Mail Address (if you desire to be on our list)	Pledge Amount
1.			11.		
2.			12.		
3.			13.		
4.			14.		
5.			15.		
6.			16.		
7.			17.		
8.			18.		
9.			19.		
10.			20.		



20 Jefferson Avenue
 (across from Home Depot)
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Martial Arts KICK

the Bad Habits That Lead to
 Childhood Obesity.



Enroll your child in our free orientation session today! (Space is Limited.)

Martial arts instruction helps teach your child how to make healthy life choices: exercise, diet, wise use of her/his time and a proper mix of fun and learning.

- Regular physical activity to fight the fat!
- Greater confidence to achieve healthy goals!
- Improved self-esteem to create greater self-worth!
- A positive attitude to develop good habits!
- Self-defense training to improve personal safety!



Contact our school
 today for more information!
www.teamplusone.com

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