



Kickin'

Published Monthly for the Friends and Family of this NAPMA School

Finding Your Inner Strength

Many people think that being bigger is being stronger. If you're wise, however, you know that some people develop inner strength, which makes them just as powerful, if not more powerful, than those with physical strength.

Some of the most famous martial arts practitioners were actually small in stature, but they still possessed a great deal of strength with their hearts and minds. For instance, Bruce Lee was below average in height and weight, but he was one of the best martial artists ever. Bruce Lee possessed great inner strength, which made him larger than life.

Having the power to believe in yourself and your abilities, regardless of size, is an important lesson that martial artists learn through their training. This is why martial arts is so popular with all types of people.

You may have inner strength and not be aware of it. Answer the following statements as true or false to determine if you have inner strength.

1. **T or F:** When I feel tired during my martial arts class, I find the inner strength to keep training.



2. **T or F:** When someone picks on me, I find the inner strength to ignore him or her.

3. **T or F:** When I have much work to do, I find the inner strength to complete my work.

4. **T or F:** When I am afraid to try new activities, such as water skiing, I find the inner strength to give it a try.

5. **T or F:** When I have a bad day, I find the inner strength to be cheerful.

6. **T or F:** When I must tell the truth, even though I know I am wrong, I find the inner strength to admit it, regardless of the consequences.

7. **T or F:** When I have the opportunity to serve my community, I find the inner strength to follow through on my duties.

If you answered "true" to all of the statements above, then you have found your inner strength. Keep in mind that you must practice to find and maintain inner strength. In some cases, it may be easier to give up and allow your weaknesses to control your choices; however, with some practice and conscious attention, you will find opportunities to use your inner strength. As you do, you will notice yourself becoming stronger and living a happier life, due to your strong heart and mind.

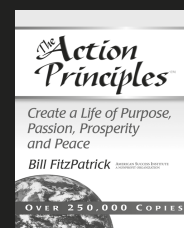
action principles

Listen to Your Instincts

Your instincts are your best early warning system for your body and surroundings. Listen to your inner voice. Don't dismiss your gut feeling.

The world is an imperfect place. There are dangerous places and people. Err on the side of safety and your instincts may save you from danger. It is foolhardy to do otherwise.

Bill FitzPatrick is a 5th-degree Black Belt, holds a Master's Degree in Education and runs the non-profit American Success Institute at www.mastersuccess.com.





Martial Arts Success Stories

KIDS ZONE

personal Profiles

What Martial Arts Has Done For Me!



**By Marian Hjelmgren,
age 12**

I have learned that martial arts is much more than just flips and kicks. It takes self-discipline, self-control, focus and respect (for yourself and others), but, most importantly for me, it takes self-confidence.

When I started martial arts, I saw the other kids doing basic techniques, such as five swords and

clutching feathers, but, to an amateur like me, those moves looked scary. I never thought that I would be able to make it look easy like they did. With the help of my instructor, I gained the self-confidence I needed just to go out there and try.

Now, it's me helping the newer students, giving them that little push to succeed. I probably wouldn't have done many of the things I have done if martial arts didn't give me the self-confidence it has. Since I started, I tried to make the volleyball team. I didn't make the cut, but I had the confidence to audition for other things, such as speech, drama and jazz band. Self-confidence is just one of the many things martial arts has done for me.

Marian Hjelmgren trains at Jay Larkin's WhirlWin Martial Arts in Northlake, Illinois.

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 Grandmaster; 7 or 8, a Master; 6, an Advanced Student; 5, an Intermediate Student; 4, a Beginner Student; 3, do 10 sit-ups; 2, do 10 push-ups.

Martial Arts Word Guess: Positive Characteristic Word Maker: Indomitable Spirit is the positive character phrase below. Use the letters in that phrase to create as many other words (four letters or more) as you can make. You may use only the letters found in the phrase the same number of times as they appear in the phrase (for example, if the character word was HONOR, you would not be permitted to make the word NOON because there is only one letter N in HONOR). Good luck!

Make as many words as possible from: INDOMITABLE SPIRIT

Example: MIND

Example: M _ R _ _ A L A _ T S Answer: MARTIAL ARTS

- | | |
|----------|-----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |
| 7. _____ | 8. _____ |
| 9. _____ | 10. _____ |

Bonus _____

Possible Answers include: TEST, STRIKE, BELT, PIRATE, TABLE, PRIME, NOBLE, PO-LITE, PRIME, ABLE, TRIP, DROP, DOMINATE, SPRINT and MODEL.

Healthkick

Poison Prevention and Safety

Unless noted, the safety tips below were adapted from the American Association of Poison Control Centers' poison prevention tips for children and adults.

Drugs and Medicines

- In Follow directions on the label when you give or take medicines. Read all warning labels. Some medicines cannot be taken safely when you take other medicines or drink alcohol.
- Turn on a light when you give or take medicines at night so that you know you have the correct amount of the right medicine.
- Keep medicines in their original bottles or containers.



Keep Young Children Safe from Poisoning

- Put the poison control number, 1-800-222-1222, on or near every home telephone and save it on your cell phone. The line is open 24 hours a day, 7 days a week.
- Keep all drugs in medicine cabinets or other childproof cabinets that young children cannot reach.
- Avoid taking medicine in front of children because they often copy adults.

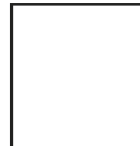
Do not call medicine "candy."

- Be aware of any legal or illegal drugs that guests may bring into your home. Do not let guests leave drugs where children can find them, for example, in a pillbox, purse, backpack, or coat pocket.
- When you take medicines yourself, do not put your next dose on the counter or table where children can reach them.
- Never leave children alone with household products or drugs. If you are using chemical products or taking medicine and you have to do something else, such as answer the phone, take any young children with you.
- Do not leave household products out after using them. Return the products to a childproof cabinet as soon as you are done with them.

NAPMA SCHOOL UPDATE

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