



Kickin'

Published Monthly for the Friends and Family of this NAPMA School

Dealing with Disappointment

In everyday life, our friends, work, school and family can be sources of disappointment. No matter how much you try to avoid people or situations that are disappointing, some will always be beyond your control.

The best way to cope with disappointment is to work on your attitude. If you have a negative attitude, for example, and always see "the glass as half empty," then that attitude will most likely bring more disappointment. If you see "the glass as half full," then you will have a more positive attitude, which can help you cope with disappointment more constructively.

Answer the statements below with "true" or "false" to test how well you cope with disappointment.

True or False:

T or F: If someone disappoints me, then I always calm myself before I react.

T or F: If I don't reach my goals according to my deadline, then I always search for lessons that will help me achieve my goals on time in the future.

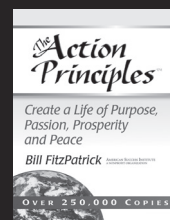
T or F: If it rains on a day that I planned to be outdoors, then I enjoy my day, anyway.

action principles

Be Prudent

Just because you deserve victory doesn't mean that you will win every fight, game or argument. Your opponents can sometimes have the tactical advantage. Use your self-confidence and wisdom to know when to fight. The non-action of the wise man is not inaction. Perhaps the smartest action is to retreat and consider your options.

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.



T or F: When I am down and not feeling confident, I lean on a friend or family member to help me feel more positive.

T or F: If a valuable of mine is lost or breaks, then I don't dwell on the fact that I no longer have it.

If you answered "true" to all of the statements above, then you have a positive outlook on life and cope with disappointment in a constructive manner. If you answered "false" to any of the questions above, then you may want to practice the following key tips.

1. Don't react too quickly. Take a moment to calm yourself and think about why you're disappointed; you may come to realize that it is not so bad.
2. Don't bottle your emotions and feelings. Lean on a good friend or family member when necessary. Discuss why you're disappointed and move forward.
3. Don't judge yourself. Even if you make a mistake, learn from the mistake how to become a better person. You are not a failure if you are willing to learn and grow from your mistakes.

Remember, coping with disappointment is not easy for everyone. It does take practice. If you are willing to use thought and effort when dealing with disappointment, then you will live a happier and healthier life.



KIDS ZONE

Martial Arts Success Stories

personal Profiles

What I Have Learned In Martial Arts



By Joshua Donovan, Age 10

My name is Joshua Donovan. I am 10 years old. I live in Ojai, California. I have studied martial arts for three and a half years.

I have learned 70 techniques and nine forms. I think self-defense is an important aspect of martial arts.

The two most important techniques in my martial arts training are the bow and the attention stance. The bow is important because it shows respect. Respecting others means you honor and value them. The attention stance is important because it shows self-control. Self-control is important because it helps to control your feelings.

Two other things I have learned are the "100 times" theory and "you can always do better than you think you can." If you don't stop and keep trying for at least 100 times, then others will want to be like you. They will try harder until everyone is trying their best.

I always try to remember the six Black Belt Principles. They help me do what is right

Joshua Donovan trains Mr. G's Kenpo Karate in Oak View, California.

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 Search: Everyone's life is busy and can become stressful. To help stay balanced and calm, try some of the suggestions found in this month's puzzle. How many words can you find that can help you reduce stress? Give yourself one point for each word or phrase you find.

M	P	T	U	O	T	I	K	L	A	T	L
Y	U	B	R	E	A	T	H	E	H	H	J
H	K	S	F	H	Y	T	R	U	S	S	F
R	W	C	I	T	E	D	E	Q	D	G	J
K	M	U	B	C	B	R	A	U	U	R	O
F	R	E	S	T	T	A	D	Y	M	C	U
F	W	I	N	V	B	W	P	I	N	U	R
N	E	R	P	Y	V	F	B	A	C	Q	N
O	E	X	E	R	C	I	S	E	I	X	A
R	Q	R	M	H	X	G	G	J	I	N	L
L	G	Q	Z	B	S	H	P	M	U	T	T
E	K	R	E	R	A	C	T	E	P	Z	Q

The following words or phrases can appear either across, up, down, diagonally or backwards: Exercise, Rest, Breathe, Journal, Draw, Read, Music, Paint, Talk it out, Pet care

Healthkick

Be Safe with Fireworks

Fireworks-related injuries are most common on and around holidays associated with fireworks celebrations, especially July 4th and New Year's Eve. Thousands of people were treated in emergency departments every year for injuries sustained from fireworks.

How can fireworks injuries be prevented?

- The safest way to prevent fireworks-related injuries is to leave fireworks displays to trained professionals.

How big is the problem?

- In 2006, eleven people died and an estimated 9,200 were treated in emergency departments for fireworks-related injuries in the United States.
- An estimated 5% of fireworks-related injuries treated in emergency departments required hospitalization.



What kinds of injuries occur?

- The body parts most often injured were hands (2,300 injuries), eyes (1,500 injuries), and the head, face, and ear (1,400 injuries).
- More than half of the injuries were burns. Burns were the most common injury to all body parts except the eyes and head areas, where contusions, lacerations and foreign bodies in the eye occurred more frequently.
- Fireworks can be associated with blindness, third degree burns, and permanent scarring.
- Fireworks can also cause life-threatening residential and motor vehicle fires.

What types of fireworks are associated with most injuries?

- Firecrackers were associated with the greatest number of estimated injuries at 1,300. There were 1,000 injuries associated with sparklers and 800 associated with rockets.
- Sparklers accounted for one-third of the injuries to children less than 5 years of age.
- Between 2000-2005, more than one-third of the fireworks-related deaths involved professional devices that were illegally sold to consumers.

NAPMA SCHOOL UPDATE

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