

# Kickin'

Published Monthly for the Friends and Family of this NAPMA School

## Do You Have A Positive Attitude?

**T**he word attitude means a state of mind, behavior or conduct. You control your attitudes. You may not be able to control the weather, but you can control how you think or behave. Your attitude has a direct effect on the outcome of your life. Whether it's a positive or negative effect is your responsibility. A positive attitude is your best choice because it will lead to a more successful and fulfilling life.

The martial arts teaches you to think positively. This does not come naturally for some of us. A positive attitude requires skill, consistency and practice. That is another reason that the distinguished rank of Black Belt is so special. It represents not only excellent martial arts skills and abilities, but also an excellent attitude. Without a positive attitude, you could not reach the level of Black Belt because of the numerous challenges you will face during that journey.

Test yourself for a positive or negative attitude. Answer true or false to the statements below.

1. When I fail a test or challenge, I remain positive, knowing that there is something to be learned from the experience. Thinking negatively will only keep me from growing.
2. When I face a challenging deadline, I roll up my sleeves and rise to the



occasion, knowing that I will feel great once I finish. Thinking negatively will keep me from making my deadline.

3. I do not judge my friends by the words or opinions of others. If I judged people based on others' opinions, then I would not have as many friends.
4. I do not blame others for my misfortunes. Blaming others would only make me more miserable.
5. I do not consider criticism from others to be a personal attack on me when it is meant to be constructive. If I did, then I would not be a great leader.

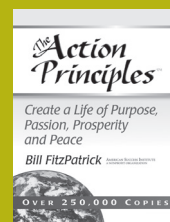
If you answered true to all of the statements above, then you have a highly positive attitude and most likely take every-day ups and downs in stride. If you answered false to any of the statements above, then you are still learning to develop a consistently positive attitude. You can have a positive attitude by simply telling yourself to think positively and refusing to listen to negative thoughts.

A positive attitude causes a chain reaction of positive outcomes; a negative attitude causes a chain reaction of negative outcomes. It is best for you to have a positive attitude. If you do, you will surely live a happier, healthier life!

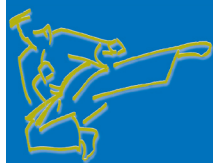
## action principles

### Maintain a Positive Attitude

A life dedicated to self-improvement and service results in a positive mental attitude. Be personally committed to doing your best today and you won't have to be overly concerned about tomorrow. You can be confident of a good future and be equally confident that if you experience trouble, then you will have the strength and skills to cope, take control and conquer.



*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](http://www.mastersuccess.com).*



KIDS ZONE

## Martial Arts Success Stories

personal Profiles

### How Martial Arts Has Influenced My Life



#### By Bailey Budnik, Age 9

I have been studying martial arts for almost a year now. I am nine years old. I really like going to class as often as I can, which is about three to four times a week. I am in the Masters Club, which means that I am committed to working toward my 2nd-Degree Black Belt.

Martial arts is a great influence in my life. It gives me courage, self-esteem and other very important life skills. Every time I test for a new belt, it reminds me that I can keep learning new kicks, blocks, forms and other skills. Martial arts is a great life-long experience that we all can do to help us grow and to learn more about ourselves.

In my third-grade science classroom, my teacher displayed a picture of me that was taken when I was sparring at a tournament. Whenever I have a challenge at school, I look at that picture and say, "If I can do well at that, then I know that I can do this!"

*Bailey Budnik trains at Lakeshore Tae Kwon Do in Manitowoc, Wisconsin, owned by Mark Weber.*

## 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 Scramble:** Unscramble the letters to create words that describe qualities that you'll need to be successful in life. Write your answers in the blank spaces.

**Bonus:** Once you've unscrambled the 10 words, use the 14 letters found in the boxes that have a number underneath them to create the bonus and earn an extra two points. Good luck!

1. IETTAPN \_\_\_\_\_
2. EOBLSNAREP \_\_\_\_\_
3. ONSHEIT \_\_\_\_\_
4. EDNDIETEMR \_\_\_\_\_
5. PSDENILIICD \_\_\_\_\_
6. FDSUCOE \_\_\_\_\_
7. VIIPETOS \_\_\_\_\_
8. IECNOFTND \_\_\_\_\_
9. MTAE YPEARL \_\_\_\_\_
10. LEPULFH \_\_\_\_\_

Bonus: A \_\_\_\_\_

# Healthkick

Cyber Bullying

Young people are using new media technology, including cell phones, personal data assistants, and the Internet, to communicate with others in the United States and throughout the world. New communication avenues, such as text messaging, chat rooms, and social networking websites (e.g., MySpace and Facebook), have allowed youth to easily develop relationships, some with people they have never met in person.

New technology has many potential benefits for youth. It allows young people to communicate with family and friends on a regular basis.

New technology also provides opportunities to make rewarding social connections for those teens and pre-teens who have difficulty developing friendships in traditional social settings or because of limited contact with same-aged peers. In addition, regular Internet access allows young people to quickly increase their knowledge on a wide variety of topics.

However, the recent explosion in technology does not come without possible risks. Youth can use electronic media to embarrass, harass or threaten their peers. Increasing numbers of teens and pre-teens are becoming victims of this new form of violence. Although many different terms-such as cyberbullying, Internet harassment, and Internet bullying-have been used to describe this type of violence, electronic aggression is the term that most accurately captures all types of violence that occur electronically. Like traditional forms of youth violence, electronic aggression is associated with emotional distress and conduct problems at school.

In September 2006, the Centers for Disease Control and Prevention (CDC) convened a panel of experts to discuss issues related to the emerging public health problem of electronic aggression. The panel included representatives from research universities, public school systems, federal agencies, and nonprofit organizations every year.



Answer Key: 1. Patient, 2. Personable, 3. Honest, 4. Determined, 5. Disciplined, 6. Focused, 7. Positive, 8. Confident, 9. Team Player, 10. Helpful Bonus: A Champion of Life

# NAPMA SCHOOL UPDATE

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# Martial Arts

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