

Inside This Issue...

- Health Kick:
Multi-Vitamins: No Magic Pill
- Success Stories:
Traveled and Competed in Martial Arts
- Kids Korner
- School News

MARTIAL ARTS
MESSENGER



When the Teacher is Ready the Student Will Appear

"Simply put,
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By Allie Alberigo

There is an age old saying, "When the student is ready the teacher will appear!" This is a unique way of thinking from the student's perspective. In our modern society, when you join a Martial Arts school the teachers are on the mat running classes. Of course they are visible, they appear to you every day, the minute you walk through the door. In situations such as this the reality is that lessons are flying by at the speed of light and very often they go unnoticed or they are invisible. The students who start off at White Belt and end up at Black Belt have only achieved 1/10th of their journeys, due to the fact that in most Martial Arts there are 10 levels of Black Belt: 1st Degree through 10th Degree.

In the heading of this article I wrote "When the *teacher* is ready the *student* will appear." In the opening line I wrote the saying as it was originally meant to read from the student's perspective. Quite often a student sees the easy lessons: block down, turn to the left, fix your hand, etc. The life lessons go unnoticed: they are often invisible until later on in life, when the proverbial light goes on in your head and you see how the Martial Arts lesson fits into your everyday life. What is it about this that makes it so special? Simply put, in a Martial Arts school you are learning lessons that will change your life forever. You may not know it now, you may not see it for years, but it is absolutely true. Taking the time to really listen is a key factor to learning. When I say really listen, I want to clarify. Just because your ears are working doesn't mean you are *listening*. For example: a parent may tell a child not to touch the hot stove, but even though the child says "OK," as most kids will respond, the child still touches the stove, because he or she didn't really truly hear.

Martial Arts teachers are always striving to help our students grow, and we are always excited about the prospect of students joining us on our quest to teach Martial Arts and pass on the knowledge. We trust that you will consistently listen to your instructors and take the little lessons and make them your own.

Take your experiences and log them in a personal journal. Call it the "Book of Knowledge." Look at it as though you are looking in the mirror and you are the lesson. Write down your struggles, your aches and pains, your injuries, your successes, your failures, and learn from each of them. Then take the time to pass the lessons on to others. Teach and you will become the best Martial Artist ever. So the next time you hear a lesson, remember when the teacher is ready the student will appear, and when the student is ready the teacher will appear.



Multi-Vitamins: No Magic Pill

By Jennifer G. Galea MS RD

Many people think they can eat anything and subject their bodies to stressors (both internal and external) and then take a vitamin or other "magic pill" to negate the effects. So they'll skip the veggies and opt for the chips, figuring that they'll get their vitamins from the horse pill they'll take that evening. The fact is, even if your weight doesn't suffer from such unhealthy foods, your body and health will suffer.

But what about less extreme situations, where you just don't like a food group, such as vegetables? Can you obtain all the nutrients your body requires from supplements? Research strongly suggests there is no magic pill.

Why eat whole foods? First, they contain known nutrients, such as fiber, that are necessary for a healthy body. You'd need to take an awful lot of "fiber pills" to ingest both the soluble and insoluble fiber in real food. Second, whole foods contain potentially thousands of as yet unidentified nutrients! And finally, whole foods contain a natural blend of nutrients that interact in both known and unknown ways. Even the scientific experts don't fully understand how the components of whole foods interact.

Why not pop some vitamin/mineral pills just to "make sure" your diet is complete? Pills may contain excessive, even toxic, quantities of nutrients. That is almost never an issue with foods. In other words, it is really difficult to overdose on the vitamins and minerals naturally found in foods. And recent studies have definitively shown that taking nutrients in supplement form doesn't have the same health benefits as eating the whole food...and some seemingly innocuous supplements may actually cause harm.



Should anyone take a vitamin/mineral supplement? Some groups should take a basic supplement because they aren't able to obtain adequate quantities of nutrients from their diets. These groups include: dieters or picky eaters who avoid whole food groups; strict vegetarians; those over age 50 (mainly needing B12 and vitamin D); pregnant/breastfeeding women; people with chronic gastrointestinal disorder that inhibits absorption; and those with a chronic illness that depletes nutrients. Keep in mind that the supplement should be in addition to an otherwise healthy, balanced diet, not an in place of it.

There is no magic pill. To care for your body, you need to consistently eat a balanced diet. You can't correct a nutrient-devoid meal with a pill. Just as there is no 10-minute workout that will give you the body of a model, there's no magic pill that will allow you to fuel your body with junk food and still look and feel great.

I Traveled and Competed in Martial Arts

By Lisa Wilcox, Age 15

The main reason I joined Martial Arts was because when I was a baby, my brother David was a Martial Arts student. When he practiced at home, I would imitate him by crawling around and flailing my arms and legs, trying to kick and punch like him. When I was six, a new Martial Arts school moved into a local community center. I thought it would be a great idea to try it out with David. We came to the very first class of the school and I really enjoyed it, so I continued training.

In September of 2006, David and I went to Melbourne, Australia with my family, other students of the club, and students from Western Canada to compete at the World Championships. I competed as an individual and also as the captain of the Canadian Junior Girls Team. As a team, we got a gold medal in team patterns, a silver medal in team power breaking, and a bronze medal in team special technique. As an individual, I won a gold medal in Junior Girls Micro Weight Sparring. It was an amazing experience.

I currently train and I am also an instructor at the club. I teach classes for young kids and assist the teen and adult classes. The school is a great place to get into shape and to have a good time. I am very lucky to be training there. I spend about 16 hours a week at the Dojang, and I am preparing to compete in Italy for another international competition this October.

Lisa Wilcox is a student at Lightning Family Martial Arts in Calgary, AB Canada. She is taught by Chris and Sonya Howes.

Welcome to Kids' Korner, the mind boggling, rain teasing section of Kids' Zone. If you score: 9 or 10, 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; 1, do 10 sit-ups and 10 push-ups.

KIDSKORNER

Martial Arts Match Game

By Kathy Marlor

Martial Arts Match Game

How it works: Match each **word or phrase about bullying and bully prevention** with the appropriate definition or explanation below. **Get the bonus answer correct and add +1 to your score. Good luck!**

1. Picking on someone online, via e-mail, text messages, chat rooms, web sites, etc.

Answer _____

2. Belief in oneself; self-assurance;

Answer _____

3. In self-defense, telling someone what you want them to do.

Example: "Back away, you're too close."

Answer _____

4. The act of looking directly into someone's eyes.

Answer _____

5. A person who tries to intimidate or pick on smaller, weaker people.

Answer _____

6. Practice of two or more people teaming up together for mutual assistance or safety.

Answer _____

7. The quality of having dignity towards one's self.

Answer _____

8. A person who is harmed in some way by another.

Answer _____

9. To give knowledge of a matter to someone else.

Example: Mike will inform a trusted adult if he is bullied.

Answer _____

Bonus: The attempt to settle a dispute through a neutral party.

Answer _____

- A. Bully
- B. Mediation
- C. Victim
- D. Self-Respect
- E. Buddy System
- F. Verbal Boundaries
- G. Eye Contact
- H. Cyber-Bullying
- I. Inform
- J. Confidence

Answers: 1. H-Cyber-bullying; 2. J-Confidence; 3. F-Verbal Boundary; 4. G-Eye Contact; 5. A-Bully; 6. E-Buddy System; 7. D-Self-respect; 8. C-Victim; 9. I-Inform
 Bonus: B-Mediation

Take Note...

Our scheduled closings for 2009 will be the following:

Spring: April School vacation April 27th through May 2nd.

Fall: October 5th through 10th

Christmas: December 24th through January 1st 2010.

Please be aware that the water in the dojo costs \$1.00. Last year there were more than 500 bottles of water not paid for. If you need some water and don't have the money please don't forget to put the money in later or put in an IOU with your name on it.

Sensei will be heading to Alabama on March 23rd to help with the UBBT and Pam Dorr of the HERO housing and Habitat for Humanity in the Greensboro, AL area. Jabo lives in a trailer in Greensboro, AL which is deteriorating. The UBBT team will be putting an addition to his trailer which will give him space that will warm and dry.

To see past UBBT Alabama involvement see the youtube video links below.
<http://www.youtube.com/watch?v=WWbrcfHiVAQ>

Activities

Master Jack Redmond continued with teaching the BBC a new 2 man fighting set (kata). He will continue to do the next class on March 14th to complete the training.

Graduation will be March Saturday 28th. If you are eligible for graduation please be here at the appropriate time.

Little Ninja/Dragons 10:00

Children at 11:00

March 14th, April 11th, May 9th and June 13th

Demo Practice 9:00

Black Belt Club 10:00

Leadership 11:00

Upcoming Events

March 14th at 12:00 Ms. Willey from **Brantwood Camp** will be here for a presentation about the camp. Please be here if you are interested in attending. Please come by and support the school and Brantwood Camp to say hello to Ms. Willey.

After Ms. Willey's presentation there will be a **kubotan seminar** here to benefit the HERO housing center in Alabama. The cost of the seminar is \$25 and includes the kubotan. This seminar starts at 1:30pm.

Brian Johnson will be here for his semi-annual visit on April 4th. Brian Johnson is BJJ Black Belt and Sensei's Brazilian Jiu Jitsu instructor. Please support Brian's visit by attending one of his seminars here.

Children's BJJ seminar will be from 10-11am and will cost \$30
Adult BJJ seminar will be from 12-3 and will cost \$60