

Kickin'

Published Monthly for the Friends and Family of this NAPMA School

What Children Need to Be "Happy"

As caring parents, we want our children to be happy. When they are upset, it can pull at our heart. When our children are feeling blue, having performed poorly when they tried so hard or just had a fight with a best friend, we often go out of our way to put a smile back on their faces. We want to make things better.

Sometimes parents can misinterpret their children's momentary behavior as unhappiness. Stanley I. Greenspan, M.D., contributing author of *The Growth of the Mind*, says, "You have to look beyond the giggles and the smiles.

Life is a series of dichotomies: There is happiness and there is sadness. A happy, healthy child is one who is capable of fully engaging in all the emotions, all the thoughts and all the relationships of his age group." Although they may feel bad at times, that does not make them unhappy children. Greenspan says in order to be happy, a child must be "...able to explore a full range of emotion, expression and experience."

To achieve this goal for all students, especially children, complete support from parents is necessary — especially during times when children may not appear as excited to attend class as they have shown in the past.

All students experience highs and lows throughout their training. The key is to allow children the opportunity to grow during this challenging period by not skipping class on request.

According to child experts, happy children are generally self-confident, optimistic and achieving. According to Martin Seligman, PhD and President of the American Psychological Association, "Children feel good because of what they are able to do — meet challenges, master skills, overcome failures.

Happiness is just a marker, a barometer of their ability to do these things.

Children thrive on challenge — they should be encouraged to do their best and strive for the highest possible goal. In this way they gain confidence that they can achieve things through their own efforts."

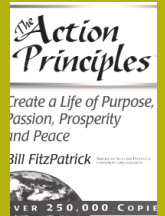
Keeping your children happy requires a lot of effort, but also the ability to let your children develop from a full range of experiences.



action principles

Make Today Special

What do you want to accomplish today? This, of course, becomes your prioritized to-do list. How will today vary from your usual routine? Can you think of any small things that you can do? Per-



haps there is something that you've been avoiding, that, if you do it, would make you feel especially proud of yourself. Everybody has the same amount of time each day. How are you going to spend your 24 hours? Plan in advance. Make lists. Lists are your road map to personal accomplishment and balanced living. Always carry paper and pen. What are you doing today to ensure a better tomorrow for yourself and your family?

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

Nicolas Luna, Age 9



Hi, my name is Nicholas Luna. I have been training in martial arts for four years. I am not learning how to beat people up, but to defend myself in case of emergencies. I am learning how to concentrate and to control myself. Martial arts has helped me to concentrate in other sports, too, like basketball and baseball.

I am proud to have a martial arts family! My mom is a black belt and my step-dad is a Master. My sister is a yellow belt and even my best friend is a red belt. I have been in karate since I was five and I am a Blue Recommended. I hope to earn my Black Belt, too!

(Nicholas is an Honor Student and has received the Principal 's Award for Excellence three years in a row. His mother started him in karate to help him gain some self-confidence and to learn self-discipline and respect for others.)

Nicholas Luna is a student at American Colleges of Karate owned by Rick Jennifer Luna.

Healthkick

Choking

Physical and developmental factors put children at risk for choking.

Children who choke run the risk of death, permanent brain damage caused by lack of oxygen, or other complications associated with airway blockage. In 2001, thousands of children were treated in U.S. emergency departments for nonfatal choking episodes.

Quick Facts

Sixty percent of nonfatal choking episodes treated in emergency departments were associated with food items; 31% were associated with nonfood objects including coins; and in 9% of the episodes the substance was unknown or unrecorded.



Candy was associated with 19% of all choking-related emergency department visits by children ages 14 years or younger; 65% were related to hard candy; and 12.5% were related to other specified types of candy (chocolate candy, gummy bears, gum, etc.).

The type of candy was not specified in the remaining 22.5% of the cases.

Candy was associated with 5% of all choking-related visits for infants less than one year of age; 25% of visits for children ages 1 to 4 years; and 28% of visits for children ages 5 to 14 years.

Coins were involved in 18% of all choking-related emergency department visits for children ages 1 to 4 years.

Injury Prevention Tips for Parents and Children

Disclaimer

Every child is at risk of choking. To reduce this risk, parents and caregivers can:

- Keep a watchful eye on their children when eating and playing;
- Keep dangerous toys, foods, and household items out of reach; and
- Learn how to provide early treatment for children who are choking.

Kickin' Kids Korner



Welcome to Kickin Kids, the mind boggling, brain teasing section of Kids Zone. Check out the 10 words that are partially spelled. Can you fill in the missing letters to figure out what the words are? If you score (9 or more), you are a Grandmaster, (7 or 8) a Master, (6) an Advance 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. Guess the Bonus word and add +1 to your score.

Good luck!!!

TR_I_I_G	K_OWL_D_E
F_IE__S_IP	ST_M_N_
R_SP__T	CA_OR__S
R__K	PR__TI_IO_ER
W_AP__S	F_EE_OM

Bonus: B L __ K - _ E T

Answers: Training, Friendship, Respect, Rank, Weapons, Knowledge, Stamina, Calories, Practitioner, Freedom, Bonus: Black Belt

Victory Martial Arts Update

THE MONTH OF OCTOBER IN REVIEW

VMA ANNUAL COSTUME CARNIVAL FOR CANNED GOODS

VMA recently hosted the annual costume carnival for canned goods. Students, family, and guests came to VMA showing off their favorite costumes while playing fun games for a chance to win the events grand prize. The cost to enter the event was one non-perishable food. All non-perishable food donations were given to the local food bank to help with preparation for the upcoming Thanksgiving holiday.

VMA FALL INNER-SCHOOL TOURNAMENT

VMA hosted the annual inner-school tournament which was a great chance for students of all ages, and ability levels, to get some tournament experience in a controlled learning environment. Students competed in one or all of the following events: Forms, Weapons Forms, Breaking, and Sparring. Medals were awarded in each division for 1st, 2nd, and 3rd place.

Congratulations to the 2010 Grand Champion Winner Miss Bridgette Ramlo!

Congratulations to the 2010 Adult Tag Team Sparring Champions Miss Jennifer Briggs, Mr. Joel Stremmel, and Mr. James Schwarz

THE MONTH OF NOVEMBER AND THE ROAD AHEAD

EVENTS THIS MONTH

November is filled with not only fun regular class time, but one very exciting VMA event preparation. November is the month that VMA students will be hitting the streets to raise money for the upcoming December Red Cross Break-a-thon event.

RED CROSS BREAK-A-THON FUNDRAISING GOING ON THIS MONTH

During the month of November students at Victory Martial Arts of all ages gather donations to participate in the annual December Red Cross break-a-thon event. Students hit the streets and seek support from family, friends, and neighbors in an effort to raise as much money possible for the event. In past years students helped raise over \$3,000 and we are hoping to exceed that goal this year. All money from the event is donated to the local Brookings Red Cross. Students break up to 10 boards in a controlled supervised environment and have a blast demonstrating their skills to help a local organization. Victory Martial Arts donates three Grand Prizes to students that raise the most money for the event.

EVENTS FOR THE MONTH OF DECEMBER

VMA ANNUAL RED CROSS BREAK-A-THON

It is that time of year again and VMA will be hosting the annual Red Cross Break-a-thon.

When: Saturday, December 4
Time: 10:00 am

All money from the event is donated to the local Brookings Red Cross. Students break up to 10 boards in a controlled supervised environment and have a blast demonstrating their skills to help a local organization.

TESTING—TESTING— TESTING!

Friday, December 10 and Saturday, December 11 is the date for the next belt promotional testing.

Good luck to all eligible students!



November, 2010

The Brookings County Red Cross and Victory Martial Arts are once again teaming up this holiday season to sponsor the annual board Break-A-Thon. The Brookings Red Cross helps out disaster victims and those in need in the community. This fundraiser will not only assist the Red Cross in continuing to provide numerous services to Brookings citizens, but also teach the students at Victory Martial Arts the wonderful experience of being a volunteer and helping out a good cause while having fun at the same time!

The Red Cross along with Victory Martial Arts will take care of purchasing the wood. Students are asked to fill out the pledge sheets a provided to them. There can be an unlimited number of pledges but each student will be limited to approximately 10 boards. People can give pledges based on the number of boards they choose to sponsor or simply give a donation. Please make checks payable to the Brookings Red Cross. No matter how much each student earns, it will all go to help a wonderful cause. Please return the pledge sheets to Victory Martial Arts no later than December 3!

The actual Break-A-Thon event will occur on Saturday, December 4 at 10 am.

Thank you all for helping with such a wonderful event!



**American
Red Cross**

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