

Kickin'

Published Monthly for the Friends and Family of this NAPMA School

Why Martial Arts Can Change Your Life!

If you were to ask virtually ANY of the Black Belts in our program, if they had the chance to do it all over again, would they have chosen to enroll in classes at Victory Martial Arts, or do something different, virtually ALL of them wouldn't give up what they've learned in their training for ANYTHING!

There are many reasons to enroll your children and keep them training in the martial arts. Martial arts builds self-confidence and teaches discipline which will provide a solid foundation from which your children will develop strong character. While studying the martial arts is fun, children will be learning important lessons in values and respect that will shape how they view the world around them. This is the power derived from the martial arts.

Martial arts builds self-confidence. It is a physical and demanding sport. Children who participate and progress in the martial arts will develop a positive attitude that they can take with them to help accomplish other important tasks and face other challenges in their lives. Our school is dedicated to making your children feel accepted as well as motivated. We focus on providing children with a positive atmosphere where they can build their confidence, even after a bad day at school or playing a sport.

It's a place where they'll find support when they feel down or discouraged. We are ready and able to give your children the additional support to face life's challenges and stay on the right path.

In addition to the structure you provide at home, martial arts also provides your child with discipline. This involves coming to class on time and following school rules and policy. It also concerns learning to respect themselves and others, which is an important goal that we strive to instill in our students. We teach children not to feel that they can't complete a task because it's too hard or because they've failed the first time.

Martial arts is a tool that can help your children in other sports, as well as keeping them in shape and healthy. Many drills that we practice enhance skills they will need in other extracurricular activities. Martial arts training can give your children the competitive edge.

Martial arts does not just teach kids how to defend themselves physically, but more importantly, how to avoid dangerous situations. Avoiding the situation rather than being in a physical confrontation is an important concept that instructors teach both indirectly and directly.

Through the martial arts, your children will learn many valuable lessons that will help them throughout their lives, and the best thing about it is that it's fun. They may not even realize that they are learning all these "values." It's not only enjoyable for the kids, it's also enjoyable for the parents. To watch your children learn new skills and watch them improve will fill you with pride.

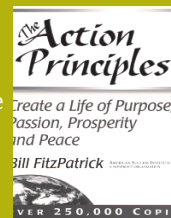
Martial arts is an art form that has existed for many centuries and is taught around the world today. Its teachings are inspiring and unique. The values and lessons of martial arts can assist your children in becoming better citizens and becoming better equipped to handle the many situations that they will face in their academic and personal lives.



action principles

Give Generously

Selflessly share your time and money because it is right. You will set in motion a chain of positive actions and reactions. To be unselfish, sharing, generous, bountiful, magnanimous, noble-minded and gracious is much more about attitude than about money. As much as you give, much more will you receive.



Bill FitzPatrick is a 5th-degree black belt, holds a Master's Degree in Education and runs the nonprofit American Success Institute.



Top 10 Safety Tips For a Safe Trick or Treat



1. Trick or Treat in a familiar area and plan your route before you go.
2. Have your parents check your treats before you eat them.
3. If you must snack, bring your own treats to eat.
4. Never enter a stranger's house even if the stranger seems friendly.
5. Never Trick or Treat by yourself. Always Trick or Treat with an adult.
6. Avoid isolated areas and dark streets.
7. Trick or Treat during daylight hours.
8. Make sure that your costume fits and that you can see well.
9. Use reflective tape on costumes that are difficult to see at night.



Kickin' Kids Korner



Welcome to Kickin' Kids, a section of your monthly newsletter just for kids. There are 10 words that are partially spelled. Each word can be found inside this newsletter. Can you figure out which words they are?

Good Luck!

B _ G _ N N _ N _	S _ O R _ S _ A N _ H I _
P _ A N	J _ N _ A _ Y
O _ S T _ C _ _ S	M O _ _ V A _ I _ _
_ C T _ O _	C _ P R _ C _ R _ U S
R E _ _ L U _ I O _ S	W _ N T _ R

Bonus: Person: _ A _ P _ _ E _ _ E _ R

Healthkick

Defeating Childhood Obesity

One of our missions at NAPMA and Victory Martial Arts is to help defeat the childhood obesity crisis in our country.

At the individual level, childhood obesity is the result of an imbalance between the calories a child consumes as food and beverages and the calories a child uses to support normal growth and development, metabolism, and physical activity. In other words, obesity results when a child consumes more calories than the child uses.

The imbalance between calories consumed and calories used can result from the influences and interactions of a number of factors, including genetic, behavioral, and environmental factors.

It is the interactions among these factors – rather than any single factor – that is thought to cause obesity.

Behavioral Factors

Because the factors that contribute to childhood obesity interact with each other, it is not possible to specify one behavior as the “cause” of obesity. However, certain behaviors can be identified as potentially contributing to an energy imbalance and, consequently, to obesity.

Energy intake:

Evidence is limited on specific foods or dietary patterns that contribute to excessive energy intake in children and teens. However, large portion sizes for food and beverages, eating meals away from home, frequent snacking on energy-dense foods and consuming beverages with added sugar are often hypothesized as contributing to excess energy intake of children and teens. Consuming sugar-sweetened drinks may be associated with obesity because these drinks are high in calories.

Physical activity:

Participating in physical activity is important for children and teens as it may have beneficial effects not only on body weight, but also on blood pressure and bone strength. Physically active children are also more likely to remain physically active throughout adolescence and possibly into adulthood.

Children may be spending less time engaged in physical activity during school. Daily participation in school physical education among adolescents dropped 14 percentage points over the last 13 years— from 42% in 1991 to 28% in 2003. In addition, less than one-third (28%) of high school students meet currently recommended levels of physical activity.

Our program is specifically designed to help fill this gap and provide a constantly increasing level of fitness and wellness for our students.

Victory Martial Arts Update

THE MONTH OF SEPTEMBER IN REVIEW

START OF REGULAR SEASON CLASSES

School is back in session which means regular classes at Victory Martial Arts began in September. The gym schedule for the 2010-2011 season was modified slightly to accommodate busy family schedules and to maximize the in class experience.

Don't forget about our new student referral program. Ask your Instructor for more details!

WELCOME HOME CEREMONY FOR 3RD DAN MR. JEFF ODELL

September marked the return of one of our VMA family members and Instructors. 1st Lieutenant and 3rd Dan Mr. Jeff Odell returned from his one year tour in Afghanistan serving our Country with the 211th Engineer company based out of Madison, SD.

The welcome home ceremony was conducted on Friday, September 17th in Madison, SD.

Welcome home Mr. Jeff!

THE MONTH OF OCTOBER AND THE ROAD AHEAD

EVENTS THIS MONTH

October is filled with not only fun regular class time, but two very exciting VMA events. VMA will be hosting the annual Costume Carnival for Canned Goods on Friday, October 29. See the events for the month of October section for more information.

VMA will also be hosting the **Fall Inner School Tournament** on Saturday, October 30th. We will be adding a new event this year, which will prove to be an exciting addition as the new event is adult black belt tag team sparring. See the events for the month of October section for more information.

TRICK OR TREAT SAFETY

It is very important for all students and families to be safe this trick or treat season. Please see the Kid Zone section of this newsletter for basic tips to help keep everyone safe this year.



EVENTS FOR THE MONTH OF OCTOBER

VMA ANNUAL COSTUME CARNIVAL FOR CANNED GOODS

It is that time of year again and VMA will be hosting the annual costume carnival for canned goods. Students, family, and guests are invited to show off their favorite costumes while playing fun games for a chance to win the events grand prize.

When: Friday, October 29

Time: 6:00—7:30 pm

Who can come: Any student, family member, or guest. Bring your friends!

Cost: 1 non-perishable food donation

All non-perishable food donations will be given to the local food bank to help with preparation for the upcoming Thanksgiving holiday.

VMA FALL INNER-SCHOOL TOURNAMENT

VMA will be hosting the fall inner-school tournament on Saturday, October 30.

This tournament is a great chance for students of all ages, and ability levels, to get some tournament experience in a controlled learning environment.

Students can compete in one or all of the following events: Forms, Weapons Forms, Breaking, and Sparring. Medals will be awarded in each division for 1st, 2nd, and 3rd place.



Annual Canned Goods Drive

The Thanksgiving Holiday is right around the corner and this is the time that our local food bank needs us the most! Please help make this Thanksgiving Holiday a good one for a local family.

Please bring any non-perishable food items to Victory Martial Arts during the month of October in preparation for the Thanksgiving Holiday.

Giving back to the community is one of Victory Martial Arts main focuses. Thank you for helping to give back to those that need it most.

SAVE THE DATE!!!!

Victory Martial Arts Inner-School Tae Kwon Do Championships



When: Saturday, October 30, 2010



Where: Victory Martial Arts | Brookings
165-A Airport Ave.
Brookings, SD 57006



**Tae Kwon Do Forms, Sparring, Weapons, Breaking, and
Adult Black Belt Tag Team Sparring**

Pre-Registration for events \$30.00 (Deadline for pre-registration is October 29, 2010)

Registration after October 29, 2010 is \$40.00

\$5.00 Spectator Admission

Medals awarded in each division for 1st, 2nd, and 3rd place.

Make all checks payable to **Victory Martial Arts**