

maFastbreaks

A MEMBER NEWSLETTER FROM MARTIAL ARTS INDUSTRY ASSOCIATION

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She Wore Pants!

Every year when picture day is announced at school, I smile and remember wearing bright pink pants for my sixth grade picture, and then hearing the cutest, most popular boy announce that I ruined the picture by wearing pants! I should have been devastated, but I learned earlier in life that there were worse things than wearing pants in a picture.

Just four years earlier, girls in our district had to wear dresses to school, no matter what the weather was like outside, and I remember having red, chapped legs in the winter. Girls would run home from school to change into pants before playing in the snow, because that was acceptable. I also remember coming home from second grade to learn that my father was missing in action again, meaning that money would be extremely tight, and that extras would be things like food and clothes.

My mom waited tables, but it didn't go far, especially with two growing girls and a newborn baby. That is when my mom did something that changed, not just my life, but the life of every girl in the

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Realistic Expectations Succeed

A friend recently e-mailed that after dieting all week, she had lost only five pounds. Instead of being happy with her progress, she was disappointed. She thought that she should have lost at least ten pounds. She didn't fail; what she needed was a reality check on her expectations. People tend to enter into new endeavors with unreasonable expectations, and then quit because they don't achieve their goals. If this has happened to you, perhaps you need to reevaluate your goals.

People usually start physical activities or dieting with the expectation of slimming down and becoming healthier. Experts would agree that that is a reasonable expectation. However, people soon quit their programs, because they didn't work. Were all of these programs failures or were the expectations too high? The variable not taken into consideration in these alleged failures is what were the person's expectations?

It would be unreasonable to expect to lose 10 pounds per week by cutting out the morning donut and taking martial arts lessons twice a week. Donuts have an average of 200-300 calories each or 1400-2100 calories for the week, and the average 150-pound person taking a 45-minute martial arts class will expend approximately 511



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Quotes to Ponder

Make the most of yourself, for that is all there is of you; **one cannot fly into flying.**
— Ralph Waldo Emerson

Failure will not overcome me so long as my will to succeed is stronger.
— Michael S. Kirby

Nothing in life just happens. You have to have the stamina to meet the obstacles and overcome them.
— Golda Meir

The first requisite for success is the ability to apply your physical and mental energies to one problem incessantly without growing weary.
— Thomas A. Edison

Freedom
is always
within the
framework of



Realistic Expectations Succeed?

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calories during each class. At the most, that will give you a deficit of 3122 calories. You need to expend 3500 calories to lose one pound, or 35,000 to lose 10 pounds. Those would have to be two very long martial arts classes to keep this plan from being labeled a failure. Definitely, unrealistic.

However, if you give up your morning donut plus 100 additional calories each day, take two martial arts classes per week and walk three times a week for 30-minutes or take a third martial arts class, you could expect to drop a healthy 1-2 pounds per week. In addition to pounds lost, you would be toning your muscles and improving your overall health. Very realistic.

Successful people anticipate setbacks. What will you do if you

can't get to class? Make it up later or train at home? You forgot your lunch and have only time to hit the vending machine. Do you keep high protein-low fat emergency snacks in your car or drawer at work? Take time to plan ahead for emergency situations that are certain to occur.

When expectations are realistic, the chances for succeeding are greater. Unfortunately, we live in a society that expects instantaneous results, which is why so many ventures fail. Nobody gains 10-20 pounds overnight, gets out of shape in a week or earns a black belt in a month. That means that realistic expectations should be used when setting goals. Your fitness or martial arts instructor can assess your current level and help you develop a realistic strategy to follow that will help you succeed.

Dented Jaguar

A young, successful executive named Josh was traveling down a neighborhood street. He was going a bit too fast in his sleek, black, 12-cylinder Jaguar, which was only two months old. He was watching for kids, and slowed when he thought he saw something. Suddenly, a brick smashed into the Jag's side door! SCREECH!!!! Josh ground the gears into reverse, and madly spun the Jaguar back to where the brick had been thrown.

Josh jumped out of the car, grabbed the kid and pushed him up against a parked car. He shouted at the kid, "Who are you and what the heck are you doing?!" With his anger building, he yelled louder, "That's my new Jag, and that brick is going to cost you a lot of money. Why did you throw it?"

"Please, mister, please. . . I'm sorry! I didn't know what else to do!" pleaded the youngster. "I threw the brick because no one

else would stop!" Tears were dripping down the boy's chin as he pointed around the parked car. "It's my brother, mister," he said. "He rolled off the curb and fell out of his wheelchair, and I can't lift him." Sobbing, the boy asked the executive, "Would you please help me get him back into his wheelchair? He's hurt and he's too heavy for me."



Moved beyond words, the young executive desperately tried to swallow the swelling lump in his throat. Straining, he lifted the young man back into the wheelchair and used his handkerchief to wipe the scrapes and cuts. He then watched the younger brother push him down the sidewalk toward their home.

It was a long walk back to the sleek, black, shining, 12-cylinder Jaguar -a long and slow walk. Josh never did fix the side door of his Jaguar. He kept the dent to remind himself not to go through life so fast

that someone has to throw a brick at him to get his attention. . .some bricks are softer than others. Watch for life's bricks coming at you.

Welcome to Family Taekwondo Plus

New White Belts in November & December

Mekih B.

Lucy C.

David S.

Christopher S.

Michelle C.

Emily C.

Tristan A.

Natalie A.

Camille P.



Rip Stick Contest Winner

The winner of our Rip Stick contest was Shane Mulron. But, because he already had one, he forfeited and we redrew the official winner was Chase Siviret.

Can Food Drive Winner

As most of you know we held a very successful canned food drive. The winner of the free testing was Macey Briones.

Tournament Reminder

REMINDER! Tournament coming up on Sunday January 17, 2010!!! At Grant Union High School



Web Site

There will be printable specials on our website as well as videos of testings, brick breaks and tournaments on our website.

Visit us at www.famtkdplus.com

New Year 2010

This year we have a ton of new events and options for our students This year we also have the option as some of you may know to compete in tournaments.

Quote of the Month

Yesterday is history. Tomorrow is a mystery, and today is a gift, That is why they call it the present.

— Master Ooguy —

She Wore Pants

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county. She looked at our situation that winter and realized that she could buy dresses or pants for us, but not both. We had to have pants to stay warm, so she bought pants and sweaters and sent us to school in them.

I was so scared that first morning when I took off my coat. Immediately, a boy yelled, "I'm telling! You're wearing pants!" The teacher wanted to know how I had managed to leave home dressed like that, and then she sent me to the principal's office. I'd like to say that I was brave, but being seven-years-old, I chose to cry. The principal called my mother, and she explained the situation. He explained that rules were rules.

While I sat in the principal's office everyday that week, my mother was on the phone badgering every government official she could for an answer as to why girls wearing pants was considered

disruptive to the education process. Although I now describe her as persistent and courageous, I believe they thought of her as something else. However, I was as surprised as everyone else when the principal announced on Friday that effective the following Monday, girls could wear pants to school. The new rule wasn't embraced by many that year, but eventually even teachers began to wear pants.

I learned a lot during that stressful year, including questioning standard operating procedures and insisting on answers that are relevant in contemporary times. Sadly, twenty-five years later nobody noticed that I was the only girl wearing pants in the class picture. Changing attitudes may take time and persistence, but it does happen.



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on our family specials
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