

Martial Arts Training With Your Better Half

More and more adults are training in martial arts these days and there are many reasons for the growth. One is the ongoing affect Tae Bo had years ago, which has maintained the idea of kickboxing as a way to get in shape. Numerous people have seen martial arts benefit various aspects of their lives, including getting in shape. Of course, there are new martial arts fitness programs in the limelight that show how the mixed martial arts craze can appeal to the mass market; that popularity is giving martial arts schools more positive exposure. Add to this people's general quest to be active and you have a recipe for increased adult enrollments in martial arts schools.

That being said, schools are also seeing many families take part with either mom or dad joining the kids or just one partner taking lessons. So where's the better half in this equation? Why not mom and dad or husband and wife?

According to Frank Silverman, Executive Director of the Martial Arts Industry Association, one reason is

because once adults get serious about training, they often don't want anyone else interfering with it. It's really not much different than when you first start working out at a gym and want a friend to go with you. As you progress, you don't want to be slowed down by a newbie.

Silverman says, "This is the reverse of what happens at a martial arts school." Bringing outside people in almost always helps current students since, martial arts training is a go-at-your-own-pace type of activity. But still, far too often, people don't want to bring their friends or significant others to their special activity. Perhaps they're afraid they'll look silly or their guest may not understand this is serious stuff.

At the end of the day, there's no better place to learn and no better way to learn than to be surrounded by people you care about. They will help keep you motivated and challenge you to do your best. So, call today and invite a family member or friend to give martial arts a try.

The language of the body is the key that can unlock the soul.

– Konstantin Stanislavsky

Deafness has left me acutely aware of both the duplicity that language is capable of and the many expressions the body cannot hide.

– Terry Galloway

A good stance and posture reflect a proper state of mind.

– Morihei Ueshiba

Get in touch with the way the other person feels. Feelings are 55% body language, 38% tone and 7% words.

– Anonymous

Physical expression and attitude have no age, language, or species barrier.

– Pamela Monson Stoddard

I speak two languages, body and English.

– Mae West

The body never lies.

– Martha Graham

Emotion always has its roots in the unconscious and manifests itself in the body.

– Irene Claremont de Castillejo



WHAT'S INSIDE

School Calendar

Body Language

It's Never Too Late

Happy Birthday to:

Aaron Leach-1st Dalton Lemoine-1st Anthenee Hicks-1st Isaiah Willis-4th
Libby Roy-4th Caleigh Smith-5th Karlie Truesdell-6th Bryn Taylor-9th
Aidan Adkins-9th Cameron Welch-9th Meloni Lawrence-11th Bryson Brownell-13th
Drake Pelletier-13th Malik Ellis-15th Josh Longstreth-15th Ethan McGrew-15th
Xavier Sessions-15th Jacob Thompson-17th Christian Wells-17th Josiah Weaver-18th
Ross Murphy-19th Joshua Simmons-19th Taurus Steward-19th Wyatt Ramsey-20th
Isabella Frisk-20th Joshua Bailey-20th Christa Auwen-22nd Sam Crain-23rd
Adam Enriquez-24th Jaila Joyner-25th Christopher Seale-26th Jon Minner-27th
Charlie Yancey-28th Kolby Kirk-28th

Upcoming Events:

Parent Spotlight



Are you ready for a wonderful night out with that special someone? Then celebrate Valentine's Day and leave the kids with us. You can enjoy a quiet evening and the kids will have a blast with our fun filled evening of games.

Where: Pak's Bossier and Haughton

When: Saturday, February 12

Parent's Night Out 6:30 PM-midnight

Nerf Gun War 6:30-8:30

Cost: No charge for Nerf Gun War

8:30-midnight \$10 for one or \$15 for two

Each month we will spotlight one of our parents and showcase either the business they own or a business they manage. This month, we are proud to highlight:



**Cassius Burrell,
Agent
State Farm**

Mr. Burrell, father of Assistant Instructor Cassidy Burrell, will open the doors to his own agency on March 1, 2011. He specializes in assisting families by educating them on how to build personal/family assets and how to manage personal/family financial risk. Mr. Burrell can also assist in retirement & college planning, help you decide on the best disability & long term life insurance, and can lend a hand on setting up mortgage & vehicle loans.

Mr. Burrell's office is located on

680 Bert Kouns Industrial Loop, Shreveport

To set up a personalized financial analysis, call
(318) 617-9855

Mr. Burrell's website is:

cassius.burrell.rc70@statefarm.com

Body Language

How well can you read body language? Body language is defined as a form of non-verbal communication, which consists of body posture, gestures, facial expressions, and eye movements. Humans send and interpret such signals subconsciously.

Let's say you're all set for your big day—the one you're confident will change your life. You know you can wow the person across the desk with your accomplishments or you're ready to give the presentation that reflects months of hard work and success. But before you even open your mouth, the rest of your body has already spoken volumes.

What does your body language say? Does it say you're confident, smart, and enthusiastic—or just the opposite?

Only a small percentage of communication involves actual words: 7%, to be exact. In fact, 55% of communication is visual (body language, eye contact) and 38% is vocal (pitch, speed, volume, tone of voice). The world's best communicators have strong body language -- a commanding presence that reflects confidence, competence, and charisma.

Body language can be broadly divided into two categories -- open and closed body language. Open body language gives the impression of acceptance and friendliness and tends to attract people. Closed body language illustrates a reserved, distant, and unwelcoming attitude and makes people lose interest and drives them away.

We could make a positive change in our personality by adopting an open body lan-

guage. A conscious attempt towards this will very soon show results in the form of better communication with others. People will find you more approachable and trustworthy. Since body language divulges a lot about one's character, we should always try to use it to our advantage.



It's Never Too Late

When is it too late to set goals? It's never too late! As a matter of fact, if you were committed to goal setting in January and have veered off the path of success, then February is the best time to get back on track. It's not a big deal if you strayed from your goals. What's important is to re-commit and do it ASAP.

February goal-setting steps aren't different than any other time of year, including January. maFastbreaks asked Matt Hughes, nine time welter-weight champion, how he sets his goals. He said, "Goal setting is a simple three-step process I teach in my Cage Fitness program. They are as follows: Set it -Time it-Post it; it's that simple."



"Set it" means to pick an obtainable goal. "Time it" means to set a time limit for accomplishing each step. For example, "I want to lose 10 pounds in 30 days." Just saying, "I want to lose 10 pounds," is not enough; it has to be timed. Then make it public or "post it." According to Matt Hughes, "In Cage Fitness, we post our training goals for everyone to see and help us stay accountable." You can simply share your goals with people to make them public.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4 ITC #4	5
6 SuperBow1	7	8	9	10	11 ITC #5	12 Parents Nite Out/ Nerf War
	← Fitness & Sparring Stripe →					
13	14  Wear red street clothes	15	16	17	18 ITC #6	19 Texas Tournament
20	21 Presidents Day Camp	22 BB/Adv Run	23	24	25 Buddy Day	26 Krewe of Centaur Parade
	← Forms & Vocabulary Stripe →					
27	28					