



Kid Kick Newsletter

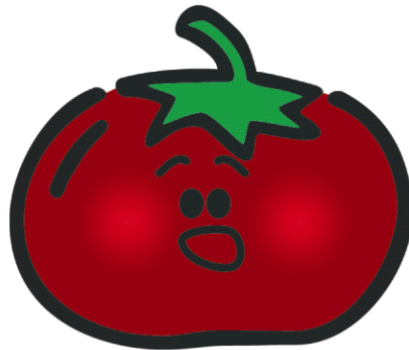
Being Flexible

Just like most sports, martial arts requires flexibility. You can increase your flexibility by stretching your ligaments with exercise and use. Believe it or not, the martial artists you see in movies and tournaments didn't start out doing high kicks and splits; they worked hard to get where they are today and you can do it, too, by listening to your instructor and doing what he or she says.

Martial arts doesn't just stretch your ligaments – it also stretches your mind. Can you and a friend have different answers to a question and both be right? What if someone asks you both for your favorite color and yours is blue, while your friend's is red? Are either of you wrong? Of course not because that's what each of you like! You're being flexible by letting your friend like red, while you prefer blue. Remember this the next time you are in a disagreement over something that can have more than one right answer.

MARCH 2011

Joke:



Why did the tomato turn red?

It saw the salad dressing!

What did the water say to the boat?

Nothing, it just waved.

Pak's Karate Academy

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752-2221

Haughton
1040 Bellvue Rd.
949-5675

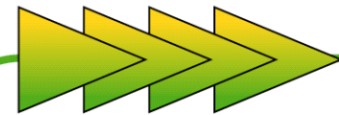


Chuck Norris – Martial Artist First



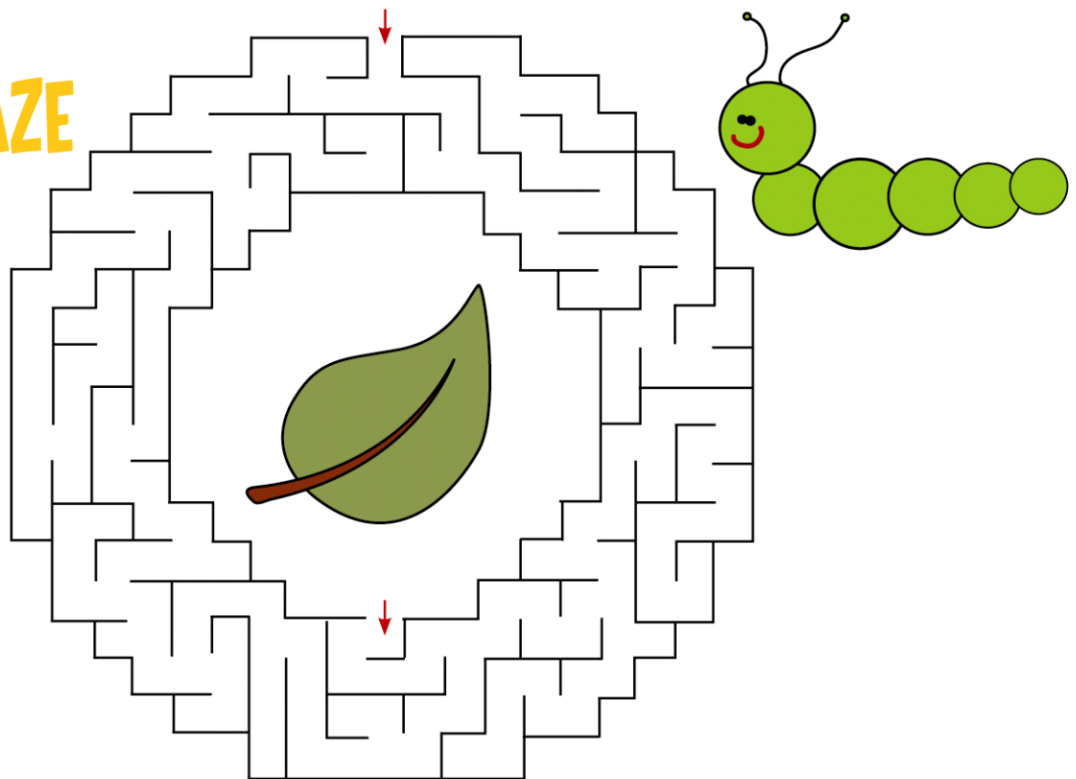
Before Chuck Norris was an actor, he was a martial artist. As an actor, he's starred in many movies, including Return of the Dragon with Bruce Lee. But, first it all began when he joined the United States Air Force and was stationed in South Korea, where he studied Tang Soo Do. He may win often in the movies, but in his first few tournaments, he was defeated. He didn't give up, though, and he worked to become a six-time undefeated World Professional Middleweight Karate Champion!

Later, he started KickStart, which offers kids mentoring, positive role models, physical exercise, and mental discipline through martial arts training, giving them the confidence to stay away from drugs and gangs. Chuck will be 70 years old on March 10, so practice your kicks!



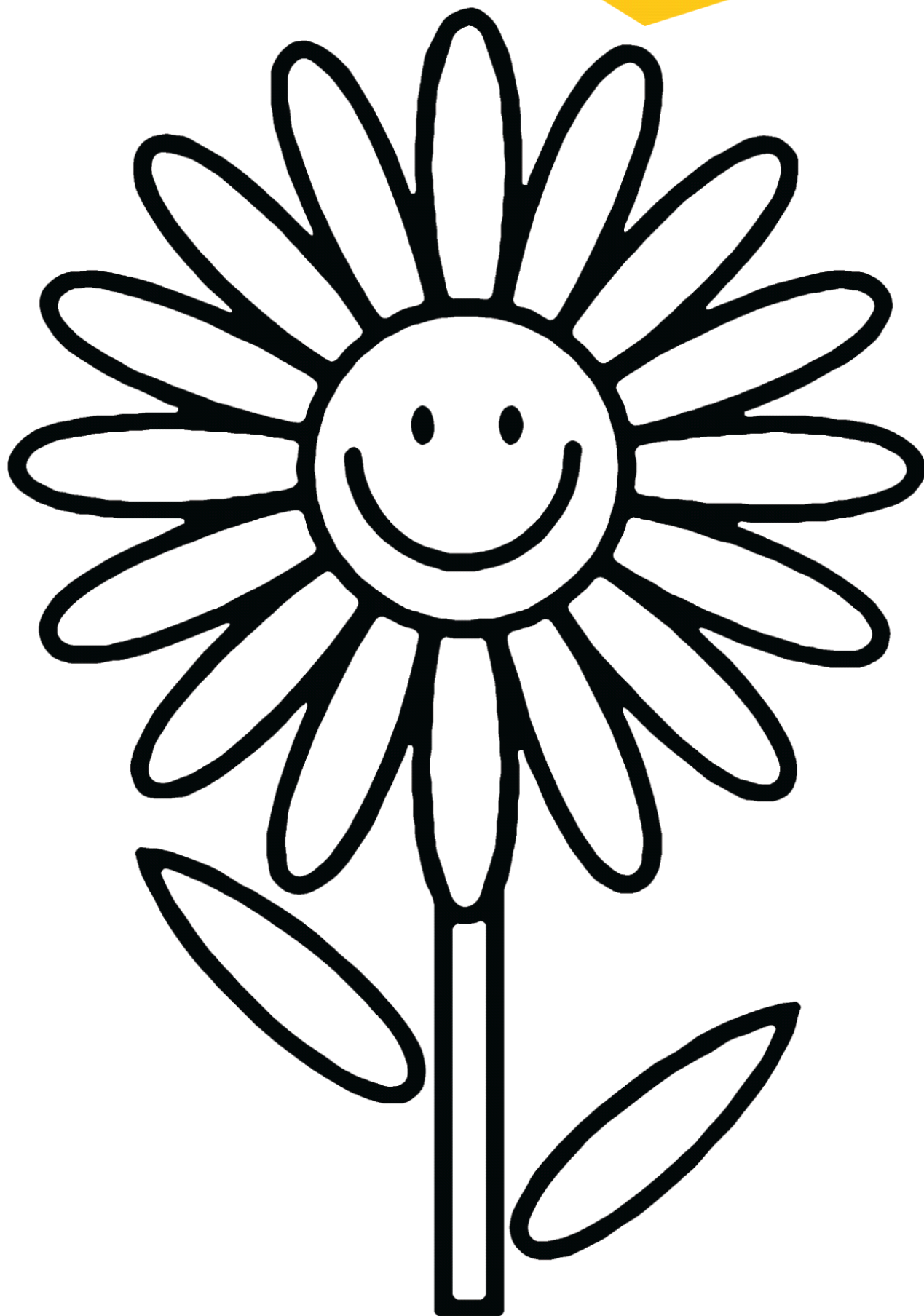
SPRING MAZE

Help the caterpillar find
her favorite leaf.



Color the happy flower as
we enter the spring season!

COLORING FUN!



Word to Remember



Obligate

To make someone do something by law or because it is right.

Example: If you promised to come to the Kick-a-Thon, you are obligated to attend.

Origin: At the root of obligate, we find the Latin word ligare.

What do you think ligare means?

- A. To bend or stretch.
- B. To cry.
- C. To bind or tie.
- D. To blend or mix.

If you answered 'C', you're correct.

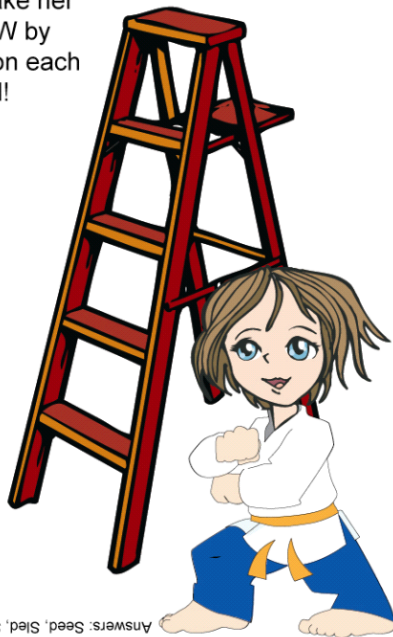
Wise
quote

When you choose your friends, don't be short-changed by choosing personality over character."

— W. Somerset Maugham

SPRING WORD LADDER

Help the martial artist make her way from SEED to GROW by changing just one letter on each step to make a new word!



S E E D

Plant package.

□ □ □ □

Winter ride.

□ □ □ □

A whole bunch.

□ □ □ □

The opposite of fast.

□ □ □ □

Shine brightly.

G R O W

Get bigger.