



**“If you always do what you’ve always done, you’ll always get what you’ve always got.”**

~ Anonymous

**“Success is walking from failure to failure with no loss of enthusiasm.”**

~ Winston Churchill

**“Happiness is a butterfly, which when pursued, is always beyond your grasp, but which, if you will sit down quietly, may alight upon you.”**

~ Nathaniel Hawthorne

**“If you can’t explain it simply, you don’t understand it well enough.”**

~ Albert Einstein

**“I’m a great believer in luck and I find the harder I work, the more I have of it.”**

~ Thomas Jefferson

**“The starting point of all achievement is desire.”**

~ Napoleon Hill



## Get Hydrated!

**D**id you know the human body is composed of between 55 and 78 percent water? Adequate and regular water consumption has numerous health benefits. Water also has no calories, fat, carbohydrates or sugar. To maintain a healthy body, experts recommend drinking eight to 10 glasses of water each day. Here are some excellent benefits of drinking your recommended daily water intake.

### Helps with weight loss

Sometimes we think we are hungry, when actually we are thirsty. Our body just starts turning on all the alarms when we ignore it. For those trying to drop some pounds, staying hydrated can serve as an appetite suppressant and help with weight loss. Extra H<sub>2</sub>O helps us eat less by making us feel full, and it can also boost metabolism.

### Maintains regularity

Drinking more water aids in digestion as water is essential to digesting food and preventing constipation.

### Improves mood

Drinking water makes us feel so refreshed, it actually improves our state of mind. Even mild dehydration has been shown to negatively impact moods.

### Prevents headaches

Sometimes headaches can be caused by dehydration. Upping your water intake can prevent or ease head pain. Next time your head hurts, try drinking water.

**For more information about the benefits of martial arts for children & Adults, Contact us!**

Pak’s Karate Academy  
Www.pakskaratelouisiana.com  
Facebook: Pak’s Karate Louisiana

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## WHAT’S INSIDE

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School Calendar

Road Trip Games

Happy Birthday to...

Upcoming Events

# Happy Birthday to:

Dalton Lance-3rd	Nolan Oselin-3rd	Ayla Purdy-4th	Master Chapman-4th
Cody Teague-6th	Zachary Darner-8th	Joycelyn Potter-9th	Phinaeus Johnson-9th
Greg Fuller-11th	Jerrell Scott-12th	MaKayla Hay-13th	Kolten Lope-14th
Hillary Tice-15th	Kaylin Thompson-15	Dylan Merrow-15th	Sabrina Barrientos-16th
Marcos Lopez-16th	Dalton Daniel-18th	Colby Davis-19th	Nathaniel-Mae Newton 19
Leo Heng-19th	Brittany Strong-21st	Lucian Powell-23rd	William Engel-24th
Joshua Harvey-25	Kayden Yocum-27th	William Holder-27th	Mitch Platt-27th
Aja Tellis-30th			

## Upcoming Events:

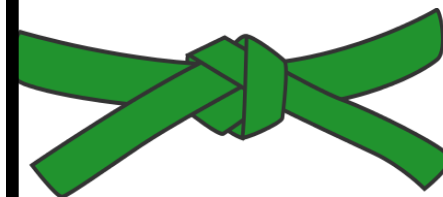
# LABOR DAY



**Pak's Karate will be closed in observance of Labor Day on Monday, September 7**



Advanced & Black Belt test 9/11



Color Belt test 9/12



**FRIDAY, SEPTEMBER 18 HAUGHTON**

**7:00 PM TO 11:00 PM**

**REGISTER AT THE FRONT DESK**

THE GREAT T-SHIRT SALE  
FRIDAY & SATURDAY 9/11 & 12  
ALL SHIRTS ON SALE!

Martial Arts  
Picture Week  
Sept. 21-25

Minden-9/21  
Haughton-9/22  
& 9/23

Bossier-9/24  
& 9/25

SEPTEMBER 2015

DEAR DR. ROBYN

# COURAGE



**Young students:** I am brave!

**Older students/teens/adults:** The willingness to face fears and challenges with determination.

*Dear Dr. Robyn,*

I know you encourage parents to be a good example of the powerful words we go over each month. Aside from trying new things in front of our children, what else can we do to be an example of courage?

-- Jess & Corey, Ft. Lauderdale, FL

*Dear Jess & Corey,*

Yes! I believe it's very important to serve as an example of positive character for our children. When our children see powerful words in action, they can emulate these actions and note that these traits are something we value. When we demonstrate acts of courage, our children are more likely to do the same.

Here are some ways when we can be a great courageous example:

**(1) Discuss how you feel while you are showing courage:** When we try new activities, sample new foods, go new places and meet new people, we create wonderful opportunities to be courageous examples for our children. Of course, it's not simply the actions themselves that convey courage but also how you discuss these actions with your children. Tell them; "I'm feeling scared right now but I'm still going to try this

new activity." When you narrate your feelings and connect them with conquering your fear, it will translate as courage.

**(2) Share your regrets:** Think of those times when you yielded to fear and did not try an activity, talk to an interesting person or challenge yourself to complete a goal but wish that you did! Talk to your children about these situations and what you would have done if afforded another chance.

**(3) Use your mistakes:** Mistakes can be wonderful teachable moments. Often, people are afraid to try new activities and reach beyond their comfort zones because they are afraid to make mistakes. By discussing our mistakes and how we have grown and learned from them, it shows that it's OK to fail when trying something new.

**(4) Try again:** Bring up a positive activity or goal that you opted out

**POWERFUL  
WORDS**  
CHARACTER DEVELOPMENT

<< Paraphrased from a call; with permission

of once before (see #2) or failed at once before (see #3) and commit to trying it again! You can even make it a family activity. Talk about the courage it takes to revisit a source of fear or failure and conquer it!

No doubt you will inspire your children to show their courage!

**Here's to your success!**





SEPTEMBER 2015

## PARENTS PERCH

# COURAGE



**Young students:** I am brave!

**Older students/teens/adults:** The willingness to face fears and challenges with determination.

**WEEK 1** Courage defined: What does courage mean? What are people scared of?

**WEEK 2** Taking healthy risks: How can I try new things & commit to one tough task?

**WEEK 3** Courage & Values: How can I stand up for what I think is right and fair?

**WEEK 4** Keeping Control: How can I calm myself down and make good choices?

*Dear Family,*

This month we will focus on the powerful word; “courage.”

Courage is not the absence of fear, as many children might think. Rather, courage is how we cope with fears in the face of challenge. As parents and mentors, it’s important that we let children know that everyone gets scared sometimes. It’s how we cope with those fears that shows our level of courage.

Of course there are reasons why we get scared. Some of those reasons are protective. In other words, we’re scared because fear can keep us safe. Our gut often tells us when something doesn’t feel quite right.

Other times fears emerge from

our imagination. We worry about what might happen-- even if it’s unlikely.

We need courage when we venture out of our “comfort zone.” For some, courage is necessary when meeting new people or trying new activities. Other people need courage when trying new foods or spending time away from home. Courage helps us to face our fears and “stretch us” so that we can experience more of life.

Studies show that courage is an important component of leadership. In May of last year, Harvard Business Review discussed four characteristics of leaders that can help create a strong team: (1) Acts of humility, (2) Empowering followers to learn, (3) Acts

**POWERFUL  
WORDS**  
CHARACTER DEVELOPMENT

of courage, and (4) Holding people accountable.

HBR went on to say that especially when leaders took courageous risks for the greater good, it was important for the team. We want to teach our children how to be courageous both for their own development as well as to help others.

Thank you for your support. You are pivotal in helping to make our school one of the best personal development centers in the world.

Best Regards,

—Your Motivated and  
Dedicated Instructors

### UPCOMING POWERFUL WORDS

**OCTOBER** Discipline  
**NOVEMBER** Citizenship  
**DECEMBER** Dignity

# Healthy Eating Ideas for Kids



A road trip can be a fun vacation, but keeping everyone entertained on an extended drive can be a bit of a challenge. Below are a few fun, no-set-up-required games to play with your children during drive-time.

## The Grocery Game

The grocery game provides a neat twist to classic memory games. To start, the first player names an item that can be purchased at the grocery store that begins with the letter A. The next player must repeat the A item and add an item starting with a B. The game moves forward from there, with each player beginning their turn by listing all previously named items, and then adding their own to the alphabetized list. If you forget an item, you're out.

Variations of this game: Try playing this game with any category, from animals to people's names.

## Team Storytelling

Start this game by saying the first line of a story. Begin with something simple like "Once upon a time, there was a brave knight" or challenge the group's creativity with a line like "Lisa always knew this day would come." Each person in the car takes turns adding a line to the story.

Variations: Make a rule that lines must rhyme, you're sure to have a memorable time!

## The Name Game

This game begins with everyone in the car establishing a beat of two claps, followed by two snaps. Once everyone is on beat, start the game by saying your own name on the claps, and the name of another passenger on the snaps. Play then passes to the person named, who must say their own name on the claps, and pass to someone else on the snaps. Keep going until someone makes a mistake.

Variations: Once everyone understands how to play, speed up the rhythm to challenge their new skills.



# Get Hydrated! *Cont'd from pg 1...*

## Keeps kidneys working

Kidneys remove waste from our bodies, help control our blood pressure and balance fluids. They are crucial to keeping our systems running smoothly, and the more water you drink, the easier their job is.

## Maintains energy

Next time you're feeling sleepy, try drinking a couple glasses of water. Fatigue is one of the first signs of dehydration and filling back up on H2O could zap the sleepiness. Dehydration also causes shrinkage of brain tissue, so when we haven't been drinking enough water, our brains have to work a lot harder to perform at the same level.



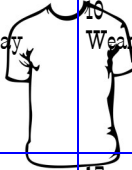




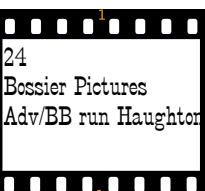
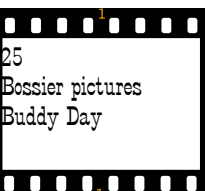

## Protects joints and cartilage

Drinking water can reduce pain in your joints by keeping the cartilage soft and hydrated. This is how glucosamine helps reduce joint pain, by aiding in cartilage's absorption of water.

## Saves you money

Water is free! Even if you choose bottled water, it's still cheaper than high sugar and/or caffeine loaded



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Bellaire Elem Open House	2	3	4 ITC #7  Master Chapman BD	5 STORM meeting 12P
6	7 CLOSED 	8	9 Wear White Day 	10 Wear White Day	11 Tiny Tiger & Advanced/Black Belt testing <b>Great T-Shirt Sale</b> 	12 Color Belt testing
13	14 Bossier table meeting	15 BBC trial class-Haughton	16 Haughton table meeting	17 BBC trial class-Bossier	18 Outer Space/Glow Dodgeball Party 7PM to 11 PM	19
20 Martial Arts Picture Week	21 Minden pictures 	22 Haughton pictures 	23 Haughton pictures 	24 Bossier Pictures Adv/BB run Haughton 	25 Bossier pictures Buddy Day 	26 BBC class Bossier 10AM Willis, TX tourney
27  Mr. Mitch BD	28	29 Adv/BB run Bossier	30			