

Skill in the Martial Arts

To become a Black Belt is to excel to your individual best. As Martial Artist's, we should always strive to improve our skills and develop ourselves in a well-rounded fashion. A person with great skills is someone who has earned the respect of others and can enjoy a strong sense of accomplishment.

Proficiency and skill demonstrates a strong foundation and gives us a good base to work from. Developing your kicking skills requires improvement in your flexibility as well as your balance and coordination. Martial Arts improves your concentration and gives you proper technical maneuvers to avoid injury when involved in a personal attack situation.

For more information on
**Adult,
Children, and
Family Martial
Arts Classes**
Contact:

**Collingwood Martial Arts
Centre**
20 Balsam Street, Unit 16
Collingwood, ON
444-0240



FASTBREAKS

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Quotes to Ponder

Time is our most valuable asset, yet we tend to waste it, kill it and spend it rather than invest it. — Jim Rohn

Doing good to others is not a duty. It is a joy, for it increases your own health and happiness. — Zoroaster

Try and fail is the manner of losers; try and learn is the way of the strong. — Unknown

How am I to know what I can achieve if I quit? — Jason Bishop

Real courage, true bravery is doing things in spite of fear, knowing fear. — Maia Wojciechowska

Fame is a very good thing to have in the house, but cash is more convenient. — Louisa May Alcott

I had been educated to the belief that when I was wrong, it was my responsibility – mine alone – to admit my fault and make amends. — Avi

Get Up and Go Anyway

"I don't want to go tonight." How many times has that wail been heard? At one time or another everybody whines about doing something they usually like to do. Occasionally, everybody gets to a point where they would rather do something other than go to practice or class. Should you give in? It depends.

Is there a reason for not wanting to go? Perhaps the onset of an illness, too much work brought home or not practicing is causing the rebellion. If there is a fever, it may be the beginning of a contagious illness that could spread to the rest of the class; so staying home would be a wise decision. However, activity shouldn't stop for a common cold; just take it easy.

Too much work brought home sounds like a great excuse, but an infusion of exercise can actually get the work done quicker. Studies show that working on a project for more than an hour without a break, slows the work. Instead, work on the project, go to class, and then go home refreshed and finish the assignment. The body needs activity for the brain to function at its optimum efficiency.

To master a sport or skill means to possess or display great skill or technique. Unfortunately, there are only three things that can be done to master a skill. Practice. Practice. Practice. Even those born with an innate talent need to practice to keep the skill honed. Perhaps boredom is the reason for not wanting to practice.

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Reminders

We have changes to the class schedule, please make sure you pick the new one up.

The Saturday morning 9 a.m. **Cardio Kickboxing** class is available to the parents of our students. Please come and enjoy a high energy workout!

Hand in your intent to promotes by deadline.

Buddy Day is the first Saturday after Belt Ceremony, please pick up your permission forms.

you know of someone who can benefit from the Martial Arts, clip the coupon below and

Give the gift that lasts a lifetime.....



Collingwood Martial Arts Centre

20 Balsam Street, Unit 16
Collingwood, ON L9Y 4H7

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4. Three exciting self-defense techniques.
5. Introduction in child emergency situations.
6. Advice on "How to Defeat The Bully Without Fighting".

Get Up and Go Anyway

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Talk to the instructor or coach and see what can be done to inject excitement into the workout. Challenging yourself with higher goals may pep up a dull workout; increase weight, reps or time. Concentrating on each movement can also increase workout satisfaction. If procrastination is still nagging, try a time limit. Workout for 15 minutes, and more than likely after 15 minutes you won't want to stop.

Persistence is the key to mastering anything from reading to sports. Saying the alphabet over and over was not always fun, but it was necessary to learn how to read. To master any activity, that same perseverance is needed. Remember, it won't only make you look good, but you'll feel great both physically and mentally too!

"Mens Sana En Corpore Sano" **(A SOUND MIND IS A SOUND BODY)**

When kids experience physical activity as a basic part of family life, they're likely to reap a variety of benefits. Not only will they be more physically and psychologically healthy, but getting them active when they're young increases the likelihood they'll carry the habit into their adult years.

As many parents know, pursuing physical activity as a family is not always an easy task. Today, not only do adults have busy schedules, but also the children. When there is time, a common challenge faced by parents is a lack of interest among the kids that only increases as children get older. Just as adults encourage brushing teeth, doing chores and going to school, they must also encourage physical activity. Once people finally begin an activity, they usually don't want to stop. The difficult part is getting started. Here are some suggestions that may help.

The best way to get kids hooked on physical activity is to be a good role model. Make yourself move. Invite the kids to shoot hoops with you while dinner is cooking. Sign-up for an exercise class two to three times a week. Don't hide your exercise time, let the kids know what you do, why and especially how it makes you feel. If you keep an exercise journal, show it to them and encourage them to keep one too.

Children will likely be more interested if they have the opportunity to choose an activity for the family. Allow each family member to pick something that everybody has to try. If everybody enjoys it, it might be a new family activity. Schedule days for each person to be in charge of the family activity.

When choosing a regular activity, consider factors such as cost, accessibility, intensity of the activity, and, of course, the child's physical abilities. Children will outgrow some activities, but be certain they are growing into others. So what does "*mens sana en corpore sano*" mean? What we really want our children to learn. "A sound mind is a sound body."



School Schedule Calendar

Use to mark in your classes for the month.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 First Day of New Schedule BD-Alex Bond	2	3	4 BD-Conor Watt BD-Sophie Enright BD-Jeff White	5	6
7	8 Weapons Class "Kali Short Stick"	9 Weapons Class "Kali Short Stick"	10 BD-Bill Hanna	11 Weapons Class "Kali Short Stick"	12	13 DreamTeam 12 p.m.
14	15 S	16 BD-Stephen Redman	17	18	19 BD-Sarah White BD-Zach Coutts	20
21	22	23	24 Belt Ceremony 6 p.m. NO CLASSES BD-Jordan Usher	25 M	26 A	27 DreamTeam 12 p.m. Buddy Day
28 BD-Sierra Maraj-Hanna	29	30				