

# She Wore Pants!

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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.

## New for The New Year!

What an awesome finish to 2005.

Congratulations to all of those that received belts. A special congrats goes to our New Black Belts and those who received their 1st Degree!

We are introducing a "New" newsletter and separate theme for our Little Dragons Program. Their activities are now age appropriate and allow them to earn incentive points towards Student of the Year in their own Program. We would enjoy hearing what you think.

## Reminders

★ **Your Class Times** - Those students who have upgraded programs please be sure to check your schedule.

★ **Coats** - Unfortunately our lobby is quite cramped for space, so we ask that all students please hang your coats in the changerooms in order that they not get stepped on or wet.

**For more information  
on Adult, Children, and  
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## FASTBREAKS

Happy New Year

January 2006

### *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 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.

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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 destiny.  
— Martin Luther King, Jr.

The purpose of training is to tighten up the slack, toughen the body, and polish the spirit.  
— Morihei Ueshiba

A first failure may prepare the way for later success.  
— Arnold Lobel

## Realistic Expectations Succeed?

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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.

## She Wore Pants!

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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 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.

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## January Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Happy New Year!	2 Closed	3 Welcome Back!	4	5	6 Demo	7 Cardio 9 am
8	9 Weapons BBC - Nunchaku MC - Double Nunchaku	10 Weapons BBC - Nunchaku MC - Double Nunchaku	11	12 Weapons BBC - Nunchaku MC - Double Nunchaku	13 SWAT	14 Cardio 9 am
15	16	17	18	19	20 Demo	21 Cardio 9 am
22	23	24	25	26	27 SWAT	28 Cardio 9 am
29	30	31				

Progress Check