

Leaky Snow Boots

It was the first snow of the season and it was three feet high when the kids and I decided to walk the two blocks to the hill for sledding. Soon after our walk began, I discovered my snow boots had a small leak. Nothing huge, but big enough to allow snow to creep in and hide amidst my warm socks, melting and creating a soggy, cold, wet feeling.

When we finally got to the hill, I noticed something strange. There, in the snow, sat a pair of boots. No person in sight, just boots. I wondered where was the owner of the boots, and how did he get home? My imagination took over as I pictured a child sledding, like my kids, and having a great time. And then, like me, he discovered his boots had a leak in them.

Trudging up the hill wasn't as much fun anymore, with each step further drenching his socks until he couldn't stand it anymore. He had to make a change. He removed the boots immediately. And, while this may have seemed like the right thing to do at the time, I'm sure he learned a valuable lesson during his journey home in cold, wet socks.

I realized that in my struggle to accomplish everything, I have often acted just like the boy with the leaky boots; behaving on impulse; believing that action is better than no action. But, I realized that although action is a critical element to achieving any goal in life, at times, there is wisdom in NOT acting, in keeping my boots on. In fact, it is possible that a rash action can result in a situation even worse than I had in the first place.

I may never know the truth about the boots, but I will remember them often. And maybe, because of them, I'll be more apt to curb my tendency to act with no thought to the consequences. Instead, before pulling off those boots, I'll think first of the long walk ahead of me and make my decision from there.

Reminders

★ **Group runs have started! Please be ready to go at 9am on Saturdays, from the school. Cardio Kicks is still on for those who don't need to run.**

★ **Buddy Days will now be every Saturday, be sure to pick up a permission sheet if you have a friend who would like to join you in a class**

★ **Our school will be closed on Monday May 23rd for Victoria Day. Back to normal on Tuesday 24th.**

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May 2005

Is It Worth The Wait??

Make a mental list of admirable traits that people possess such as integrity, honor, courteousness and dependability. Now, was patience on your list? It is one of those traits not usually considered as important. What's funny is the one person most of us have the least patience with is ourselves. We are in a society of wanting everything now, and this is most true in dealing with ourselves.

Look at your list of goals (these should be in written form). Are the timelines you have given yourself reasonable? Would you expect those results from others? Losing 10 pounds in one week is not as realistic as losing one to two pounds per week, nor is it healthy. Look at it this way. Did you put on 10 pounds in one week? How long did it take you to gain that weight? It will take diet, exercise, and patience to lose it.

Patience sounds easy, but in today's "want it now" society, waiting for something is difficult. We take accelerated classes to finish college early, we have surgery to lose weight quickly, and we definitely set unreasonable deadlines to fit more work into a shorter time frame. However, there are some things that need time and patience to fully develop.

A world class opera singer starts training at a young age, but many of the roles won't be offered until the singer reaches 35-40. The singer may be able to sing the aria, but the richness and maturity of the voice won't be there. A martial artist begins training as a white belt with the hopes of becoming a black belt one day.

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Quotes to Ponder

It's the little details that are vital. Little things make big things happen.
— *John Wooden*

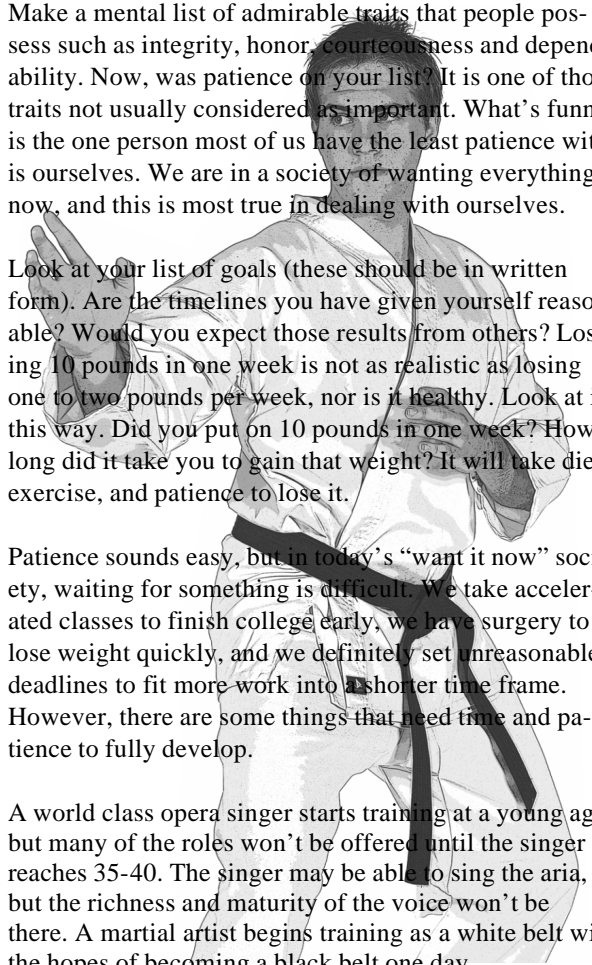
Don't be afraid to give your best to what seemingly are small jobs. Every time you conquer one it makes you that much stronger. If you do the little jobs well, the big ones tend to take care of themselves.
— *Dale Carnegie*

How many a man has thrown up his hands at a time when a little more effort, a little more patience would have achieved success?
— *Elbert Hubbard*

If you are patient in one moment of anger, you will escape a hundred days of sorrow. — *Chinese proverb.*

In nature there are neither rewards nor punishments —there are consequences.
— *Robert G. Ingersoll*

All of us do not have equal talent, but all of us should have an opportunity to develop our talents.
— *John F. Kennedy*



Is It Worth The Wait?

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He or she may be able to do some of the moves earlier, but it takes more than that to be a black belt. It takes the patience to move through all of the ranks, tests, promotions and repeating the same moves many times over to train the muscles and brain for the move to be instinctive, powerful and correct.

The next time you are impatient with yourself for needing more time to accomplish a task, look at the big picture. Will it be worth the wait? Will the wait make it sweeter? Is this a task worth spending the extra time and effort to accomplish? Patience is needed in many areas and is what makes the reward worthwhile. What have you accomplished that took time, but now you wouldn't have it any other way? Eagle Scout, black belt, degree, childbirth, promotion? Don't forget to put patience on your list of admirable traits.

Why Should We Exercise?

The obvious consequence of not exercising is weight gain. There are some people whose metabolism allows them to eat anything and not exercise, but as they get older, even some of them find that changes. Obesity aggravates other physical conditions such as heart disease, diabetes, high blood pressure, certain cancers and depression. As little as a 10 pound weight loss can drastically decrease some of the side effects of these diseases.

Without exercise and stretching, mobility, balance and flexibility will decrease as a person ages. However, by exercising a person can remain flexible and maintain muscle mass well into old age. Many falls actually occur because the person has lost his or her balance, which would have been maintained better with exercise. Even some thirty and forty year olds find it difficult to balance on one foot for ten seconds. Common injuries that require physical therapy will take considerably longer to heal too, because flexibility needs to be established before some exercises can be done.

We think of exercise affecting muscles and weight, but it even affects organs and the makeup of blood. The cardio-respiratory (heart and lungs) system needs exercise regularly to maintain the ability to function properly. One consequence of no exercise is lungs that are more susceptible to disease such as pneumonia. Lack of exercise also contributes to lower HDL (good) cholesterol and higher LDL (bad) cholesterol levels, and increased glucose-stimulated insulin secretion.

Low self-image or self-esteem may not be deadly, but it affects a person's quality of life. By not caring enough to exercise regularly, a person may not experience certain endorphins that can help ward off depression and other mental health conditions, which can have an affect on how a person sees and carries oneself. Obesity, preventable disease, heart and lung health and self-esteem are extremely good reasons to get up and move. The next time the positive benefits of exercise are mentioned, remember that there are serious negative consequences of not exercising too. Remember, it's never too late to get up and move.

May 2005

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24
29	30	31					

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24
29	30	31					

7 Cardio Kicks & Group Run 9am

14 Cardio Kicks & Group Run 9am
Demo Dream Team

21 Cardio Kicks & Group Run 9am

28 Cardio Kicks & Group Run 9am
Demo Dream Team
A

6

13

20

27
S

5

12 Weapons Class
BBC Nunchaku
MC Nunchaku

19

26
M

4

11

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25
I

3

10 Weapons Class
BBC Nunchaku
MC Nunchaku

17

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31

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16

23
School Closed for Victoria Day

30

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