

## Re-Focusing

Staying committed to your Black Belt goals would be easier if you could recognize in advance what has the potential to steer you off the track. Being aware of the possibility will allow you to consciously re-focus and re-establish your commitment to becoming a Black Belt. No matter what we do, there are only 24 hours in a day. It is not difficult to run out of time to do the things that we have committed to do. Time management is a crucial skill that all people should learn in order to balance and prioritize their commitments. By doing so, you will find that there can be sufficient time to honor your priorities. Think of the benefits you are receiving as a student of the martial arts and how important they are to you. Self-defense, exercise for better health, confidence, and family time are among the benefits that probably rank very high on your list. There may be instances during class when the material or techniques are difficult to learn. This can be discouraging and may make you re-think your ability to achieve Black Belt. But every Black Belt has had to overcome these obstacles, and you can too. If you are having trouble, see your instructor as soon as possible. Often, a little one-on-one advice can go a long way. Practicing at home or

**Congratulations to all those students who received their new belts on September 29th and 30th! Awesome performance!**



### Reminders

The school will be closed for Thanksgiving Weekend on Saturday, October 8th and Monday, October 10th. Have a safe and happy Holiday - See you Tuesday for Weapons class.

**For More Information on our Family Discounts Contact:**  
**Collingwood Martial Arts**  
**20 Balsam Street, Unit 16**  
**444-0240**

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## FASTBREAKS

**October 2005**

### Effort Increases Fitness

Why are some people drenched with perspiration after a workout while others are barely winded? Fitness level and body chemistry are two reasons, but another that is seldom discussed is effort. The amount of effort each person exerts during a workout varies. This is especially true when the workout has become so tedious that no concentration is needed to complete it. It doesn't matter if you are doing kickboxing, aerobics, weight lifting, yoga or martial arts, if you are not concentrating on the required movement, then you are not putting forth 100% effort.

Laborious effort is necessary during workouts to benefit the heart, circulatory system and muscles. As you become fit, you will need to increase your resistance, time, weights or an element that will make the workout harder to get the same benefits that you got when you started. This means that if a very fit person does the same exercises at the same intensity as an unfit person, the fit person will not garner the same health benefits. Each person should work up to 60 to 80 percent of his or her maximal heart rate (220 - current age). The unfit person will work out closer to the 60 percent and the fit person will work out closer to the 80 percent.

Many people think that personal fitness trainers don't have to train anymore, because they work out during their job. Most trainers work out before or after work to get in their target heart rate zone to stay fit. If the trainer is used to running a five-minute mile, but the client runs a 12-minute mile, then the trainer is not exerting enough energy to break a sweat.



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### Quotes to Ponder

**There are plenty of good ideas if only they can be backed with the power of action.**

— *Winston Churchill*

**If you can imagine, you can achieve it; if you can dream it, you can become it.**

— *William Ward*

**Only people who do anything get criticized.**

— *Unknown*

**A good education is not so much one which prepares a man to succeed in the world, as one which enables him to sustain a failure.**

— *Bernard Iddings Bell*

**Words can destroy. What we call each other ultimately becomes what we think of each other, and it matters.**

— *Jeanne Kirkpatrick*

**I hated every minute of training, but I said, don't quit. Suffer now to live the rest of your life a champion.**

— *Muhammad Ali*

**Education is what survives when what has been learned has been forgotten**

— *B F Skinner*

## Effort Increases Fitness

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The trainer is burning calories, but the fitness level would actually decrease if this were continued. If a martial arts black belt only trained with white belts, then the white belts would benefit by being highly challenged, but the black belt would not be challenged enough to progress.

This also means that people just starting a fitness routine should find their target heart rate and work up to it. Don't think that you have to start there or you may find it so difficult that you give up. Plan ahead and start slowly. Tell yourself this is for the long haul, and you are going to increase your endurance level slowly so you do not hurt yourself or become discouraged. Build up to your target zone slowly and then increase as needed. This will not only help prevent injuries, but will also keep you motivated.

When a fitness routine becomes so easy that it can be done with no effort or without breathing heavily or feeling any exertion, then it's time to train harder. Increasing the time or the level of training can help a person climb to a higher level. The old workout may be comfortable, but the routine should be changed every six to nine weeks to maintain a proper fitness level.

## Gold Medal for Effort

There are many inspirational stories involving the world's great Olympic athletes, but the most inspirational stories are the ones that show sheer determination and guts. One swimming event started with only three men on the blocks. For one reason or another, two were disqualified for false starts, leaving only one to compete. Even though the time on the clock is what is important, it would be difficult not having anyone to race against.



The man dove off the block and right away the viewers could tell that something was wrong; his dive was not exactly medal quality. When he surfaced, it was evident that the man was not out for gold as his arms flailed in an attempt to freestyle. The crowd started to snicker. Clearly this man was not a medal contender.

The crowd began to laugh at this poor man who was clearly having a hard time. Finally he made his turn to start back. It was pitiful. He made a few desperate

strokes and you could tell he was exhausted, but in those few awkward strokes, the crowd had changed. They were no longer laughing, but beginning to cheer. Some even began to stand and yell things like, "Come on, you can do it!" and, "Go for it!" He did.

A clear minute past the average swimming time, this young man finally finished his race. The crowd went wild. You would have thought that he had won the gold, and he should have. Even though he recorded one of the slowest times in Olympic history, this man gave more heart than any of the other competitors. Just a short year ago, he had never even swam, let alone raced. His country had been asked to the Olympics as a courtesy. This man gave his all knowing that he had no chance, but competed because of the spirit of the Olympic Games.

## October Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Cardio & Run
2	3	4	5	6	7 Demo	8 Closed
9 	10 Closed	11 Weapons	12	13 Weapons	14 SWAT	15 Cardio & Run
16	17	18	19	20	21 Demo	22 Cardio & Run
23 30	24 31  Halloween	25	26	27	28 SWAT	29 Cardio & Run