

June 2005

Sun Mon Tue Wed Thu Fri Sat

			1	2 Matthew Ambagis' Birthday	3	4
5	6 Women's Self Defense Seminar & - 8 pm, \$10.	7 No 11:15 yoga class today.	8	9 No 10:30 or 12:30 class today	10 No 4:30 class today, No 6:15 yoga class today	11
12	13	14 Heather Tilus' Birthday	15	16 Summer Schedule Begins Max Hoffman's Birthday	17 Fun Friday 7:30—10:30 Game Night \$10 apiece.	18 Bring a Da to Karate
19	20 Matthew Bailey's Birthday	21	22 Miss Lizzie's Birthday	23	24	25 ¹ Early Class, 10:30 for All Ages and All Ranks (no 11:30 class) Certificate Ceremony* & Test* 12:00 noon
26	27 BBC 7—7:45 pm	28 Bring a Friend to Karate during your regular class	29	30 Teachers' Meeting 7:55—8:40 during class Mitchell Bailey's Birthday		

The East Valley Kicker

JUNE 2005

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The Power of Imagination

By Joseph Galea

Do you know what your true talents are? Many people do not. The reason is that they do not let their imaginations soar. The key to great talent is having a powerful imagination.

Many of the world's greatest artists began with mediocre talents. It was their consistent effort in utilizing their imaginations that made them great. Over time, they were able to make their imaginations stronger and stronger. A great example is the White Belt who dreams of being a Black Belt.

Having a powerful imagination does not come naturally for everyone. However, all of us can build our imaginations. It takes practice, just like anything else one masters. The more you practice using your imagination, the more powerful it will become.

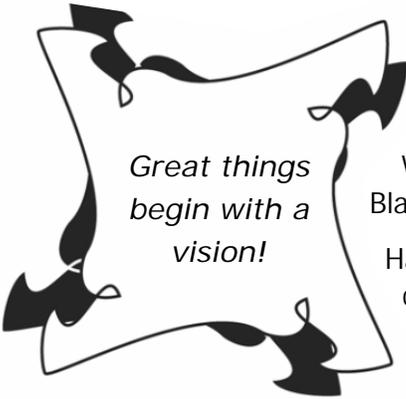
Here are a few tips to help you build a powerful imagination:

1. Think big- Have a great vision of something spectacular.
2. Make time- Set aside time each week, or better yet, each day, to

create and let your imagination run wild.

3. Get to work- Write, draw, paint, train, play music; whatever your mind enjoys. Let your imagination do the rest.
4. Do not judge or criticize yourself right away- When you first begin to write, paint, play music, or do whatever your heart desires, do not criticize your beginning work. Just patiently let your imagination grow. Over time you will naturally become better.
5. Pat yourself on the back- Each time you complete a poem, a piece of art, a song, or whatever your imagination creates, take a moment to pat yourself on the back for giving your imagination the time to soar.

Remember, great things begin with a vision. You will not have the perfect answer or a polished creation right away. If you allow your imagination the time to develop, it will become more and more powerful. Great achievements will result from your soaring imagination, if only you give it a chance.



*Great things
begin with a
vision!*

Dietary Guidelines for a Healthy Body

By Jennifer G. Galea MS RD

In January, the U.S. government released its latest version of the “Dietary Guidelines for Americans.” Issued every five years, the edition reports on and clarifies scientific evidence to help the public make healthy food and lifestyle choices. While these guidelines govern federally sponsored food and education programs, they are only suggestions to the general public. All of us need to take responsibility for ourselves not only to read the findings, but also to implement the suggestions in our diet and behavior. For martial artists, good nutrition is a crucial component of training.

The first and most important area of dietary guidance is the “encouraged foods.” These are foods that research has found to be beneficial to health, and therefore the panel has recommended that they be the base of a healthful diet. These foods are fruits, vegetables, whole grains, and low-fat or fat-free dairy products. Each of these foods provides numerous health benefits, with no negative effects. These foods are what we call “real food” in our household: whole fruits and vegetables (they taste great, no need to weigh them down with sauces or sugar), whole grains (whole wheat breads, brown rice, whole grain pasta), and low fat milk products (low fat yogurt and low fat milk).



Look for these and other tips at healthierus.gov and mypyramid.gov

Grains: Eat at least 3 oz. (and up to 6 oz.) of wholegrain cereals, breads, crackers, rice or pasta every day

Vegetables: Eat more (up to 2 1/2 cups every day) dark-green veggies like broccoli, spinach and other dark leafy greens

Fruits: Eat a variety of fruit (2 cups); go easy on fruit juices

Milk: Go low-fat or fat-free when you choose milk, yogurt and other milk products

Meat & Beans: Choose low-fat or lean meats and poultry (Eat 5 1/2 oz. every day)

The flip side of these recommendations is the foods that should be avoided. According to the guidelines, you should eliminate most trans fatty acids. These are fats that occur in partially hydrogenated oils. You should also decrease your salt consumption, most of which usually comes from packaged and prepared foods. You need to become a label reader to follow these recommendations; otherwise you could be consuming much more salt and trans fatty acids than you realize.

The guidelines also recommend eating fewer sugary foods. A healthy diet allows for approximately eight teaspoons of sugar daily. Consider that a can of soda contains about 17 teaspoons! Also remember that many processed foods contain added sugars. (We’re still waiting for this information to be displayed on labels!)

And finally, the guidelines significantly increase the amount and type of exercise recommended. To maintain health and prevent weight gain in a healthy adult, it is important to include at least 60 minutes of moderate to vigorous exercise “on most days.”

The actual report detailing the dietary guideline recommendations provides many valuable tools as well as comprehensive information on these and additional topics. To learn more, go to healthierus.gov.

Eat healthfully, train hard, and live well!

SUCCESS STORIES

Martial Arts is Who I Am By Ryker Wells, Age 12

I have been taking Martial Arts since I was 5 years old. My mother said that I needed a way to work out some energy, so she signed me up for martial arts classes. By training in the Martial Arts I have learned that actions have consequences. It has taught me self-discipline, and how to focus and be respectful of others. People around me also notice the difference that the Martial Arts has made in me. I've made a lot of really good friends of all ages, and it has helped me to stay fit and made me understand the meaning of good sportsmanship.

My father also saw all the benefits of martial arts training and he too started taking lessons. He is now a green belt, and we train together frequently. Martial Arts has made us closer as a family.

For me Martial Arts is a part of my life, not just a hobby. Training in Martial Arts has become part of who I am.

aRyker Wells is a student at United Martial Arts owned by Brent Crisci

take note...

The calendar is now on the first page of the newsletter, because it is the most important item included. Please take note of the few classes which will be cancelled this month so that our teachers can train in Missouri.

The Summer Schedule starts on June 16 (Thursday.) The evening and weekend classes are the same, but the daytime classes will be a little different for the summer, Kids are invited to join the Little Dragons at 9:30 am on Tuesday and Thursday. Women's Self Defense will continue to take place on the first Monday of every month at 7 pm.

Summer Day Camps are in the plans, so keep your eye open for some fun and training opportunities for the kids.

June 18th is Bring a Dad to Karate Day. All students are invited to bring their dad, or any man they respect to join class at 10:30 for Adults and 11:30 for Kids and Little Dragons. This event happens once a year, and it is our way of celebrating Father's Day.

Tuesday, June 28th is Bring a Friend to Karate Day. All students are invited to bring a friend to join the fun during their regular class time (guests must bring a signed permission slip with them.)

Friday June 17 is Fun Friday this month, we are having a Game Night and we have lots of fun planned. This will take place from 7:30—10:30 pm, and the cost is \$10 per person, immediate family members get discounted admission. Drinks, snacks and lots of fun are included.

JUNE COLORING PAGE—instead of just filling in the blanks this month, draw a picture of your own of the dojo or what you think of when you think of Karate. If you turn your picture in by the end of the month, you will receive an extra ticket.

You may download this newsletter at www.EVMA.net Or receive it as an e-mail attachment by asking to be added to the list at info@evma.net.

JUNE QUESTION

Turn in by 6/28 to receive at ticket.

This month's question is based on Guiding Principle #9. What is your favorite technique in karate? What technique do you need to work on most?