

maFastbreaks

A MEMBER NEWSLETTER FROM MARTIAL ARTS INDUSTRY ASSOCIATION

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Me Against 10-Million

When I was in fifth grade, I competed in my first spelling bee. I had been given a list of words the week before, but I had forgotten to study them. I ended up winning that competition with the word "leotard." However, at the area spelling bee, I missed the word "punctual" in the second round. Afterwards, I told my dad that I was going to go to the state spelling bee the next year. He challenged me to do it, and I studied all summer.

The next year, I placed fifth out of 70 kids at the area spelling bee. Only the top four places get to go to state, so once again I studied all summer and it paid off, because last year I placed second out of 100 kids! After three years, I was finally going to compete to be the best speller in my state.

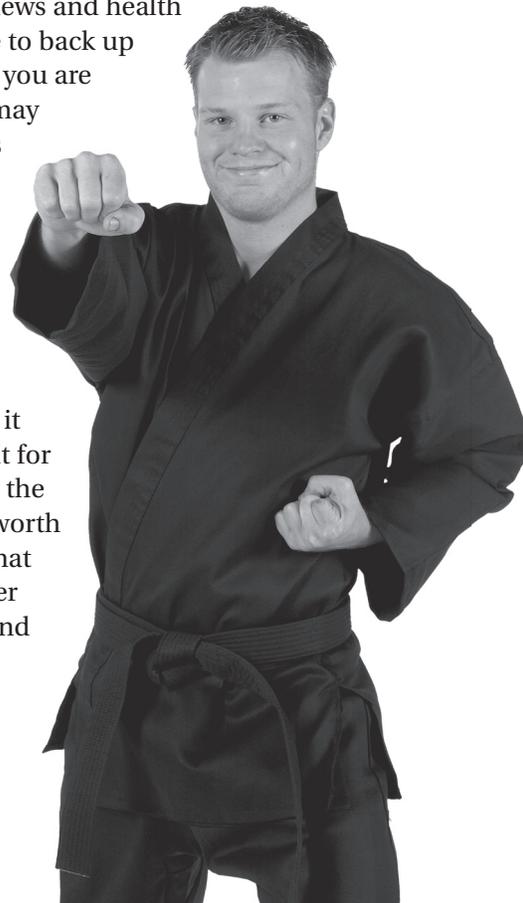
At the state spelling bee, I spelled words like: "calash," "rhododendron," "viscera," and I placed fifth at state, and I set a new school record too! I was disappointed that I wasn't going to Nationals, but then I

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Be a Persistent VIP

Do you go out of your way to assist others in your life? Do you drop everything to help your spouse, child, parent, co-worker or neighbor? Most of us often take care of those around us and at the expense of our own needs. But who would help them if something happened to you? It just goes to prove that taking care of yourself is as important as taking care of others.

If you have been wanting to take up a sport or engage in an exercise plan, but haven't because work, commitments, family, etc leaves no time for you; now is the time to do something vital for an important person. YOU! Perhaps you have said, "I'd love to get back in shape, but I haven't got the time." Now is the time to make time. All of the news and health reports are there to back up your decision. If you are out of shape, it may take a few weeks to get in the swing of things, but that proves you've been neglecting yourself. Be persistent and tell yourself that it might be difficult for a few weeks, but the rewards will be worth it. Tell yourself that you will get better everyday. Slow and steady will win this race.



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Quotes to Ponder

The most essential factor is persistence - the determination never to allow your energy or enthusiasm to be dampened by the discouragement that must inevitably come.

— James Whitcomb Riley

Lots of people limit their possibilities by giving up easily. Never tell yourself this is too much for me. It's no use. I can't go on. If you do you're licked, and by your own thinking too. Keep believing and keep on keeping on.

— Norman Vincent Peale

Persistence is to the character of man as carbon is to steel.

— Napoleon Hill

Paralyze resistance with persistence.

— Woody Hayes

The drops of rain make a hole in the stone, not by violence, but by oft falling.

— Lucretius

The only victory that counts is the one over yourself.

— Jesse Owens



Be a Persistent VIP

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After talking to your doctor, you might start out easy. Take a hike or bike to the store, challenge your spouse to a game of tennis, or play tag with the kids. Once you are feeling more confident and less winded, you will also notice that you have more energy and strength, not only when exercising but throughout your daily activities. Now might be the time to take a class with other adults who have given themselves and those around them a vital gift. You might even try something new and exciting to add to your list of accomplishments.

Your local martial arts school offers many classes to get you into shape safely and keep you at a beneficial level of exercise. Call or visit the school and tell the instructor what your goals for fitness are and where you are now on the fitness scale. The nice thing about martial arts schools is that they cater to all types of people who begin at all levels of fitness. Do something essential for an important person like yourself, take a class.

Don't Tip the Balance

If your life were put on a scale, would all the areas balance or be close? Or would one area such as work weigh more than all the other areas of your life? In

today's economic reality, many of us are multi-tasking or being forced to do the job of two or more people just to maintain a job. Salaried people are squeezing in more and more hours without benefit and hourly workers are raking in the overtime. This is good for business and our economy, right? Actually, when a person's system is stressed, productivity goes down.

When work and recreation are in balance with one another, the highs and lows of business don't hit as hard. When your health is a priority and your energy level is high, the stresses of long days won't drag you down and leave you exhausted. Your overall health affects all areas of your life. When your life is out of balance for long periods of time, it causes enormous stress and strain on your system, which taxes the other areas in your life or your de-stressing time.

Other than the top Fortune 500 gang, who doesn't need to work? Giving up work would be an additional financial strain

for many of us, so you must work to find ways to incorporate balance into your day. Start with small steps and not life-altering changes to each area of your life.



Diet is always a big challenge to balance, but remember small steps. Don't try everything at once. Instead add one or two changes every week or so. First, try adding more water to your diet. You don't have to give up favorites, but make them smaller portions. Buy a kid's meal instead of a larger meal. Pat your pizza and fried foods with a napkin to remove excess grease. Use half the amount of butter or sugar. Eat a healthy breakfast. Increase your vegetables while decreasing your meat. Instead of pouring dressing on your salad, dip your fork in the dressing and then stab the salad. Keep healthy snacks at work such as pretzels, raisins and fat-free cocoa.

Exercise in small amounts. Walk around the building on your ten-minute break. Park at the far end of the parking lot. Get off the bus a few stops early. Take the stairs. Use weights at your desk. Watch your posture and squeeze your stomach

muscles as in crunches. Check on-line for desk exercises you can do, if you work at a desk. Whatever you do, be persistent and realize that all of the little things you do add up, both good and bad.



Me Against 10-Million

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thought, "Who can say that they're the fifth best speller in their state and have it be true?"

I had accomplished a lot even though I was hoping for more. I remembered something my dad once told me after we had finished studying. I had done pretty well missing about five out of 50 words (that's not an A+ but when you're spelling words like "sesquicentennial" and "chrysanthemum," that's good). Anyway, I said that I thought I had done well and my dad said, "You did well, only missing a few words, but all you have to miss at state is one and you're done."

I'm now an eighth grade straight-A student who's involved in a lot of extra curricular activities and sports, but yet I find time to study at least two hours a day. This is the last year I am eligible to compete, and I am working hard to make it to Nationals. I look at the odds I've beaten so far; 10-million students start at their local level; 5000 go to state and around 250 make it to Nationals! Persistence really pays off!

