

ma *Fastbreaks*

A MEMBER NEWSLETTER FROM MARTIAL ARTS INDUSTRY ASSOCIATION

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One Move

There was a 10-year old boy, whose left arm was damaged and subsequently amputated. He decided he wanted to learn judo. His Sensei was an old Chinese judo expert. The boy learned quickly, but after three months he had learned only one move. He asked his teacher to teach him more moves. The Sensei told him that this was all he would need.

Soon after, the boy entered a tournament where he quickly advanced to the finals. His opponent was bigger and more experienced, and the boy seemed out matched. After a long match, the opponent seemed to lose concentration. Quickly, the boy took advantage and pinned what seemed to be his superior opponent.

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The Little New League

For the past decade martial arts schools have been offering a top-notch product that has moved many kids from the sports field to the martial arts school. Today more kids are enrolled in martial arts than any other sport offered to children. By offering a service unlike any other, martial arts schools have been able to make drastic leaps in enrollment. Children enrolling in martial arts schools are taught by professionals who are stressing concentration, self-control, mental and memory skills that address the short attention spans of many children. These abilities are endearing martial arts schools to teachers and health care professionals worldwide.



It used to be that some elementary schools frowned on students who were learning martial arts, believing they were teaching violence. Most martial arts schools teach the concept that nonviolence is the first and best defense. According to author and founder of Martial Arts for Peace, Dr. Terrence Webster-Doyle, "The spirit of genuine martial arts is the opposite of aggression." Students are being taught how their words, actions and body language can be their best defense and those are important martial arts skills that cross into every aspect of the students' lives. The physical skills are secondary and do much to promote health,

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Quotes to Ponder

Your opponent, in the end, is never really the player on the other side of the net, or the swimmer in the next lane, or the team on the other side of the field, or even the bar you must high jump. Your opponent is yourself, your negative internal voices, your level of determination.

— Grace Lichtenstein

Diamonds are nothing more than chunks of coal that stuck to their jobs.

— Malcolm Forbes

Remember, happiness doesn't depend upon who you are or what you have, it depends solely upon what you think.

— Dale Carnegie

We generally make too much of winning. Let's face it, someone always has to win; that is the nature of competition. But the mere fact of winning doesn't make you great."

— Wilt Chamberlain

You either get better or you get worse. You never stay the same. As for me, I'd rather get better.

— Jim Smith

Leaders are visionaries with a poorly developed sense of fear and no concept of the odds against them. They make the impossible happen.

— Dr. Robert Jarvik

The New Little League

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physical fitness and instill confidence in the way the student carries him or herself.

Students, who might otherwise not participate in team sports, may succeed in martial arts because of the low teacher/student ratio that most schools offer. Martial arts instructors are not volunteers that have some skill in the sport, and they did not do this overnight. These are highly trained professional men and women who have trained for years to earn their rank in order to teach others their art. In addition to the classes they teach, they still train and practice their art.

Unlike some sports, martial arts requires intense repetition to master some of the skills in order to progress. However, repetition is never fun. Just like schoolteachers and parents, instructors have to build excitement and disguise repetition in a variety of drills that require students to concentrate

and memorize the motion. Since the instructors have been through this when they were a student, they are better able to understand the frustration or boredom associated with repetition. They also have experienced the hard work that pays off and the elation that comes when something difficult is mastered.

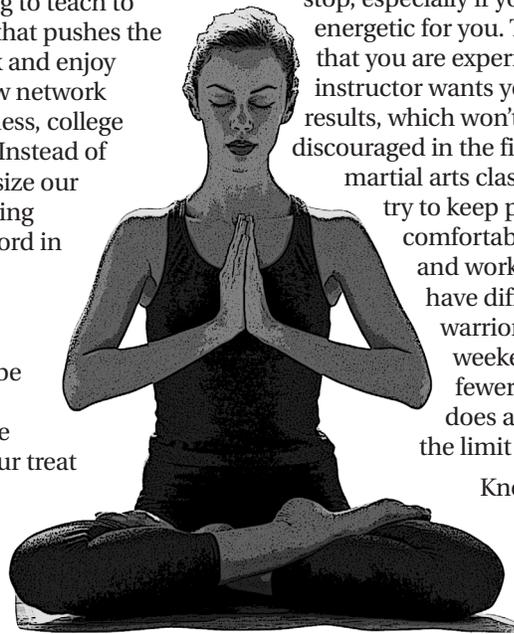
Childhood is a time for kids to explore many different activities and have fun while socializing. Martial arts is one activity that combines many skills that can carry over into adulthood including the sport itself. There is no age when the instructor will say, "Okay, you're too old to join us in class anymore." If you know of a child, or adult for that matter, who is looking to add something interesting to his or her life, tell them to call the local martial arts school.

Enjoy Life's Simple Pleasures

Moderation is the hardest thing to teach to anyone. We live in a society that pushes the extremes. We no longer relax and enjoy activities for fun and pleasure. We now network during activities to increase our business, college and job applications or scholarships. Instead of enjoying a leisurely dinner, we super size our meals on the run. Moderation, not being excessive or extreme, is no longer a word in our upward mobile society. There are some things you can do to enjoy life's simple pleasures.

Watching your diet doesn't have to be extreme. This is a life long goal, so no food should be off limits. This is where moderation comes into play. Have your treat only occasionally and in the correct portion size. Save up calories by reducing other meals by 50 calories so you can indulge without guilt or added work later. If you are on the run and haven't planned ahead by packing snacks or meals, get a kid's meal, not a super-sized adult meal at the drive-thru.

Exercise in moderation too, especially if you are just starting a new program. Don't be afraid to go slower or



stop, especially if you are taking a class that is too energetic for you. Talk to the instructor and explain that you are experiencing a few problems. The instructor wants you to have a good time with great results, which won't happen if you are injured or discouraged in the first few classes. Try a beginners' martial arts class to get your body limber. Don't try to keep pace at a level you are not comfortable doing. Yes, you should sweat and work, but not feel physical pain or have difficulty breathing. The weekend warrior who exercises gung-ho on the weekend has more problems with fewer benefits than the person who does a little each day and doesn't push the limit too hard.

Know your limits. Only you know if that last knish is going to make you feel miserable. Eat one slowly and enjoy the flavor, then wait a while to see if you really must have another. Exercise to feel good. If you feel terrible after your workout, then you may need to cut back on the time or amount until you build up your endurance. Remember, it took a while to get where you are today and it will take time to get where you want to be.



One Move

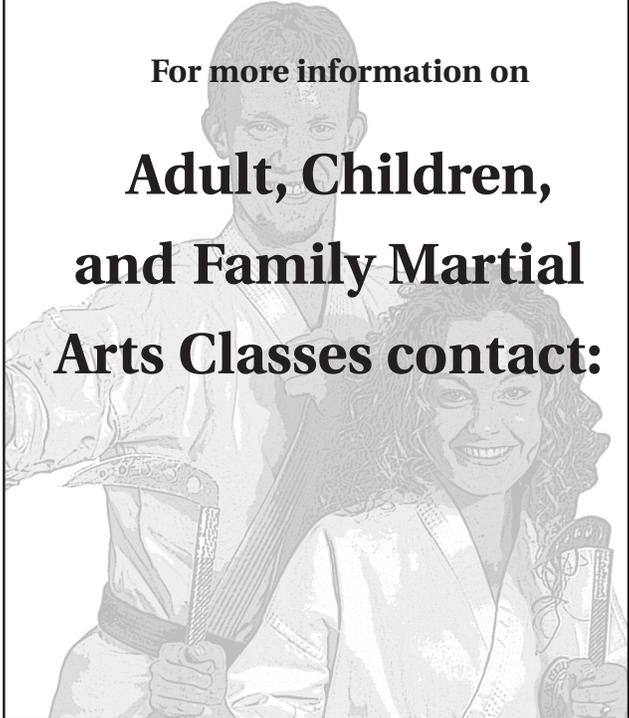
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On the ride home, the boy asked his Sensei, "How could I win with only one move?" The Sensei replied, "You have nearly mastered one of the most difficult moves in all of judo. And the only defense against that move is for your opponent to grab your left arm."

Sometimes your biggest weakness can become your greatest strength.

For more information on

**Adult, Children,
and Family Martial
Arts Classes contact:**

An illustration of a man and a woman in martial arts uniforms. The man is in the background, wearing a gi with a white belt, holding a sword. The woman is in the foreground, also in a gi with a white belt, holding a staff. Both are smiling.

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