

# ma **Fastbreaks**

A MEMBER NEWSLETTER FROM MARTIAL ARTS INDUSTRY ASSOCIATION

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## The Year is 1923, Do You Know Who Was:

- 1 President of the largest steel company?
- 2 President of the largest gas company?
- 3 President of the New York Stock Exchange?
- 4 Greatest wheat speculator?
- 5 Great Bear of Wall Street?

These men were some of the world's most successful men. At least, they found the secret to making bundles of money. Now, 80 years later, do we know what actually became of these men?

### ANSWERS:

- 1 Charles Schwab, died a pauper.
- 2 Edward Hopson, went insane.
- 3 Richard Whitney, was released from prison to die at home.
- 4 Arthur Cooger, died abroad, penniless.
- 5 Cosabee Livermore, committed suicide.

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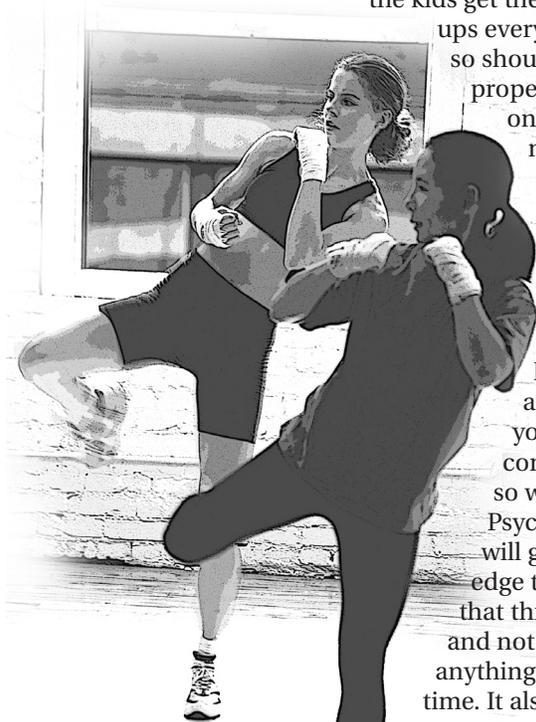
## Are You Properly Maintained?

What are you committed to? Some of us are committed to relationships, school, work, family, nutrition and activities, but how about exercise? Many of us don't consider exercise a commitment, because we do it for ourselves when we can find the time. However, if you don't put yourself near the top of the list, then how can you commit to all of the other things in your life?

Exercise is one of the most important commitments you can make for yourself. I used to feel selfish taking one hour for kickboxing. Some days it was hard to fit in. Finally, one day I thought, 'I do for everyone else. All I'm asking for is one hour to re-charge and keep me healthy.' I fill the car's gas tank, the furnace gets checked every fall, the kids get their dental check-

ups every six months, so shouldn't I do the proper maintenance on the person who makes all of these things happen?

How can you do it? Write it on your calendar like any other appointment, your class is a commitment too, so write it in ink. Psychologically, it will give you the edge to remember that this is a priority and not to schedule anything during that time. It also shows friends



## Quotes to Ponder

Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.

— Margaret Mead

Failure is only the opportunity to begin again more intelligently. — Henry Ford

A total commitment is paramount to reaching the ultimate in performance.

— Tom Flores

The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.

— Martin Luther King Jr.

A true measure of your worth includes all the benefits others have gained from your successes.

— Cullen Hightower

The achievement of your goal is assured the moment you commit yourself to it.

— Mack R. Douglas



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# Are You Properly Maintained?

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and family that this is your time to revitalize yourself and that as a caregiver you are still a person and have needs too.

Attempt to do part of your regular workout, even when you are “too tired” or think you’ll do it later. Many times the worst part of exercising is getting dressed and starting. Once you start, you are much more likely to finish your workout, enjoy it and feel better after.

Vary your workouts and challenge yourself. You should break a sweat and increase your pulse during every workout. If you aren’t, then you’re not working hard

enough. I can walk 5 miles in one hour, but my pulse never goes past 120 and I don’t break a sweat. That means my body has adapted to this regime and I am not getting the benefits my body needs. I need to confuse my body by varying and increasing my routine. Do a cardiovascular exercise every other day and a weight bearing exercise on the off days. This will boost your energy and increase your bone and muscle mass. Changing your routine every 6-8 weeks will keep it fresh and new. If your routine becomes just that, ‘routine,’ change it immediately. Most importantly, commit yourself to keep moving!

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## Internet Savvy

**N**o matter where you live, if you have a school-aged child, that child has been exposed to the wonders of computers. To write a report, all students have to do is type in a subject, hit enter and receive enough information to write a doctoral dissertation. However, they may also get many conflicting reports and try to be sold many different products. While you’re teaching your child Internet safety, remember to teach your child Internet smarts too.



### **A few Internet safety rules:**

Remind kids and teens to ask an adult before giving out any information, including filling out ‘harmless’ questionnaires. Companies may offer a prize for filling out a questionnaire with questions like your name, address, phone number, school, age, likes, dislikes, sports teams and what your parents do for a living. Don’t do it, they use this information to sell you products or find out where you live.

Don’t open e-mail from someone you don’t know. It could be a virus and destroy your system.

Don’t pass along anything promising you money if you forward it to a certain number of people. It’s not going to happen and it slows down the server.

If you have to first answer a lot of questions to play a free game, find a new game.

Never enter a chat room without your parent’s permission and always be polite.

Remember, the Internet is not private. Anyone can listen in, so don’t say anything you would not want repeated in school or to your parents. Don’t send photos without your parent’s permission also.

NEVER agree to meet anyone you met on the Internet. If you found a friend you would like to get together with, talk to your parents first and they can make the arrangements for all of you to meet at a public place.

### **Internet Savvy**

Teach your child to check the URL (uniform resource locator) or address. The ending will give a clue as to whether this will be a reliable site for information.

.com – commercial; this site may try to sell you something

.org – organization; this site is linked to a specific group

.edu – education; this site is connected to a university or college

.k12 – elementary; this site is made by or for a school district

.gov – government; this site is connected to a government agency

tilde – personal pages or sites

The Internet can be a wonderful place to explore when you remember to use common sense and use caution when revealing information.



## The Year is 1923, Do You Know Who Was:

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However, in 1923, the winner of the most important golf championship, Gene Sarazan, won both the US Open and PGA Championship. What became of him, you ask? Well, he played golf until he was 92, died in 1999 at the age of 95, and was extremely financially secure at the time of his death.

**CONCLUSION:** Stop worrying about business and start playing golf.

For more information on

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

