

maFastbreaks

A MEMBER NEWSLETTER FROM MARTIAL ARTS INDUSTRY ASSOCIATION

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Why Kids Want to Train in Martial Arts

by Mr. Brumitt

You might think that kids want to learn martial arts because of the latest Jackie Chan movie they've seen. Or perhaps you saw them watching an old time favorite like the Karate Kid or a Bruce Lee flick. I believe, however, that children of the new millennium are more sophisticated than those from the 80's and 90's. Today's kids want to train for many of the same reasons that their parents want them to train... to develop discipline, confidence, focus, patience, self-control and respect.

The environment that children face today is very different from what the last generation experienced only 15 years ago, and likewise that period was different from 15 years prior, and so on. These environmental changes have created a trend where children are forced to mature faster, take on more responsibility, and to make adult-like decisions years earlier than in previous generations. It is easy to see why martial arts benefits, such as self-discipline and personal confidence are appealing to the modern child. Children want structure in their lives; it gives them a feeling of self-control and security.

The martial arts have made an important shift over the past 20 years, from a recreational activity to one of real necessity for our children. You don't need to look further than this publication to understand their needs and how ongoing martial arts training will impact their life.

And let's not underestimate the essence of martial arts training, self defense. While it isn't the primary benefit children and parents are seeking, the ability to defend and protect oneself from physical harm is critical to the development of the character-building benefits of martial arts training. According to Dr. Abraham Maslow, a renowned psychologist, people have five levels of needs. He says that we must satisfy the lower levels before we can move on to achieve higher level needs. Following Maslow's theory, we need to feel secure and protected from the outside world before our mind can concentrate on reaching higher needs, such as self-actualization, prosperity, success, self-respect, and self-fulfillment. In this way, the martial arts helps us move beyond Maslow's level 2, "Safety and Security Needs." The martial arts provide our young people with self-defense knowledge, which enables them to concentrate on academics without added distractions and anxiety stemming from insecurity.



Quotes to Ponder

Energy and persistence conquer all things. — Benjamin Franklin

A man of sense is never discouraged by difficulties; he redoubles his industry and his diligence, he perseveres, and infallibly prevails at last. — Lord Chesterfield

The rewards for those who persevere far exceed the pain that must precede the victory. — Ted W. Engstrom

Champions keep playing until they get it right. — Billie Jean King

I am not judged by the number of times I fail, but by the number of times I succeed; and the number of times I succeed is in direct proportion to the number of times I can fail and keep on trying. — Tom Hopkins

Sometimes your greatest asset is simply your ability to stay with it longer than anyone else. Brian Tracy

If exercise could be packed into a pill, it would be the single most widely prescribed, and beneficial, medicine in the nation. — Dr. Robert Butler



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“Martial Arts for the Whole Family”

Calendar of Events

April 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 1st Black Belt Pre-Test 8am
3	4	5	6	7	8	9
10	11	12	13	14	15	16 IPTP CLASS 9am-6pm www.TriStarKarate.com/iptp
17	18	19	20	21	22	23 Closed Easter Break
24	25 Little Ninja Graduation	26 Little Ninja Graduation	27	28 (MMA Test)	29	30 2nd Black Belt Pre-Test 8am
31	Sparring Class for Children's Class Gear Needed			Teacher Appreciation Night		

Studio Notes:

LEADERSHIP WEAPON FOR MARCH - APRIL

Escrima Sticks... Students will need two escrima sticks.

LEADERSHIP WEAPON FOR MAY - JUNE

Bo Staff... Students will need one Bo Staff.

You can find all weapons on our website at www.TriStarKarate.com Click on Shop our Store.

- *Students—please remember to remove all items from your cubby after class. Do not leave articles of clothing and other items in the cubby overnight.*
- *Parents—please be sure that your children leave the studio with everything they brought with them. Thank you.*
- *Remember that on sparring days you will need your sparring gear.*

There will be class on regularly scheduled days unless noted on this calendar.