



North Florida

# Tae Kwon Do Newsletter

SEPT 2008



Whenever you do a thing, act as if all the world were watching.

— Thomas Jefferson

I will not condemn you for what you did yesterday, if you do it right today.

— Sheldon S. Maye

I praise loudly. I blame softly.

— Catherine the Great

When you have a dream, you've got to grab it and never let go.

— Carol Burnett

There are two primary choices in life: to accept conditions as they exist, or accept the responsibility for changing them.

— Denis Waitley

Kind words can be short and easy to speak, but their echoes are truly endless.

— Mother Teresa

If you don't have confidence, you'll always find a way not to win.

— Carl Lewis

Obstacles are those frightening things that become visible when we take our eyes off our goals.

— Henry Ford

## Check It Out!

**Autumn** generally means check up time for kids, but have you had your yearly physical? The next time you schedule your physical or even your next doctor's visit, take your shot record so it can be checked.

I'm an adult; I don't need shots! Actually, the older you are, the less likely you are to be currently immunized. Many doctors never check their adult patients' shot records; however, you may want to bring it to your next visit and have it checked.

If you attended elementary school after the late 60's, you probably had most of your immunizations. If you were born earlier, you may have had some of the diseases making you immune. Now would be a good time to have it documented in your records, because you may forget whether it was mumps or chicken pox you had when you were four. Now there are vaccines for both!

Next time you head to the doctor, bring your shot record. Ask if you are at risk for any disease preventable by vaccine, what are the side effects and your cost. Remember, the disease is usually a lot worse than the slight soreness, swelling and cost.



### WHAT'S INSIDE

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# NORTH FLORIDA TAE KWON DO

## Are You Disciplined Enough To Be a Timex?

**Some** people compare martial artists to Timex watches; “takes a licking and keeps on ticking!” But what causes these athletes to commit to showing up, working hard and then leaving tired, sweaty and maybe sore? Discipline! Of course, the real discipline is showing up for the next class. However, after three weeks the body craves it and actually misses it when a person skips a session.

The first three weeks are the most difficult since that is how long it takes to form a habit. During that time, every ounce of self-discipline must be used to forge exercise into a habit. In the long run, it will be well worth it! Once the habit is formed, not only is the body addicted to exercise but so is the brain. Exercise does so much for the body and brain that cannot be gotten through pills or diet; however we don't always listen.

When all of those outside distractions appear, self-discipline is needed to counterattack the onslaught.

It is too easy to skip class because the boss is making you work late, you have to pick up the kids, you have a report due in the morning and all of the other things that are a required part of life. You reason with yourself that your exercise plan can skip one night, then two, then a week, and then why bother?

Do not give up! Exercise is part of the solution to all of those situations. When you exercise, you sleep better and have more energy to accomplish more. Exercise induced chemical responses in the brain

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## Tae Kwon Do News

- September is here and the children are back in school. There will be many events that we will be doing at the schools throughout the year. Kids, remember that we may come to your school and meet some of your friends and treat everyone to lunch! We will also be doing talks to your classrooms. These are a chance for you to show off your skills to all of your new friends.
- Our schedule has changed as school has started.
  - The first thing you may notice is we are not having classes on Friday! This will allow us to have more special events and programs that everyone will love. Keep your eyes and ears open to hear about the new events.
  - Youth beginners will have classes on Monday and Wednesday at 4:30.
  - Youth advanced will have classes on Tuesday and Thursday at 4:30.
  - Buddy days will always be on the last Friday of the month. This is a chance for you to bring your friends with you to enjoy your training with you!
- Those of you who are interested in being part of our Demo Team, we will be having our practice on Friday the 5th from 5:00-7:00.
- Be training now for our tournament. It will be held on October 18th. We always have many people compete from all over the state in sparring, forms, and breaking. We look forward to this one being a big success as they have in the past!
- Testing will be on the October 3rd and we need to be ready!
- September's Buddy Bash will be held on September 26th. Invite your friends and get a special gift from our pro shop! It begins at 5:00 and goes till 7:30. Be sure to sign up now!

# Read the Label

## Do you read the labels on food? While the message on the front of the package

may display “Low Fat” or “Reduced Calorie,” when you read the label and understand what you are looking for, you might be surprised. Regardless of what the claim may be, the label may tell another story. The FDA provides these important guidelines so if the message and label contradict each other, move on to a different product.

**Fat-Free** = Less than 0.5 grams of fat per serving, with no added fat or oil

**Low fat** = 3 grams or less of fat per serving

**Less fat** = 25% or less fat than the comparison food

**Saturated Fat Free** = Less than 0.5 grams of saturated fat and 0.5 grams of trans-fatty acids per serving

**Cholesterol-Free** = Less than 2 mg cholesterol per serving, and 2 grams or less saturated fat per serving

**Low Cholesterol** = 20 mg or less cholesterol per serving and 2 grams or less saturated fat per serving

**Reduced Calorie** = At least 25% fewer calories per serving than the comparison food

**Low Calorie** = 40 calories or less per serving

**Extra Lean** = Less than 5 grams of fat, 2 grams of saturated fat, and 95 mg of cholesterol per (100 gram) serving of meat, poultry or seafood

**Lean** = Less than 10 grams of fat, 4.5 g of saturated fat, and 95 mg of cholesterol per (100 gram) serving of meat, poultry or seafood

**Light (fat)** = 50% or less of the fat than in the comparison food (ex: 50% less fat than our regular cheese)

**Light (calories)** = 1/3 fewer calories than the comparison food

**High-Fiber** = 5 grams or more fiber per serving

**Sugar-Free** = Less than 0.5 grams of sugar per serving

**Sodium-Free or Salt-Free** = Less than 5 mg of sodium per serving

**Low Sodium** = 140 mg or less per serving

**Very Low Sodium** = 35 mg or less per serving



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## Are You Disciplined Enough to be a Timex?

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relate to overall health by working to keep your appetite and blood pressure in line and reduce the negative effects of stress. New studies also show that regular exercise aids in a decrease in loss of cognitive skills as we age! With the extra energy, you can occasionally give up an hour of sleep to use as your exercise time when emergencies pop up.

Remember wanting to cut class and sleep in? You disciplined yourself to stay in school and it wasn't always fun or easy, but you did it because it was necessary. Just like your education, the benefits of regular exercise will last a lifetime.

## Random Fact:

**Your jaw muscle may be one of your strongest muscles if you define strength as the ability to exert a force on an external object. The jaw muscle is not special by itself, but it has the advantage of working against a much shorter lever arm than other muscles. If strength refers to the force exerted by the muscle itself, the strongest muscle of the body is usually said to be the quadriceps femoris or the gluteus maximus.**