

## Martial Arts Benefits Adults

This is a great question parents often ask when they enroll their children in martial arts. Of course, there are many obvious benefits such as stress relief, self-defense, and social and sports aspects, but did you know martial arts training is also a great form of fitness? Martial arts training is not only great for toning your body, but it also offers a great cardio workout. The best part is you get all the other values while getting into shape.

Another benefit over the typical gym, is we have professional instructors to motivate you and keep you on track to meet your fitness goals. Keep in mind, results don't happen overnight but you will start feeling the benefits right away.

Combine martial arts with a balanced diet and you will be on your way to a

healthy lifestyle. If one of your New Year's resolutions is to work out and get in shape, then give martial arts classes a try.

Don't just pick any martial arts school. Our school is a member of the Martial Arts Industry Association. That means we have available to us the newest martial arts teaching techniques, business strategies, and access to some of the world's best martial arts knowledge.

If you aren't enrolled in classes, or you know someone looking for a place to get in shape, talk to an instructor today to meet and exceed one of the most common and difficult resolutions. This is your year!



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People often say that motivation doesn't last. Well, neither does bathing — that's why we recommend it daily.

— Zig Ziglar

Don't be afraid your life will end; be afraid that it will never begin.

— Grace Hansen

I think one's feelings waste themselves in words; they ought all to be distilled into actions which bring results.

— Florence Nightingale

Never confuse motion with action.

— Benjamin Franklin

What would you attempt to do if you knew you would not fail?

— Robert Schuller

If opportunity doesn't knock, build a door.

— Milton Berle

When written in Chinese, the word 'crisis' is composed of two characters — one represents danger, and the other represents opportunity.

— John F. Kennedy

# OurSchool Calendar:

## **Upcoming Events**

### **Saturday, January 8th at 7:15am at Joliet**

TMMA Fitness Progress Check Point

Bring your running shoes and your smile!

### **Monday, January 10th**

TMMA Fitness Session begins

### **Wednesday January 26th**

**Minooka**, Belt Testing Kids at 4:45pm, Teens at 5:45pm

### **Thursday, January 27th**

**Joliet**, Belt Testing, White to Green at 4:30pm, Purple and up at 5:30pm, Teens and Adults at 6:30pm

### **Saturday, January 29th**

**Minooka** 12 noon Promotion Ceremony

**Joliet** 1:30 Promotion Ceremony

## **January Birthday's**

### **Joliet**

Julie Donahue 1/7

Keith Langon 1/8

### **Mr. Murphy 1/11**

Kelli Nelson 1/17

Chrissy Hamilton 1/20

Matthew Schofield 1/23

Gabrielle Vergara 1/25

Malik Nofal 1/30

### **Minooka**

Shannon McCabe 1/7

## **New Students**

### **Joliet**

Karis Brody (TMMAFitness)

Jacqueline Ramirez (TMMA Fitness)

Angela Doumanian (TMMA Fitness)

Barrett Mays (TMMA Fitness)

### **Minooka**

Sandra Pruiem (TMMA Fitness)

Kelly Willeford (TMMA Fitness)

Chris McCabe (TMMA Fitness)

Jennifer Brenner (TMMA Fitness)

# Make the Most of Your Martial Arts Training

Your local martial arts school is so much more than just a place to learn the ancient art of combat. It's also a place for physical and mental personal growth. Of course, you go to classes regularly and maybe practice at home as well, but you need to do more to take full advantage of the martial arts experience.

First, establish your goals. Do you want to get in shape and lose weight, or have your child gain confidence? Do you want to become more flexible, or just be able to see marked improvement in your child's grades? Whatever they are, you need to share your goals with your instructors. If they are not aware of them, they may not be helping you to their fullest extent.

Also, are you a class-only participant? There is so much more going on, so participate in special events! Some activities may be martial arts related like seminars, but others are along the lines of parties and social events. No matter what the events are, the more you participate in them, the more you will learn and the more fun you will have.

Finally, always remember your instructors have your best interests in mind. Never hesitate to talk to them about concerns or questions regarding your training. This is an opportunity to grow and learn and both you and your instructor will benefit greatly.



# Goal Setting

Goal setting is almost a cliché during New Year's. That being said, setting goals is important and why not set them now? Here are a few suggestions to help you reach your goals:

1. Set a goal that is both challenging but not impossible to hit.
2. Set a reasonable time limit to reach it. Losing 10 pounds in two days isn't reasonable, but neither is setting a goal to lose 10 pounds in one year. Make it realistic, yet challenging.
3. Share it. Let people know you have a goal. Make it public.
4. Don't be afraid to have more than one goal but don't overwhelm yourself with more than you can handle.
5. If your goal is to get in shape or lose weight, then hit it from two angles: eat right and workout.
6. Don't be afraid to ask friends and family for help.
7. If you go back a step, it's not the end of the world. Press on and keep going.
8. No matter what it is, have fun reaching your goal!

