

# Kick Back

Sharkey's Karate Studio's Newsletter March 2005

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## In the News

### Make Discipline work for you

**W**hen you hear the word discipline, what comes to mind? Children, the military or perhaps school? Most adults think they are past learning discipline, until they enroll in martial arts or even an exercise class. It takes a lot of discipline to commit to showing up and working hard and then leaving tired, sweaty and maybe sore, but it's good for you, so you do it. The real discipline is showing up for the next class, but after three weeks your body craves it and actually misses it if you have to skip 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 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, 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 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.

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.

### Congratulations New Parents

**W**e at Sharkey's would like to take this time to congratulate several of the students for their newest editions to the family.

Congratulations to Tom and Suzanne Green, Alan and Tacy Chinowski, and Mark and Jenny Amato. All babies are doing great and parents are almost getting sleep again.

### *Dojo Days a Big Hit*

**F**ebruary 26th was a standing room only event at Sharkey's Dojo Days. The event was kicked off with a birthday song and celebration to Sensei Sharkey who celebrated his \*\*th birthday. (Sorry folks, some things just can't be printed.) Students then took to the mat to showoff their skills in kata, ippons and sparring.

Competitors put on a great display of katas and ippons making it very difficult for the judges to decide who did the best. Many of the students had a chance to get a taste of what competition is like, prompting a few to sign up for the April 03rd AKA tournament. We want to congratulate each and everyone of the participants for their great efforts. Also a special thanks to those who helped judge and helped at the pro-shop during this event.

### **SALE SALE SALE**

**S**ince spring is just around the corner, we will be holding a 15% sale for all in-stock sweat shirts and 50% off all in-stock Sharkey rings. Don't forget spring is the perfect weather for Sharkey hoodies and jackets. We will be placing our monthly special apparel orders this Friday. Speak with Sensei Jeremy if you have any questions.



### *April 3rd Tournament Approaching*

**T**he next AKA tournament will be Sunday April 03 in Matteson, Illinois. Applications are available at the pro-shop. If you are planning on participating in this tournament, please get in contact with Sensei Jeremy. We will be sending in everyone's entry information at the same time in order to apply for the group rate discount.

### *Team Sharkey Expands*

**W**e would like to congratulate the following students who have earned their spot on the Team Sharkey competition team. Students of the team have demonstrated outstanding performances in competition karate and displayed great progress in their regular classes by putting in extra hours of practice both in and out of the dojo. The new editions to the team are:

AJ Blume, Tony Fay, Safia Hanin, Matt Koonce, Cody Sanders, and Sebastian Talbott, and Elijah Talbott

**Congratulations to all the new members!**

### *Private Lessons*

**F**or those students wishing to sign up for private lessons, there will be a sign up sheet at the pro-shop. Please fill out the form with your name, phone number, email address and what you would like to cover in your lesson. We will get back with you as quickly as possible to schedule the lesson. Private lessons can cover everything for working on requirements for your next belt to getting ready for a tournament. Contact a staff member for more details.

# Announcements

*Would you like to receive a copy of this newsletter electronically?*

Then send an email to [martialscience@sbcglobal.net](mailto:martialscience@sbcglobal.net) with the subject line newsletter. Let us know which email address you would like to have it sent to and if you prefer Publisher format or Adobe Acrobat format.

## Special Apparel Orders

For those who did not get their special orders in on time for the February order, We will be placing our next special order on March 11th. With spring just around the corner, this is the perfect time to get your hooded sweat shirt and jack orders in. See Sensei Jeremy at the pro-shop if you have questions

## March Birthdays

Carla Hanin	03/02
Cody Sanders	03/03
<b>Phil Truesdale</b>	<b>03/05</b>
<b>Chris Brewster</b>	<b>03/06</b>
<b>Raymond Boyer</b>	<b>03/07</b>
Elijah Talbott	03/12
<b>Jack Groves</b>	<b>03/13</b>
<b>Doug Walters</b>	<b>03/16</b>
<b>Leo Gerdov</b>	<b>03/20</b>
Zach Kurz	03/20
Rohan Gupta	03/23
Mary Greenburg	03/26
Caitlin Koonce	03/27
<b>Alan Chinowsky</b>	<b>03/28</b>
Laura Sugano	03/28
Sarah Grills	03/29

**Special belated Happy Birthday to Jared Creasey**

**Happy birthday to everyone!**

