



Martial Arts Success Stories

KIDS ZONE

Personal Profile

I've just started....but

By Diamond Dunning



Hi! My name is Diamond Dunning. When I first went to the school, I wasn't sure I wanted to do it. After the first class, I found out how much fun it was and all the things I could learn. I love the challenges it gives me. I like gymnastics and dance, so I just tried out for my XMA Demo Team.

Martial arts has taught me self-control and confidence. I know I still have a lot to learn, but with the help of my family and my teachers, I know I will achieve my goals.

Diamond Dunning is a student at United Kempo Karate Schools in Indianapolis, Indiana.

Personal Profiles

Kickin'

Korner



Welcome to Kickin Kids, the mind-boggling, brain-teasing section of Kid's Zone. If you score: 9 or more, you are a Grandmaster; 7 or 8, a Master; 6, an Advanced Student; 5, an Intermediate Student; 4, a Beginner Student; 3, do 10 sit-ups; 2, do 10 push-ups; 1, do 10 sit-ups and 10 push-ups.

Below is a list of people or things you may see on the training floor during your classes. Try to find all the words associated with the training floor in the puzzle. Words are either across, up and down or and diagonal.

U	P	U	Y	Z	D	W	M	G	C	P	N	A	B	I
S	J	Y	W	P	Z	B	J	O	M	Y	Q	A	E	Q
S	A	F	E	T	Y	G	E	A	R	J	Q	O	L	F
I	S	C	L	A	S	S	M	A	T	E	S	I	T	L
X	P	X	P	G	W	L	W	V	T	M	F	K	S	A
A	O	U	L	Q	F	V	G	T	A	B	M	J	O	G
T	S	C	T	R	A	I	Y	W	R	T	I	U	S	G
E	T	C	G	Y	N	X	E	I	G	D	R	Y	K	N
J	E	O	R	C	F	R	L	E	E	N	R	F	Y	G
S	R	C	K	Z	B	Y	W	F	T	H	O	A	D	R
C	A	B	T	M	A	T	S	C	S	H	R	L	O	L
I	N	S	T	R	U	C	T	O	R	F	S	G	I	N
X	M	W	U	S	D	U	V	V	H	M	H	J	M	J
F	O	E	A	H	E	A	V	Y	B	A	G	W	Q	H

The following words can appear across, up or down: Instructor, Heavy Bag, Classmates, Mirrors, Mats, Safety Gear, Poster, Flag, Belts and Targets.

Healthkick

Comitting to a Healthier You

By Jennifer G. Galea MS RD

Join Me For A Cup of Tea!

Many experts recommend drinking green tea because it has been linked to a variety of health benefits, including weight loss, improved cognitive function, lower cholesterol and cancer protection.

Green tea contains many nutrients, especially phenols, polyphenols and catechins. Catechins are the antioxidant compounds that have been most widely studied. One catechin is Epigallocatechin Gallate (EGCG), which has antioxidant potential 200 times stronger than vitamin C and 20 times stronger than vitamin E.

Green tea is made solely from the leaves of the tea plant. Black tea is made from the same, which reduces the antioxidant content. (Research results vary, regarding the significance of this loss.) White tea is made from the buds and young leaves of the plants, and is minimally processed, resulting in even higher antioxidant potential than green tea.



Which one should you select? Additives are the most important factor. Many teas, especially those that are already brewed, contain large amounts of sugar or other sweeteners or additives. It's best to brew your own tea from organic teas.

What about your "additives?" Do you drink your tea with lemon or milk? Combining citrus juice with green tea has been found to increase antioxidant compounds as much as 13 times! This is due to the protective effect the acidic citrus juice has on the catechins, as they travel through the digestive system. It appears that milk may actually negate some of the beneficial effects by precipitating out the phenols (although not all experts agree); therefore, it is recommended that you drink plain tea or with lemon.

Green tea contains significantly less caffeine than a cup of coffee. Generally, the longer you steep your tea, the more caffeine it will contain. Tea is definitely preferable to coffee when comparing caffeine intake, and the health benefits that tea offers.

UKKS SCHOOL UPDATE



Quite a few changes have been occurring at our school. We have made improvements with the hopes of making the students

training experience better. Now we are asking for your help. We want to continue to make the training better, and we are asking for every student to bring in 1 new student. We do know this is difficult in this economy, but just because one person may say NO, doesn't mean you quit. Imagine if your teachers quit every time things got difficult in their training. You must not quit either. I challenge each of you to bring in 1 student by August 15, 2009. I believe in you! Together...."Yes we can!"

Master Mattocks



Kyle Marcum... our Champion XMA Instructor

SUMMER CAMP JULY 17, 18 AND 19TH. GET YOUR REGISTRATION IN NOW!

DON'T MISS OUT ON A GREAT OPPORTUNITY TO LEARN FROM MASTERS IN THE MARTIAL ARTS