

WATSON'S SCHOOL UPDATE

Congratulations to all of the new Black Belts, Next Black Belt Grading will be held sometime in June '07

MARCH BREAK DAY TIME CLASSES Mon, Wed Friday @ 10 am Tues, Thursday @ 10:15 am

March Break Camp some places still available

March 9th Ancient Egypt Day

March 13th Dinosaur Day

March 15th Make March Break Sparkle

For more information call Amy at 905 727 0111

March 14th Movie afternoon(High School Musical)

March 23rd Grading Part of the new 10 Week Rotating Cycle

March 24th The 1st Annual CKKA Memorial Classic

Grading, Tournament and Award Banquet

This is open to everyone all Levels Signing up and payment in Advance is imperative

April 14th Watson's is holding a charity event to raise funds for the Weekend to End Breast Cancer
"CHEFS FOR BREASTS" information to follow **TICKETS AVAILABLE.**

Martial Arts KICKS the Bad Habits That Lead to Childhood Obesity.



Martial arts instruction teaches your child how to make healthy life choices: exercise, diet, wise use of his time and proper mix of fun and learning.

- Regular physical activity to fight the fat!
- Greater confidence to achieve healthy goals!
- Improved self-esteem to create greater self-worth!
- A positive attitude to develop good habits!
- Self-defense training to improve personal safety!

Dear Parents,

Our goal at Watson's is to turn out positive and top quality Black Belts. We have been approached by several parents and staff about negative comments and loud behavior in the Parents viewing area. We urge all parents to approach me or Joan with your concerns and give us the opportunity to discuss the problems. We know however every child is an individual and must be treated as such.

All students must be proficient in all aspects of their belts before going to the next level. The learning of the forms is only a minor portion of the mix. It is our experience that Children who rush through belts will have many challenges later in their training. In that light you will find a new teaching schedule below in this news letter.

We would urge everyone at Watson's to work together with us to make your children's experience a positive one.

Mike and Joan

10 Week Rotating Teaching Cycle

Week 1 Self Defence and 1st half of first form

Week 2 Techniques related to forms and tip checks (Friday open class) plus during the week when able.

Week 3 Form review and 2nd half of first form

Week 4 Combinations prescribed for technique tips and 2nd half of first form

Week 5 whole form and tip checks

Grading

Week 6 Self Defence and 1st half of second form

Week 7 Techniques related to forms and tip checks (Friday open class) plus during the week when able.

Week 8 Form review and 2nd half of second form

Week 9 Combinations prescribed for technique tips and 2nd half of second form

Week 10 whole form and tip checks

Grading



Watson's Family Karate School News Letter

Building Emotional Intelligence through Choices

By Melody Shuman

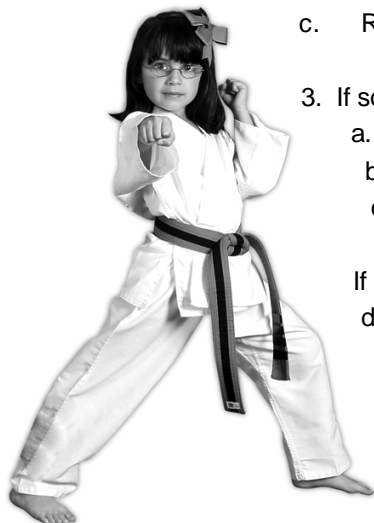
You make choices everyday that reveal your character. The choices that you make should be the best decisions possible. The choices you make determine just how successful or unsuccessful you are. When you choose to exercise, you are choosing to be healthy. You must also make healthy choices about your emotions, such as anger, happiness, sadness, etc.

Your emotional choices are your reactions to your emotions. If your little brother spills water on your schoolbook, then you may become angry. Anger is your emotion. If you yell at your brother, then yelling is your reaction or behavior to your emotion of anger.

When you are emotionally intelligent, you choose not to yell at your brother. You choose not to behave badly, even though you are experiencing a bad emotion. This is a lesson that Black Belts understand and practice every day.

Answer the following questions to test your emotional intelligence:

1. If someone spreads a nasty rumor about you that hurts your feelings, would you:
 - a. Attack him or her physically?
 - b. Spread equally nasty rumors about that person?
 - c. Ignore the rumor and solve the problem with that person in a positive way?
2. If someone called you bad names that offended you, would you:
 - a. Hit that person?
 - b. Call that person names in retaliation?
 - c. Remain emotionally calm and react or behave negatively?
3. If someone told you that he or she did not like you because of how you dress, would you:
 - a. Confront that person with a bad reaction?
 - b. Buy new clothes, so that person would like you?
 - c. Ignore the person because you like the clothes you wear?



If you answered "c" to all of the above, then you are an emotionally intelligent person. You understand how to choose the right reactions to emotional situations.

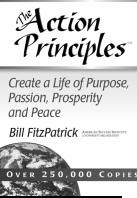
Making good choices is a skill you must learn. You must practice making good choices. Sometimes you will make bad choices, but you can learn from your mistakes and be more emotionally intelligent. You may not control many things in life, but you can control your reactions to emotions. When you learn how, you will live a more successful and positive life.!

action

Act With Boldness

Everyone admires the bold, courageous and daring: no one honors the fainthearted, shy and timid. Make a personal decision to do what it will take to succeed. You must study. You must practice. You must be tested. You must boldly welcome the challenge of exceeding other's expectations of what they think you can do.

Bill FitzPatrick is a 5th-degree Black Belt, holds a Master's Degree in Education and runs the non-profit American Success Institute at: www.mastersuccess.com.





KID'S ZONE

Martial Arts Success Stories

Student of the Month
Kaitlyn King, Age 10



Kaitlyn has been taking Karate at Watson's Family Karate for 3 years and is enjoying Karate more with each belt level she reaches. Now that she has reached Red belt she enjoys teaching in the White belt classes when she can, and hopes to become an instructor one day. She also likes reading skating and playing with her friends.

Healthkick

Another Stress Effect
By Jennifer G. Galea MS RD

There have been many recent news reports about "food-borne illness." These reports serve as reminders to keep food safe. Buy foods that are safe and handle foods safely in your kitchen.

First, be careful when buying foods. Buy fresh-cut produce, such as cut, whole fruits or bagged salad greens, but only if they are refrigerated or completely surrounded by ice. Drink only pasteurized milk, juice or cider. Recent recommendations have urged consumers to avoid eating any raw sprouts.

Second, store purchased foods safely. Keep any perishable or cut or peeled produce in a clean refrigerator at 40 degrees F (4 degrees C) or colder. Food can be contaminated, if you don't keep your refrigerator clean, and remove spoiled and old foods. Refrigerate cooked leftovers within two hours of removing them from the heat. Store at a shallow depth of only two inches to speed cooling and keep for a maximum of four days.

Third, safe food-preparation techniques are necessary to keep food safe until it's eaten. Wash your hands for 20 seconds with



warm water and soap before and after food preparation. Wash fresh fruits and vegetables under running water, before preparing them. Scrub any produce with a skin tough enough to withstand the scrubbing. Remove any outer leaves of leafy vegetables. Cook all foods until they reach an internal temperature of 160 degrees F (71 degrees C).

These safe food-handling techniques are very important for today's athletes, including martial artists. You should include more fresh produce in your diet to increase both vitamin and fiber consumption. You should also probably decrease your total daily caloric intake. A food-borne illness could result in a sub-par performance or a setback in your training, so follow these guidelines to keep your food safe.

Kickin' Kids 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.

Martial Arts Match Game: Match each martial arts physical benefit word with the appropriate definition below. Guess the bonus and add +1 to your score. Good luck!

Timing	Power	Flexibility	Strength
Agility	Control	Coordination	Fitness
Balance	Stamina	Speed	

1. Stable, able to keep in equal proportion, required to stand on one foot. Answer _____
2. Skillful interaction and use of muscles in movement. Answer _____
3. Moving fast, swiftness of action. Answer _____
4. To adjust, so that a technique is performed exactly when needed to make it work. Answer _____
5. To adjust and not hit too hard; to manage your strength. Answer _____
6. Adjusting movement quickly, even at the last minute. Answer _____
7. Strength or force exerted. Answer _____
8. Lasting energy and endurance. Answer _____
9. A source of physical power and force. Answer _____
10. The state of being in good physical condition from exercise. Answer _____

Bonus: Pliable, supple; someone who has this can stretch and touch their toes without being injured. Answer _____