

Cole Martial Arts NEW ADDRESS:

Fitness for Life Fitness Center

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January 2012

Announcements	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Next Rank Promotion Test Saturday, January 28, 2012</p> <p>12 noon</p> <p>\$25 /student</p> <p>Pizza party immediately following.</p> <p>The list of candidates is to be determined. Master Cole will inform students and distribute promotion test form to teachers and parents by Sat. Jan. 14.</p>	<p>7:15 - 8 PM Cardio-Kickboxing Pat Cole or Ashley McNamara</p> <p>8 - 9 PM ADULTS & Kids Mixed Color belts Green - Black Martin Mendez</p>	<p>7:15 - 8 PM White - Green Belts Adults and Kids Jerome Gardner & Martin Mendez</p> <p>8 - 9 PM Family (Kids & adults) Color belts Purple - Black</p>	<p>7:15 - 8 PM Cardio-Kickboxing Pat Cole or Ashley McNamara</p> <p>8 - 9 PM ADULTS & Kids BLACK BELTS</p>	<p>7:15 - 8 PM White - Green Belts Adults and Kids Master Cole & Martin Mendez</p> <p>8 - 9 PM Family (Kids & adults) Color belts Purple - Black</p>	<p>6:30 - 7:15 PM Cardio-Kickboxing Pat Cole Ashley McNamara</p>	<p>10:30 - 11:15 AM White - Green Belts <u>ADULTS & KIDS</u></p> <p>11:15 - 12:00 Color belts Purple - Brown</p> <p>12 - 12:45 PM Black Belts <u>ADULTS & KIDS</u></p> <p>12:45- 1:15 PM Private lessons</p>	<p style="text-align: center;">Happy New Year!</p> <p style="text-align: center;"><i>Many, many thanks to Mr. Jerome Gardner, Martin Mendez and Ashley McNamara for teaching kickboxing and Tae Kwon Do classes during my absence. These instructors did an excellent job teaching. I missed all of you and will be back in January.</i></p>

January 2012



Move It or Lose It!

By Master Cole

Tae Kwon Do training is good for everyone. The Cole curriculum of warm up drills, 3-beat and 6-beat drills work every muscle in the body. It gets the blood and oxygen flow through the muscles and joints to keep us strong and flexible, and the lactic acid finds it's way out of the system to prevent injuries and cramping.

The regimen of doing bag-work of blocks, punches and kicks, forms and combinations and floor drills enhance our focus and stamina as we become strong and confident. Our muscle memory is in full force and our adrenaline is working hard to keep us going.

We are blessed with perfect, healthy bodies and if we take care of them by eating healthy foods and exercising regularly, we will stay fit and strong . . . and most important, our attitude will be more positive! Everything is related.

You may find out that if you have trained a lot, then take a break, from your training you will realize that your system will change, as well as your outlook. Exercise is good for the head. It may be tough getting to training, but once you have arrived at the dojang and start jumping around, you feel better. The yoga stretches at the end of class are also extremely important.

After taking a two month break from my normal training and teaching program, my body changed. My muscles ached and became stiff, my flexibility disappeared, and my attitude changed. I can tell you first-hand that exercise is a key component to feeling strong, healthy and positive. I know it, I teach it, yet since I worked out 6 days a week, I did not feel the difference until I was away from my normal routine. I went from teaching 6 days a week down to two (during my grandson's basketball season), and my body let me know it was very unhappy! I was in terrible pain, stiff and miserable. I realize that I must exercise every day for the rest of my life to stay healthy and fit. The human body definitely lets us know when things are out of balance.

The bottom line is that Cole Martial Arts offers a great system of training our body, mind and spirit. We must stay active to enjoy a healthy lifestyle, no matter what age we are. So, if you have been away and had a break, come back. If not, keep training, even at home when you cannot make it to class. Stretch, if nothing else. Move it . . . or lose it. Make daily exercise the biggest part of your life. You'll be glad you did.

Thanks, Master Duffy!

Many thanks to Master Mike Duffy for his training seminar on joint locks, pain compliance, gun and knife defence and ground fighting. He is a martial artist of many talents and many years experience in Tae Kwon Do, Han Mu Do, Jujitsu and other styles. He captures his audience with skill, technique, power, expertise and humor. Everyone enjoys his lessons and learns quickly that these drills must be practiced carefully and slowly to prevent injury to our partner.

My goal is to bring Master Duffy to Florida from New Hampshire at least every two months for a refresher course and to enable students to work their way up the ranks of the Han Mu Do training system. The goal is to build a system that combines the styles for a well-rounded martial arts program second to none.

Tae Kwon Do is our base; Han Mu Do is a training system that is a compliment to our foundation. These arts work together to provide a unified and sound system of self defense. Both arts are excellent ways of providing safety in a dangerous situation; both can be devastating to an attacker.

As martial artists, we must learn to assess the situation and use appropriate tools for defense. We must be aware, alert and focused on the moment, then use the means most appropriate for defense.

Avoid conflict at all costs. The last thing we want to do is fight. However, if attacked physically, we must defend.

New ways of training keep us fresh and aware. Cross training in martial arts is an added benefit that Cole Martial Arts offers to students. Keep your Tae Kwon Do foundation in the forefront as your base and build around it when possible.