



The Martial Arts Center Presents

Martial Arts News and Report

Volume 5 Number 3 March 1999



Women's Defense

In an article recently published by the St. Louis Post Dispatch the topic of women's self-defense was highlighted again. Our resident women's self-defense expert, Eric Patterson, was interviewed by the post, and his comments are reprinted.

Self-defense specialists preach the art of prevention.

By Lisa Jones Townsel

...Eric Patterson, an Instructor at the Martial Arts Center in South St. Louis County, starts each of his self-defense classes and seminars by focusing on environmental awareness.

"Don't be in your own little world," he tells students. "When you're going to work or to the mall, take a look around you." "People who are aware of their surroundings," Patterson says, "rarely get in physical confrontations."

Patterson, a second-degree KENPO black belt and first-degree full-contact karate black belt, agrees that many women erroneously assume that they can simply knee a man in the groin if attacked. "But in reality, it's the last thing you'll be able to do," he says, "because the guy is aware that you'll try to attack him there too."

Instead, Patterson recommends concentrating on other vital body parts, such as the shin, knees, eyes and throat. "The softest areas are the most vulnerable", he explains, "If you strike, gouge or grab, you'll probably be OK."

To avoid confrontations, Patterson offers

these suggestions:

*When walking to the shopping mall parking lot at night, walk in the center of the aisle. Be careful of vans, pickups and other places where someone could be hiding.

(continued page 3)

--Wise Sayings--

The angry man will defeat himself in battle as well as in life.

-Samurai Maxim

The less effort, the faster and more powerful you will be.

-Bruce Lee

Fitness, Safety, Health

Nutrients for Athletes

This month: *Carbohydrates*

Carbohydrates is one of the most important nutrients to athletic performance. Carbohydrate plays the major role in supplying your brain and body with power. The body cannot supply enough carbohydrate on its own and therefore it needs to come from foods.

Exercising with low levels of carbohydrate leads to fatigue. Carbohydrates are the ideal fuel for muscular work.

Carbohydrate is stored as glycogen, which is stored in the muscles and liver. Liver glycogen is used to maintain blood sugar, which in turn, fuels the brain, nervous system and other cells. Optimal

(continued page 2)

Martial Arts News and Report is published by:

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Carbohydrates

(continued from page 1)

blood sugar levels are important for clear, brain function and therefore critical to sharp, high speed mental performance. Low blood sugar results in weakness and fatigue. Muscle glycogen fuels muscle cells during exercise. Muscle glycogen and fat supply energy during endurance activities. Maximizing glycogen stores is one of the primary goals of sports nutrition.

Athletes who follow a high-carbohydrate diet can maintain high-intensity exercise for a longer period than those on a lower carbohydrate diet. There is substantial evidence for a benefit of carbohydrate intake for the performance of brief, high power events if the competitor has been consuming a reduced energy diet.

Total carbohydrates are made up of simple sugars, complex carbohydrates, and fiber. Complex carbohydrates are ideal because they are quickly digested and absorbed into the bloodstream, leaving the stomach quickly so there is less chance of indigestion and nausea during activities.

This excerpt is from: <http://www.dietsite.com>



When two Tigers fight, one is killed and the other is wounded.

-Old Chinese Proverb

The Symbols of Kenpo

You may have seen your instructor or even one of the other students at The Martial Arts Center displaying a weird hand symbol. These are the hand gestures of the "Old Pine Tree Style" of the Kenpo Karate system.

This month we will continue with the philosophical explanation of these symbols. The traditional meaning of the symbol KIGAN is based on the Zen precept of prayer. It may seem strange that a symbol that is used in many religions is used to also represent a symbol of the martial arts.

The truest form of defense, from a Zen standpoint, is never to make contact with your opponent. At the same time you would prevent him from injuring himself, while he was making the mistake of messing with a "Master of Kenpo."



KIGAN

The phrase associated with this symbol is "I pray that I will not need to use my self-defense."

As many of us are aware, most Americans would have a hard time not trying to take the head off of any would be attacker. So what Kenpo teaches us is that our style is not based on destruction but defense.

Studio Forum and Special Events

TWO NEW CARDIO CLASSES ADDED THIS MONTH

The fastest growing class at the studio just got bigger. Starting the week of March 15th, two new Cardio classes will be added to allow more space for the new members.

The new classes are Tuesday's at 6:00 p.m. and Thursday's at 7:00 p.m..

If you have a particular brand of music that you would like to workout to in the class, feel free to bring your tape or CD to class with you.

We like to share!

FINALLY! HERE'S A COMPLETE LIST OF THE PROGRAMS OFFERED AT OUR SCHOOL?

Program	Cost
Little Dragons	\$45.00 Per Month
Advancing Dragons	\$55.00 Per Month
Black Belt Club	\$10.00 Per Month
Cardio Kickboxing	\$20.00 Per Month
Adult Bi-Monthly	\$60.00 Per Month
Adult Weekly	\$100.00 Per Month

Family members receive a substantial discount on classes.

WANT TO SELL SOME CANDY AND HELP THE KARATE KIDS

It's that time of year again when we request your help to participate in our Easter candy fundraiser. Last year we were able to raise enough money to get a good head start on filling the school with mats.

This year we would like to fill the school with Karate Kids. All money raised during our fundraiser will help support our in school scholarship program. The candy sale will run until Saturday March 20th. Thank you.

Women's Defense (continued from page 1)

- * Look in your car before you get in.
- * When passing people on the street, don't be afraid to look them in the face. Don't act as if you're worried. If you exude fear, you become a victim.
- * If you're walking down a street, and you notice a couple of people walking on the same side behind you, change sides of the street. That will give you a chance to assess the situation.

This article appeared in the *St. Louis Post-Dispatch* on March 6, 1999, page 39L. Copies of the article are available on request.



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Offer Expires 04/30/1999

WANT TO SPEND MORE FAMILY TIME TOGETHER?

If you're looking for an activity where the whole family can get involved, take a good look at martial arts. There's benefits for everyone; kids love it because it's fun and helps them work toward goals, builds self-esteem, and teaches self-discipline

Parents love taking the classes because it's a great way to get in shape while learning to defend themselves in any situation. And most importantly, it's something you can all do together. Call us today for class schedules and more info!

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