



MOORE EAGLE TKD



February 2012

FEBRUARY TUITION IS DUE

Happy Birthday to:

Miss Kelsey Reilly

February 1

Mr. Chase Hayden

February 15

Mr. Mitchell Horn

February 24



INSTRUCTORS

Mr. Dan Moore
281-795-1229 (c)
moore5518@yahoo.com

Mr. Bill Bell
713-478-4646
bellbw@comcast.net

CLASSES

Vicki Michelle Dance Studio
17315 Stuebner Airline, Spring 77379
Mon. 6:00—7:00 pm
Wed. 5—6 pm
selected Sat. 10—noon

INFORMATION

For more information, visit our website at
www.moore-eagletkd.com

UPCOMING EVENTS

The upcoming UT Taekwon-Do Club 15th Annual ITF Texas Taekwon-Do Championship tournament will be Saturday, February 11, 2012. This Austin tournament is one of the 3 major annual tournaments that we participate and look forward each year. If you are planning on participating, make sure you have your dobak, (complete with the US flag swen on the left sleeve & Eagle TKD patche sewn on the right sleeve), a mouth guard and a cup for the boys. Make sure your name is on every piece of gear as well as on your bag.

When: Saturday, February 11th

Cost: about \$35—specific cost hasn't been posted yet (includes patterns, sparring & breaking)

Check-in: 8:30 am

Tournament time: 9:00 am to around 4:00 pm

Where: The Rec Center on the University of Texas campus

Be sure to bring something to eat and drink during the day as concessions are limited and there isn't a break for lunch.

SATURDAY CLASS TIMES

The Saturday class times at Vicki Michelle Dance studio are:

February 11 - for the Austin tournament

February 18

March 10

March 24

April 14

April 21 - H.I.T.T. Tournament

(Houston Invitation Taekwon-Do Tournament
at Champion Forest Baptist Church)



Will Natural Energy Boosters Improve Your Martial Arts Training?

by Dasha Libin , www.blackbeltmagazine.com

Success in the martial arts hinges on a number of attributes: cardiovascular capability, endurance, strength, balance, speed and agility, to name a few. One thing they all have in common is energy. You need to sustain your energy level over long training sessions and in competition. Energy determines what you can do and how well you can do it. To derive maximum benefit from an energy enhancer, you need to understand why your energy level fluctuates. Boosters in a bottle work in tandem with your lifestyle, helping you more efficiently use your current energy reserves. Before you choose a quick fix from the counter of a convenience store, it's best to identify the basis for the chronic energy drain that's making you look for an easy solution.

One of the biggest factors that can affect your energy level is lifestyle. If you hit the dojo after work, you're asking your body to do much more than the average person. Simply consuming an energy drink might not provide enough additional fuel to compensate for the steady depletion. If you suffer from anxiety, sleeplessness, poor diet or irregular eating patterns, your body won't store energy as efficiently as it should. If you train full time, you might be subject to additional negatives, including lethargy that results from overtraining, reduced caloric intake when cutting weight, dehydration, mental stress and insufficient sleep. Any one of them can put a big drain on your system; combine them and you're guaranteed to have problems.

The best way to recharge is to make qualitative changes to your lifestyle. Begin by creating a martial arts training log in which you track everything that saps your energy during the day. Note all that you do in the dojo and the gym, as well as stressors you're subject to, foods you eat, how much and how well you sleep, and so on. With a little analysis, you'll be able to identify patterns that relate lifestyle habits to physical output. Once you isolate the agents that are limiting you and take measures to remedy them, you can think about energy boosters. There are several on the market that can help kick your body into high gear.

What makes energy enhancers work? Most of the good ones contain B-complex vitamins, enzymes and minerals your body uses every day. The idea is, if you consume extra, it will ensure that you're getting enough to oxidize nutrients, bolster your immunity and maintain your alertness.

Before buying a picker-upper, you might want to try a couple of overlooked energizers. Water is the first one. Even slight dehydration can significantly degrade your performance. Green tea is another. Studies have shown it can increase metabolism, heighten awareness and work as an antioxidant. Perhaps most important of all is "eating clean." Consuming low-glycemic carbohydrates will help you produce energy at a steady rate, thus avoiding peaks and valleys that can affect your workouts.



Verse of the Week - It's All in Your Mind

"Do not be conformed to this world (this age), [fashioned after and adapted to its external, superficial customs], but be transformed (changed) by the [entire] renewal of your mind..."Romans 12:2,

Many people today don't realize that the reason they're not happy, the reason they're not enjoying life is simply because they've trained their minds in the wrong direction. They've trained their minds to worry. They've trained their minds to complain. They've trained their minds to see the negative. But just as you can form these negative mindsets, you can retrain your mind according to the Word of God and form godly mindsets.

I believe one of the main keys to retraining your mind and developing a positive attitude is by learning to stay grateful. When you stay grateful, you are focusing on what's right rather than what's wrong. The seed of the Word takes root in the good ground of your heart. This doesn't happen automatically, you have to discipline yourself. You have to make a conscious effort every single day until a good habit is formed.

Remember, when you live with an attitude of praise and thanksgiving, you are shielding yourself from the attacks of the enemy. The seeds of discouragement cannot take root in a grateful heart. Neither can bitterness, envy or strife. So today, retrain your mind and be empowered with His strength to overcome in every area of your life!

