



March, 2011

**MARCH
TUITION
IS DUE**

UPCOMING EVENTS

We will be having our class testing, next Thursday, March 10, 2011, during our regular class time.

Belated Birthday wishes to:

Mr. Austin Hernandez

Jan. 23

Mr. Mitchell Horn

Feb. 24

Other Upcoming Events



**April 16, 2011
H.I.T.T.**

(Houston Invitational Taekwondo Tournament)

Champion Forest Baptist Church
15555 Stuebner Airline
Houston, Texas 77069



**May 7, 2011
Austin Tournament**

UT Campus



**May 20 - 22, 2011
Instructors Course**

(Red belts and higher)

Clearwater, Florida



INSTRUCTORS

Mr. Dan Moore

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

Mr. Josh Moore

J-mo-12@hotmail.com

Mr. Bill Bell

713-478-4646
bellbw@comcast.net

CLASSES

Clear Lake Christian Academy
14325 Crescent Landing Drive
T/TH 6:00- 7:00 pm

INFORMATION

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

For more information on these events and registration forms, be sure to check out our website at www.moore-eagletkd.com.



Healthy Alternatives To Your Martial Arts Weight Training Routines

By Dasha Libin , www.blackbeltmag.com



Sports nutrition not only enables you to stoke your furnace with the best energy-boosting and recovery-enhancing food, but it also gives you the tools to understand the inner workings of your physiology, including how to achieve optimal body composition. The worst thing about cutting weight is, when it's required, it often has to be done quickly. You need to take pains to do it right so you maintain the strength and stamina you worked so hard to build.

As soon as you learn that need to lose weight, you should start eating and training for that goal. Forget sweat suits and saunas—they serve a purpose only on the day of the weigh-in because all they do is decrease the amount of water in your body. Unchecked, even partial dehydration can lead to exhaustion and weakness. Likewise, forget fasting. Blindly cutting your caloric intake can leave you feeling drained and unable to perform the way you normally do.

For healthy weight loss, don't restrict your food intake to the point at which you're no longer getting enough nutrients. You need fuel to function. Instead of cutting out your energy source, you should refine it by cutting out "empty calorie" foods. Example: Replace a serving of French fries with vegetables. Small adjustments like this can help you trim the excess while keeping muscle and energy levels intact.

Your next step is to boost your metabolism, which means teaching your body to consistently use the food you eat to produce energy. That will make you burn more calories for longer periods, which leads to weight loss. Bonus: It will also help you maintain the energy you need to train hard without risking neuromuscular damage. In part, your metabolism is determined by your age and genetics, which means there's only so much you can do to alter it. However, metabolism is also dependant on your exertion level and the frequency with which you eat. As a martial artist, you train regularly. If you need to cut weight, you can always up the frequency of your workouts. Obviously, you can adjust your daily food intake. If your schedule permits, consider eating six times a day: two or three smaller snacks in addition to three or four well-portioned, nutritious meals. The last thing you want to do is skip meals because it will have the opposite effect—it will tell your body it needs to conserve energy and hold onto fat. When you're planning your meals, try to combine protein with complex carbohydrates, fruits and vegetables. If you're having trouble making six meals a day, consider cutting your three large meals in half. Instead of stuffing yourself at breakfast or dinner, split those meals so you can eat every three to four hours. A snack can be a serving of fruit or nuts, a nutritional drink or an energy bar. Just keep track of the calorie count so you can shoot for 100 to 400 calories per snack.

Cutting weight is a lot like martial arts training: It's not easy, but when it's approached in a proven, scientific way, the benefits far outweigh the effort you put in.

Verse of the Week - The Importance of Attitude

For as he thinks in his heart, so is he. Proverbs 23:7

Here's why your attitude makes such a difference:

(1) Your attitude determines your outcome. Successful people embrace this truth, whether it's a doctor going into surgery, a pastor preparing a sermon, or a business person launching a new venture. Confidence increases your chance of success every time. When you approach a task, especially one you don't relish, fix your mind on the facts, not your feelings. That'll put your attitude on the right track.

(2) Your attitude toward others determines their attitude toward you. Smile at people and they'll probably smile back. Act hard-nosed and they're likely to snap at you. If you want to enjoy people as you go through your day, treat them well. This is not rocket science, but it's easily forgotten - and it's scriptural!

(3) Your attitude gives you the winning edge. When world heavyweight champion Joe Louis got knocked down by Tony "Two Ton" Galento in Yankee Stadium, he immediately jumped back to his feet and went after his opponent. When his trainer protested saying, "Why didn't you stay down for nine?" Louis said, "What! And give him a chance to rest?" Louis went out in the fourth round and won the fight. Possessing a great attitude always gives you the winning edge.

(4) Your attitude, not your achievements, brings happiness. Samuel Johnson, 18th Century poet, stated, "He who has so little knowledge of human nature as to seek happiness by changing anything but his own disposition, will waste his life in fruitless efforts, and multiply the grief which he purposes to re
THINK ABOUT IT!

